

BUILDING A HEALTHY IMMUNE SYSTEM

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Having a healthy immune system is absolutely critical for life. Each year, millions of prescriptions for antibiotics are written for respiratory, gastro-intestinal, skin, and blood infections. "New-generation" antibiotics are stronger and more powerful than the previous generation. There are thousands of newly diagnosed cases of cancer, HIV, rheumatoid arthritis SLE and other auto-immune diseases, and each year there seems to be an epidemic of one flu bug or another.

If we have so many good treatments for infections, why is it that we continue to get sick so often? What can we do about it? Our conventional medical system is based on disease, not health. Therefore, it is not geared toward preventive care. Let's turn it around and look at how the body prevents infectious disease from occurring. This is our immune system.

The immune system is a complex assortment of biochemical reactions coupled with cellular responses. In the attempt to maintain simplicity, let's look at it this way.

1. The Army (or, if you prefer, The Police)

This is the vast array of white blood cells (WBC's) that travel through the body seeking out and destroying unwanted foreign bodies like bacteria, viruses, parasites, fungi, and yeast - and their various by-products.

Doctors can tell by looking at a complete blood count (CBC) if an infection is taking place. Usually the WBC's will be elevated.

But what is a white blood cell, and how does your body make them? Good question, as we tend to take for granted that these processes will work every time. Your body builds them in the bone marrow and lymphatic system, from such ingredients as cholesterol, lipids (fat), protein, and minerals (like sodium, potassium, calcium, and zinc). Not enough of any one of these can create a lack of production of this "army."

2. The "battlefield," or the internal environment

This is the medium that all cells are bathed in -- the medium that brings nutrients and building blocks to living tissues and carries the waste products away. Again, I compare it to the neighborhood that -- in an effort to combat crime -- has street lights that work at night, houses that are locked, and neighbors who watch out for one another. All of these components make the police department's job easier.

So how does this "neighborhood" relate to our bodies? This biochemical medium must have adequate levels of protective nutrients like sodium, potassium, calcium, magnesium, chloride and protein so the "police" (WBC's) can work effectively in that medium. Less obvious, and often overlooked by doctors, are blood sodium and protein (nitrogen) levels that are low normal. I have looked at hundreds and hundreds of lab tests, and the patients that have serious immune system diseases-like cancer, HIV, and recurrent infections- typically have lowered sodium levels, eat low amounts of protein, and do not get enough calcium, zinc, and other important nutrients. For them, this fluid medium, actually favors the enemy!

Where can we start? With a comprehensive blood chemistry profile and a CBC. If you have questions or wish to schedule time to talk to us, please contact us at 509-662-1302. Your immune system is what you make it to be. Make it the best.