



TOP STRATEGIES TO BULLETPROOF YOUR IMMUNE SYSTEM

The bottom line is that many people have viewed the issue of disease, viral infection and most recently Covid-19, incorrectly. The focus should not be on any one virus, but rather the defense systems (immune system) or our bodies. Simply put, the theory of living in quarantine until a toxic vaccine is invented or it fizzles out just is not practical considering viruses are in our daily lives EVERY SINGLE DAY and have been for thousands of years. Regardless of some “leaders” beliefs, agendas or financial gain, Chi Rho Chiropractic and the CAMP approach to health simply believes differently.

By allowing a natural immune response in a healthy person, your DNA can physically be altered to provide potential protection from future ailments. The virus acts similar to “software” in the computer that teaches the body similar infections and can respond in a more swift and accurate fashion to future invaders. This is all based on a balance of Innate (first line) and humoral (antibody mediated) immune responses.

To help strengthen your immune system to protect, prevent or accelerate healing from different viral invaders there are several natural supplements that have shown tremendous efficacy in recent literature.

TOP RECOMMENDATIONS FOR VIRAL IMMUNE SUPPORT



VITAMIN D3

Since the beginning of our recent pandemic, research has boomed regarding the benefits of Vitamin D3 supplementation. One of the most common deficiencies in America, research has shown that those deficient in D3 are at a significantly higher risk of infection or poor outcome. Utilize the equation 1,000 IU per 35 lbs of weight and some people may need up to 8,000 IU. Testing levels is optimal. Two Great Options: Pure D3 and ADEK Synergy



MELATONIN SRT

Once thought of as a sleep supplement, melatonin has come out as one of the most powerful supplements to support a healthy immune response, particularly in the lungs. Research in the Journal of Nanomedicine found that it “blocks the inflammasomes that mediate lung inflammation, prevents lung fibrosis and boosts overall immunity. With the added benefit of immune boosting sleep, this is a foundational support.

Dosage can range from: 3mg-18mg



LIPOSOMAL GLUTATHIONE

Glutathione, which is one of the most powerful antioxidants in the body, also has the ability to support lung function. Nebulizing this liposomal glutathione can help to improve lung inflammation and shortness in breath and has even been used in acute situations as well.

Directions: Nebulize 2 pumps glutathione in a saline or distilled water solution.



ZINC 30

Zinc has gained great positive publicity recently and for good reason. A study in the International Journal of Infectious Disease found, “data clearly show that a significant number of COVID-19 patients were zinc deficient. These zinc deficient patients developed more complications, and the deficiency was associated with a prolonged hospital stay and increased mortality”.

General dosage: 30mg for adults or 15 mg for young adults



IMMUNOFUEL ULTRA

A personal favorite in my supplement arsenal, Immunofuel Ultra is a potent blend of herbs and nutrients that have significant immune supporting research. Most notable may be the Andrographis herb which has been shown to limit severity and duration of illness in similar viral presentations.

Dosage: 2 capsules twice daily for adults



OPTI-C

Data published in the U.S. Library of Medicine shows that the powerful antioxidant properties of vitamin C, also known as ascorbic acid, helps prevent the destruction of the alveolar capillaries in the lungs and helps control the severity of the disease that can progress to potentially deadly pneumonia. In a recent trial, 85% of the 252 people treated with vitamin C experienced a reduction in symptoms.

Dosage: 1-2 capsules 2-3 times daily

**[Liposomal Vitamin C](#) is also available for a dosage of 1 teaspoon twice daily



LIPOSOMAL CAT'S CLAW

In a recent study from September of 2020, researchers found that 48 hours following the beginning of Cat's Claw had inhibited the number of infectious SARS-CoV-2 particles by 92.7%. This research adds to the previously known benefits of Cat's Claw for several conditions ranging from Lyme Disease to bacterial infections.

Dosage: 2 Pumps twice daily at the onset of symptoms



SUPPLEMENTS CAN BE FOUND AT WWW.SHOPCHIRHO.COM

www.chirhochiropractic.com

LIFESTYLE RECOMMENDATIONS FOR BEST SUCCESS

In addition to a smart supplement plan, your lifestyle will play a determining role in staying healthy versus becoming unwell. The current Covid-19 virus has exposed this fact clearly. 83% of those who have endured severe reactions to the virus have had at least one co-morbidity. The top three co-morbidities were hypertension, diabetes and heart disease. Working towards a healthy lifestyle that reduces your risk of these diseases is more important now, more than ever.



EXERCISE:

It is well established that an exercise routine will support overall health and now a recent publication found that, “lifelong exercise training delays age-related decrements in immunity by remodeling the metabolism of different cells (e.g., NK cells), creating a metabolic scenario that in turn improves the immune system's viral response”.



SLEEP:

Inadequate sleep (less than 6 hours) has shown to reduce the number of T lymphocytes (immune cells) as well as weaken their function to fight viruses. Lack of sleep also increases pro-inflammatory cytokines which can potentially result in an overproduction coined, “cytokine storm”. Optimal sleep will also improve the antibody response in the occurrence that a pathogen enters the body.



GET ADJUSTED:

“People who receive regular chiropractic adjustments have immune system competency that is 200% greater than those who don't.” (Dr. Ron Pero. New York Preventative Medicine Institute and Environmental Health at NYU)



SMART TECHNOLOGY

Probably not what you are thinking. While it is vital to avoid screens such as TV, cell phone, laptops and tablets as much as possible, some technology can actually HELP your health. Most notably the Oura Ring can help track the health of your nervous system, quality of your sleep and amount of movement that day. Saunas are great for detoxification as well as inducing a powerful immune response; in fact Hippocrates wrote, “Give me a fever and I can cure any ailment”.



NUTRITION

A study done by researchers at Loma Linda University in Southern California determined that “sugars impaired the neutrophils to engulf bacteria.” Neutrophils are the main type of white blood cell you have in your body, and one of their main jobs is to gobble up bacteria and viruses that enter your body; sugar essentially wears them out so that they can't get that critical job done. The sugar in just one can of soda can suppress the immune system by 30% for up to 3 hours. Sugar includes processed foods and especially fast food. For more information and nutrition advice read our [CAMP Nutrition guide](#).



SUN | NATURE | GROUNDING

The immense healing and immune properties of spending time in nature has often been forgotten in the modern era. In Japan this is known as “forrest bathing” and is actually prescribed for several ailments. Research has shown that this time outside increases Natural Killer cells which work to eliminate foreign invaders such as viruses. This time can also switch your nervous system into a parasympathetic state. In this state, your body focuses on healing, repairing and producing protective immune cells for the body.

MEASURING HEALTH STATUS FOR OPTIMAL RESULTS

COMPREHENSIVE BLOODWORK

One of the most foundational measurements people you utilize is working with a doctor to analyze comprehensive bloodwork AT LEAST once per year. This includes several immune function markers, key nutrients for immune health such as Vitamin D and B12 as well as much more. Consider this your yearly report card for your health just like you would get from school

GI MAP STOOL ANALYSIS

It is well known that 70% of the body's entire immune system resides along the gastrointestinal tract and is continuously exposed to more antigens (a molecule which induces an immune response e.g. food components, bacteria) than any other part of the body. For this reason it is essential to optimize gut function and microbiota. Above and beyond a daily probiotic, in depth testing can reveal sources of infection or diseases that can reduce immune function making you susceptible to illness.

FOOD SENSITIVITY TESTING

Knowing what foods your body is reacting to can help you to remove stressors to your immune system. If your immune system is reacting to everyday foods it will not only cause inflammation but reduce your bodies ability to fight off foreign invaders. Additionally, IgG sensitivities irritate the gastrointestinal tract's ability to maintain optimal immune function for the body.

ORGANIC ACIDS TESTING

An organic acid test is an advanced functional lab test that provides information regarding gut health, mitochondria, individual nutrients and much more. The immune system is a metabolically process of the body that requires significant energy to function. Mitochondria are the cells that produce this critical energy. Assessing the status of mitochondria and several other key nutrients can help to facilitate optimal health.

If you would our office to help you with chiropractic or functional lab testing please reach out to office at: 270.389.9696 or at our website: www.chirhochiropractic.com

