

Ultimate Immunity

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How to build a strong immune system

Refer to: *Colds, Infections, Inflammations – The Magic of Vitamin B5* by Allan Wohnritz

- *Immune* - having high resistance to disease; free, exempt.
- *System* – a group of body organs that together perform one or more vital functions

Immune capability is the body's ability to eliminate harmful substances (before they eliminate us).

It is the body's ability to resist sickness.

The objective of the immune system is to enable the body to become impervious to any forms of attacks by way of harmful bacteria, viruses, parasites, allergens (undigested foods in the blood), toxins and poisons as well as the effects of stress. Therefore the immune system needs to be built up so it can be ready to fight and make the invaders unable to do the damage they have been designed to do.

Today we live in an environment where we are surrounded by over 70 000 toxins (mostly man made) and where our foods are poor in the essential nutrients that will keep us healthy and well. Those toxins are known to attack our immune systems and produce the symptoms of AIDS, heart diseases, diabetes and cancer. It results in depression, hyperactivity, tiredness, lack of energy and ageing at a depressing speed. Add stress to our lives and the immune system takes a faster dive.

How the immune system is built:

Bone Marrow – it produces the blood cells (white and red)

White Blood Cells – three main types of immune cells found in the blood and lymphatic system, they are known as the B- Cells, T- Cells and Phagocytes.

B-Cell – an immune system cell which targets specific invaders, including allergens and pollen

T-Cell – an immune system cell under the command of the thymus gland and trained to detect or recognize cancer cells and viruses to destroy them

Antigen – a toxin - a protein or carbohydrate when introduced in the body stimulates the production of an antibody.

Antibody – a protein solution produced by the white blood cells that combine specifically with antigens and neutralize toxins, glue together bacteria, viruses, cells or undigested foods and make solid any toxins that are in solution form. The toxins, bacteria and viruses being made ineffective are now ready to be engulfed by phagocytes

Phagocyte – a cell that engulfs (eats) foreign material and consumes foreign debris and foreign bodies. Phagocytes eat up cells that have been identified and marked by the B-Cells and T-Cells through the use of their antibodies. (*phago = eat, cyte = cell*)

Thymus – an organ in the upper chest cavity in humans. It functions as an endocrine gland producing the hormone thymosin which stimulates the activity of the T-Cells. It trains up immune cells and provides hormones that enables the immune cells to produce antibodies. The B-cells and T -cells break down due to the decreasing power and size of the thymus gland.

Pituitary – a gland that produces the growth hormone necessary to the proper functioning of the thymus gland.

Lymphatic System – a channel of vessels which collects fluids (waste products and proteins) from tissues (not cells) back to the blood circulatory system. It connects to the large veins near the heart. It consists of a fluid called lymph (produced in the liver) which carries waste and proteins which couldn't be collected by the blood vessels at cellular level. The lymph flows through the lymph nodes which purifies the lymph. White blood cells are present in the lymph nodes and harmful bacteria get destroyed in those nodes.

Lymph Nodes – tonsils, adenoids; nodes are also concentrated in the neck, armpit, elbows and groin. When the body is fighting an infection, the lymph nodes normally swell, which shows an increased activity of the white blood cells.

Digestive System – it produces stomach acid that destroys bacteria and viruses entering

through the foods we eat. Digestive enzymes in the intestines digest bacteria. The mucous membrane of the digestive system also traps bacteria and destroys and eliminates them.

Liver – has a large presence of phagocytes which ingest bacteria, viruses and other foreign particles.

Adrenal Glands – The adrenal glands produce cortisone based hormones that have anti-inflammatory functions. When under stress, vitamin B5, Vitamin C and other B Vitamins are used up and when no longer available, anti-inflammatory hormones are no longer produced. The adrenal glands can also shrivel and not function as a result of stress. This condition will allow infections and inflammations to continue spreading and are no longer held in check for the immune system to get rid of it.

Your immune system will work efficiently when the bone marrow is supplied the necessary nutrients to build new blood cells and when those new cells are maintained and kept from attack. The immune cells need to be provided the necessary vitamins and minerals so they can function fully. The cells are built of natural oils and those oils are easily attacked by toxins, commonly known as free radicals. The cell walls are protected by specific nutrients and substances made by the body. The cell walls of the whole body (muscle cells, white blood cells, red blood cells, glands, etc.) need to be built with exact nutrients supplied by the right foods so they can receive the correct amount of oxygen and glucose to provide energy for the body and to fight the invaders (toxins, bacteria, viruses, allergens, etc.). An inadequate supply of glucose and oxygen entering the cells because the walls are damaged or hard or destroyed will create the effects of tiredness. This is an indicator that your white blood cells and phagocytes will not be functioning and might even be eaten up and destroyed the the very bacteria, parasites and viruses it is designed to destroy.

The objective of building a strong immune system is to make a large army of white blood cells and phagocytes so they are always bigger in number than the harmful bacteria, viruses, parasites and toxins that enter the body. Also have an abundance of antioxidants present to counteract any free radicals.

Viruses can only grow within a cell. They have to penetrate the cell wall before entering. If you make the cell walls strong and well built and make the surroundings of the cells (tissues) strong, the viruses will not be able to travel from one cell to the other to multiply. This gives you time to help the body produce its army of immune cells and to then eat up the virus trapped in the cell or within the tissues.

The cure for any disease

Illness manifests itself when the immune system of our bodies is not functioning properly. The way to build a powerful immune system is to live a healthy lifestyle and eat a healthy diet.

A strong immune system will protect one against any infectious disease.

The cause of all disease lies in the **life and habits** of the individual, and when the body is sick, it will **cure** itself **if** the correct conditions are provided.

"The doctor of the future will give no medicine, but rather will interest his patients in the care of the human frame through lifestyle and diet and in the cause and prevention of disease." – *Thomas Edison*.

"Nature, if given the opportunity is always the greatest healer. It is the physician's role to assist in this healing, to play a supporting role." – *Henry Bieler, MD*

Supplements to build the ultimate immune system

The first step is to stop any viruses, bacteria, parasites and worms from functioning. This is normally achieved with the use of herbs.

1. Use Astra Viral Aid
2. In order to remove the viruses, bacteria, parasites and worms, the immune system needs to be built up. This is achieved with a good quality protein together with vitamins, minerals and essential fatty acids. Normally a sick person recovering or a person under stress has a poor digestive system. It would be recommended the person takes his proteins with a good digestive enzyme or takes a pre-digested protein powder with enzymes in it. Supplements of vitamins and minerals that are enzyme active is highly recommended
 1. Max-Up Whey protein powders
 2. Max-Up MV3000, an enzyme active multivitamin and mineral or a good Multivitamin and Mineral (with 25 to 50mg of BComplex)

3. Max-Up Calm Cal Mag
 4. Essential Fatty Acids – Omega 3,6&9, or capsules of DHA & EPA and GLA
 5. Optional – digestive enzymes – Bromelain and Papain or a Digestive enzyme supplement with Betain Hydrochloride
 6. If digestive disturbances are present, take an Aloe Vera juice with turmeric and dandelion. It helps soothe stomach acid reflux and ulcers.
2. With the presence of viruses, bacteria, parasites and worms, there is a strong possibility of inflammations (arthritis, asthma, AIDS, TB, tonsils, etc.) and infections (colds, flu, ears, etc.). This is because of a lack of cortisone based hormones and this allows the inflammation and infection to continue indefinitely (chronic) and it keeps on spreading. Those hormones form a bubble like around the inflammation or infection and prevents it from spreading any further. As soon as this is achieved, the immune system will be able to contain all viruses, bacteria, parasites and worms and get rid of them from that area. By doing so, no more damage occurs and pain relief is experienced. New cells need to be built and the needed foods (amino acids, vitamins, minerals and oils) to build the cells can be transported into the bubble and reconstruction occurs. The hormones are produced by the adrenal glands.
1. Vitamin B5 – key ingredient to produce cortisone based hormones
 2. Vitamin C – to protect the adrenal glands from destruction by stress
 3. Ashwagandha – prevents loss of vitamin C from the adrenals and protects the adrenal hormones
 4. Astra Viral Aid – to stimulate the adrenal glands to produce the anti-inflammatory hormones

Immunity Booster contains a combination of Vitamin C , Vitamin B5, digestive enzymes and anti oxidants.

Take **Immunity Booster** and the following supplements to handle the following problems:

1. For arthritis - Chondroitin and Glucosamine and Turmeric
2. For Gout – Devil's Claw
3. For Liver – Milk Thistle, Dandelion and Tumeric
4. For Eczema - Burdock Root
5. For Urine tract infections – Golden Seal Root or Juniper Berry
6. For herpes (cold sores or shingles) – Licorice Root, L-Lysine