

## MODULE 10 – SOLUTIONS HANDOUT

### Preventing Age Related Immune System Decline

As we age, the immune system is not as strong, which is why we see cases of "Shingles" in older people, and also the reason why most cancers occur in older people.

Let's NOT let this happen!

#### WEBINAR SUMMARY:

1. **A good diet is imperative!** The Anti-inflammatory diet (found in the additional handout section of module 1) is a perfect immune stimulating diet; not only because it is not inflammatory, but it feeds your "good gut bacteria" what it needs. One great example of keeping "good bacteria" happy is to feed them lots of cruciferous vegetables.

At the very least, KNOW that highly inflammatory foods such as processed foods, fast foods, sugary foods and starchy foods will depress your immune system by feeding the "bad gut bacteria" and helping them multiply .

Also know that there are immune-stimulating spices and foods too! These are:

- Shitake and Maitake mushrooms
  - Raw or lightly sautéed (in ghee) onions and garlic
  - Cayenne pepper (which also gives you a little metabolic boost), ginger (recall, from your dietary handout, that this is also anti-inflammatory), wasabi and horseradish.
2. **Exercise!** Exercise is a stress buster and stress, of course, depresses your immune system whereas exercise boosts it. In addition, studies have shown moderate (not marathon level) exercisers have fewer infections. Recent studies have actually shown that high

intensity/distance exercisers such as marathoners have a high incidence of leaky gut which means a dysfunctional gut and a lower functioning immune system.

3. **Sleep!** We hope you already realize how important a restful 7-8 hours of sleep is for your immune system's nightly repair and maintenance.
4. **Socialize!** Studies show that people who socialize well and more than others ARE healthier. AND this includes your social interaction with your pet(s) as well.
5. **Have good sex!** A well-known 2004 study and several others since then show that intimate sexual relationships that include regular, satisfying sex will boost your immune system.
6. **Do NOT smoke!** Also avoid other toxins for a plethora of reasons including immune health.
7. **Stress:** Another topic which keeps coming up again and again. Maybe that's because stress is so prevalent in our lives, if we're not careful to consciously control it-meaning our reaction to it.

We all have to safeguard ourselves, and we need to be cognizant of the fact that stress affects just about everything.

If you have tried everything in the stress management blogs, are on adrenal support **AdrenoThrive™** and **Adrenal Fusion™** (See the Solutions Handout for Module 2), and you are also taking the GABA anti-anxiety neurotransmitter precursor **PharmaGABA™** (see the Solutions Handout for Module 11 if you need more information than you received in Module 7), and still feel stressed, we suggest professional stress-management counseling.

8. **GI tract health:** If you are following these modules in sequence, you have completed Module 10: "Perfect GI tract health," and have implemented the behavioral and dietary changes we discussed in the webinar and more fully on the Solutions handout.

Please refer to the Solutions Handout for Module 10 if you have questions regarding what products are appropriate for you and for YOUR GI tract health. Please also refer to the "helpful articles" listed on the Solutions page for more detailed information.

A healthy GI tract means a healthier immune system. Plain and simple. So the first house to be "put in order" is your GI tract. The following products to maintain GI tract health by supporting the abundance of "good bacteria" are found in the GI portion of the e-store. Yes, you saw them in the GI module, but they bear repeating here.

| <b><i>Cocochoimmune™ Bar</i></b> |  |
|----------------------------------|--|
| <b>Precautions<br/>Warnings</b>  | <b>More than one per day might cause cramping.</b>   |
| <b>Benefits</b>                  | Creates a friendly environment for probiotics (good bacteria) to set up shop in the GI tract by acting as prebiotic fiber.   |
| <b>Additional<br/>Benefits</b>   | <b>Immune-stimulating.</b>   |
| <b>Dosage</b>                    | <ul style="list-style-type: none"> <li>- Enjoy one delicious bar daily.</li> <li>- They can be used at the same time as the detox sprays if you haven't yet done that, and then start probiotics a week later.</li> </ul>  |
| <b>Additional<br/>Remarks</b>    | <p>It is a chocolate-coconut bar that has no sugar, of course, and is made in "paleo fashion" so it is actually not "processed". In addition, it packs only 140 calories!</p> <p>Dietary sources of prebiotic fiber include asparagus, Jerusalem artichokes and fermented foods.</p> |

## ***Mibiotic Supreme™***

|                             |  |
|-----------------------------|--|
| <b>Precautions Warnings</b> | <b>None</b>  |
| <b>Benefits</b>             | Populates a GI tract with friendly bacteria.   |
| <b>Additional Benefits</b>  | Immune stimulating.  |
| <b>Dosage</b>               | - One tablet 2x daily.    Keep refrigerated  |
| <b>Additional Remarks</b>   | Contrary to popular belief, commercial yogurt and kefir products are tasty but useless to repopulate GI bacteria.<br><br>Homemade kefir and yogurt, using live cultures and A2 milk products or coconut milk are good sources of probiotics. |

## ***Prephage Probiotic™***

|                             |   |
|-----------------------------|---|
| <b>Precautions Warnings</b> | <b>None.</b>  |
| <b>Benefits</b>             | Maintenance of a healthy lower GI tract.  |
| <b>Additional Benefits</b>  | This is also appropriate to take for GI tract health right off the bat, in lieu of a separate pre and probiotic, if you have NO symptoms. |
| <b>Dosage</b>               | Take one capsule daily for a combination pre/probiotic action.  |
| <b>Additional Remarks</b>   | Also immune boosting  |

9. **Immune boosting supplements:** To reiterate, as we age, we see a diminution of immune function. Therefore, just as we replace or boost other "things" we lose, we also want of course to boost immune function as well.

The first and most important way to do this is described in Module 1 and we are assuming here that you have done Module 1 and fixed your oxidative stress and inflammation with glycation being almost as important as well.

**IMPORTANT WARNING:**

If you have a diagnosis of an active (meaning not in remission) auto-immune or "immune disordered" disease such as:

- Cancer
- Systemic Lupus
- Rheumatoid Arthritis
- Mixed Connective Tissue Disease
- Graves disease, or Hashimoto's thyroiditis
- Inflammatory Bowel disease (Crohn's or Ulcerative Colitis)
- This means that your immune system is "overactive." Therefore, you **MUST NOT** take any of the immune "boosters" suggested below.

However, if you are in remission, this means that you do not have "active" over-stimulation of your immune system. In our opinion, it is absolutely safe for you to take immune boosters, but you should check with your physician first.

As always, feel free to contact Dr.Kim if you have questions.

10. **You are unique:** As with all of our Solutions, we know that one size doesn't fit all. This is why we ask that you use your self-evaluation questionnaire to identify which of the following category you fall into:

- You have frequent colds, flus, etc., meaning more than once per year, and/or you have had a bout of cancer in the past OR you are over 65 years old: your immune system needs heavy duty boosting.
- You are rarely, if ever, sick, have not had cancer and your immune system needs the normal, age related immune boosting we all need.

The following products can be found under "Prevention" and then in the "Immune pod" in the e-Store.

| <b><i>Immunoben Liquid:</i></b><br><b><i>» Step one for full-blast Immune Boosting and Infectious Disease Prevention!</i></b> |   |
|---|---|
| <b>Precautions Warnings</b>   | <b>None</b>   |
| <b>Benefits</b>   | Immune boosting and infectious disease prevention. Can be STEP2, after COLOSTRUM, listed next.  |
| <b>Additional Benefits</b>  | The mushroom extracts (Shiitake and Maitake mushrooms) it contains has been shown to be very good for the health of your brain and maintenance of your GI tract lining. |
| <b>Dosage</b>   | - Take 35 drops daily   |
| <b>Additional Remarks</b>   | As you will see on the ingredients, this contains a host of immune boosting herbals as well as the extracts of the mushrooms we've discussed.                           |

## Colostrum:

» *Step two for full blast Immune-Boosting, plus Moderate/Maintenance Boosting*

|                             |   |
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| <b>Precautions Warnings</b> | <b>None.</b>  |
| <b>Benefits</b>             | This is s a great immune system booster and is a must if you have any diagnosed gastrointestinal conditions such as Leaky gut, Irritable bowel disorder, Ulcerative Colitis, Crohn's disease, Inflammatory Bowel Disease, or Celiac disease   |
| <b>Additional Benefits</b>  | May be useful to help wean from GI tract pharmaceuticals and will help in symptom control   |
| <b>Dosage</b>               | - Take two capsules each morning.   |
| <b>Additional Remarks</b>   | This is also a <b>must</b> if you are taking more than an occasional "non-steroidal anti-inflammatory" medication such as Motrin or Aleve.<br><br>It is thought to help heal the damage from these medications which very often affect the lining of the colon and can cause diseases such as leaky gut or even microscopic colitis, which can manifest as debilitating diarrhea. |

## Garcillin™:

» *Step three for full blast Immune-Boosting,*  
» *Also for "Back-Door Boosting"(a must for Everyone)*

|                             |   |
|-----------------------------|---|
| <b>Precautions Warnings</b> | <b>This is a natural blood thinner so NEVER exceed the recommended dose.</b>  |
| <b>Benefits</b>             | This great product performs what we call "Back-door Immune Boosting" because it doesn't boost the immune system per se.<br>Rather, it works by being: <ul style="list-style-type: none"><li>• Anti-fungal</li><li>• Anti-bacterial</li><li>• Anti-parasitic</li></ul> |
| <b>Additional Benefits</b>  | Anti-tumorigenic = anti-cancer.<br>Sometimes lowers blood pressure.   |
| <b>Dosage</b>               | - Take two capsules each morning.   |
| <b>Additional Remarks</b>   | This is a very concentrated garlic extract processed so as to have no garlic breath odor.   |

## Vitamin D Plus:

### » A must for Everyone

|                                 |   |
|---------------------------------|---|
| <b>Precautions<br/>Warnings</b> | <p><b>This product contains some vitamin K.</b></p> <p><b>Make sure to consult your Doctor if you are on Coumadin, more than a baby Aspirin daily, or antibiotics.</b></p> <p><b>It is rare, but possible for Vitamin K to interfere with antibiotic actions.</b></p>   |
| <b>Benefits</b>                 | Immune boosting.  |
| <b>Additional<br/>Benefits</b>  | <p>Research about vitamin D deficiency is rolling out each month.</p> <p>We see a link between metabolic issues, such as diabetes, and a probable link with certain cancers, as well as coronary heart disease.</p> <p>Recent studies show that diseases such as Multiple Sclerosis are linked to deficiency in Vitamin D. There is a strong link established between low vitamin D and Alzheimer's disease as well.</p>  |
| <b>Dosage</b>                   | <ul style="list-style-type: none"><li>- If you have not had a Vitamin D level measured and get little to no sun then (3) 2000 mg caps daily.</li><li>- If you get a good deal of sun meaning you work daily outdoors or spend all day playing tennis, golfing or lounging on the beach just two caps daily to be on the safe side until you get a level checked.</li></ul>  |
| <b>Additional<br/>Remarks</b>   | <p>In her 30+ years of medical practice, Dr. Crawford has never seen anyone who is not on supplemental Vitamin D and who has a normal level. She typically sees Vitamin D levels of about 20 ng/ml (normal levels are quoted below).</p> <p>Since an overdose of any of the fat soluble vitamins is not "a good thing", unless you have a Serum Vitamin D measured so you can get the dose "perfect", we don't advise more than 6000 IU's per day. Now, this being said, it's quite difficult to take enough vitamin D to develop toxicity if you stay at 10,000 IU's per day or less.</p> <p>If you DO get your level measured, the <b>American College of Anti-aging and Regenerative Medicine</b> sets the "ideal" level at 75 ng/ml. So if your Doctor is monitoring you, you can increase your dose and aim for that number.</p> |



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**These solutions will help, not only to keep you more immune from contagious diseases (how everyone views the immune system), BUT will also decrease your risk of Cancer as you age, as long as you make the other cancer-prevention changes to your lifestyle. To make this easier, see the "helpful article" on this page which covers everything you should do to improve or maintain good health; which includes having a strong immune system and preventing cancer.**

*Best Wishes for your Life and Health,*

*Kim Crawford, M.D., and the [drkimsagewellsolutions.com](http://drkimsagewellsolutions.com) team.*