

# Shields Up!!

## Your Defense - A Strong Immune System

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*This is an article prepared by Jeff Beal, VP International Sales and Marketing, The M'Lis Company. It describes aspects of the Immune System that can be fortified through lifestyle changes, health / beauty programs and products and dietary supplements. Topics addressed include: skin care, weight management, detoxification, body wraps / lymphatic cleansing, stress reduction and proper diet / nutrition.*

The warning of imminent danger comes .....“Enemy warship fast approaching.... Coming into range and taking offensive position... Enemy arming weapons.” The immediate, expert, seasoned response follows.... “Shields Up! ... Charge weapons systems... Ready systems... Red alert... All hands to battle stations.” This sounds very much like an exchange by Riker and Picard during an episode of Star Trek. It also could very well describe the non-verbal exchange that takes place frequently with our psychoneuroimmune systems, the ‘bridge’ between our psychology and the nervous and immune systems. It is this critical exchange of sensing danger, providing clear warning, interpreting essential messages, engaging defense systems, and conquering the ‘enemy’ that is vital to our health and vitality.

Immune system suppressors constantly bombard us. They can overwork, deplete and weaken an unfortified system. They can predispose us to infections and chronic disease such as cancer. Some of these insidious suppressors are: aging, allergies, bacteria, viruses, yeasts and fungi, surgery, radiation, chemotherapy, drugs (including steroids, anti-inflammatory, adrenalin, and insulin), lack of sleep, stress, overeating, high-fat diet, refined sugar, nutrient deficiencies, chemicals in diet and environment (including air/water pollution, hydrocarbons, phenol and formaldehyde), recreational drugs, tobacco, alcohol, etc. Most of the suppressors can be avoided through choices that we can consciously make to live a healthy lifestyle. The strength of our immune system is partly related to genetics, but it is also related in large part to diet / nutrition, stress levels, available energy, general fitness, as well as emotional health. Unfortunately, world-wide health statistics are showing that people are not making the right choices, e.g. a U.S. Senate document indicates that 99% of Americans are deficient in minerals, incidents of immune system diseases have increased over 200% in the past five years, obesity is becoming all too common, diets consisting of high-fat, high-sugar, highly-processed food are widely consumed, etc.

Antibiotics have been so widely prescribed, over-used, and mis-used that many strains of bacteria are becoming very resistant. Steroids, synthetic hormones, drugs and chemicals fed to our beef, poultry and pork that we eat are weakening our immune systems. Deadly illnesses such as SARS, influenza, and HIV/AIDS are horribly affecting the lives of millions worldwide. Actual cases of anthrax, bioterrorism threats, and other germ warfare issues are making news. Chronic illnesses such as cancer, HIV/AIDS, fibromyalgia, candida, arthritis, lupus, multiple sclerosis, and allergies are increasing.

### **External Shield – The First Line of Defense**

The largest organ of the immune system is the skin. A great many of the ‘enemy’ bombard the skin almost constantly. Maintaining healthy skin is critical to overall success of the immune system. Best practices include:

- 1) Avoid contact with surfaces likely to transmit the ‘enemy,’ e.g. hand railings, door knobs, elevator buttons, handshakes, computer keyboards, public transportation, towels, etc.
- 2) Keep skin clean. Wash regularly with anti-bacterial, anti-fungal soap. Use disposable or air-

dry methods to dry off. Pay particular attention to cleanliness of hands and feet. Avoid touching nose, eyes or mouth without thoroughly cleansing first.

3) Keep skin healthy. Cuts, abrasions, rashes, etc. are 'breaches' in the primary shield and should be quickly and carefully addressed. Products such as M'LIS TISSUE REPAIR can be used to effectively treat many skin problems including eczema, psoriasis, burns, etc. Another recommended skin treatment is exfoliation. An estimated 80% of all natural elimination of toxins come through the skin. It is vital to keep the pores open and clean through frequent exfoliation. Old, dead and dying cells, are removed from the outer layer of the skin to expose healthy, vital skin cells. This is another way to aggressively remove some of the 'enemies' from the skin. Dry brushing the skin is also thought to speed the flow of lymph. We highly recommend the use of M'LIS BUFF Body Exfoliator every three days. Maintain adequate skin hydration and nourishment. Avoid excessive exposure to sun, drying chemicals such as alcohol, etc.

Tears, saliva and mucous membranes are also included in the 'First Line of Defense' since together with the skin, they form a physical barrier against invasion. Ensure that you are properly hydrated. We recommend 6-8 glasses of water per day. Obtain adequate nutrition to provide the building blocks for the enzymes in the mucous that attack the 'enemy,' try to destroy it and try to remove it from the body. Critical situations such as exposure to airborne viruses, e.g. SARS – coronavi-

rus variant, sometimes require use of masks over the nose and mouth. An interesting application of 'nanotechnology' was applied recently in the creation of ultra-light surgical masks woven with tiny, synthetic polymer 'nanofibers' in the 20 to 30 nanometer ( $10^{-9}$ m) range. (Compare this to a strand of human hair at 50-100 micrometers thick....approx 3,000 times bigger!)

### **Internal Shield – The Second Line of Defense – Army of Soldiers**

The lymphatic system, the "River of Life", is a rarely understood and often overlooked super-critical body system. The lymphatic system permeates every organ of the body, except for the brain. It is another 'circulatory system' that removes foreign cells, toxins and 'enemies' from tissues, organs, etc. and dumps them into the blood system to be further broken down and eliminated. It relies on muscle activity and exercise for the lymph to circulate. This is one reason why perhaps more stagnant, sedate people tend to have lowered immune strength. Lymph nodes are storage sites for cells along the lymphatic system. They are the immunologic filter of the entire system. When infection is present, the nodes can commonly be felt near the infection. There are various types of lymph cells with specific roles, e.g. messengers, helpers, memory cells, attackers, killers, etc. They enlist the help of various enzymes and interleukins to carry out their functions.

A main function of the immune system is associated with the gastrointestinal tract where a large number of the 'enemy' enters the system.

Healthy bacteria and yeast are essential for proper digestion and energy availability. They normally keep each other in a state of balance (homeostasis.) Various bacteria and immune suppressing drugs such as antibiotics, cortisone, and steroids cause an imbalance, depleting the 'enemy' bacteria as well as the healthy bacteria. Excessive alcohol use, caffeine, stress and aging all destroy friendly bacteria. Often this gives the yeast, typically *Candida albicans*, an opportunity to grow out of control. In its original yeast state, *Candida* is a noninvasive, sugar-fermenting organism. When it is no longer held in balance it morphs into an invasive fungal state allowing it and its waste products (toxins) to enter the blood stream and be transported to most parts of the body. It has been identified as causing infections of the vagina, ears, nose, throat, finger and toenails, and the entire digestive tract, from the mouth to the rectum. *Candida albicans* thrives on sugar. The typical western diet consisting of white sugars and gluten contribute to the problem. Symptoms include: allergic reactions (congested nose, hives, headache, dizziness, weakness), gastrointestinal problems (gas, bloating, pain, heartburn, constipation), fatigue, food cravings, wide emotional swings, aching muscles, etc. It is advisable to supplement the diet with live, friendly, bacteria and maintain proper nutrition.

Enzymes play several critical roles in the immune response, including stimulating the immune system, regenerating the immune system, or even acting to inhibit an overactive immune system such as with auto-

immune diseases, e.g. arthritis, lupus, MS. Research indicates that certain enzymes increase the activity of certain immune cells by 700 to 1300%. They are important for reduction of inflammation, swelling, and preventing worn-out cells from being treated as foreign cells in auto-immune diseases. Dr. Edward Howell, many consider the father of food enzyme research, taught two key concepts: (1) enzymes carry out all biological processes in the body; and (2) the capacity of an organism to make enzymes is exhaustible. The ability for our bodies to create and 'fuel' enzymes decreases with age, poor nutrition, stress, lack of sleep, depressed immune system, chronic disease, obesity, etc. Proper diet, nutritional supplements, and digestive enzyme supplementation can help the immune system by preserving the 'enzyme power' for critical defense activities instead of for digestion. Enzyme preservation is critical to our longevity, vitality, and quality of life.

Perhaps one of the most beneficial activities that you can choose to do to fortify your immune system and general health is to periodically detoxify your blood, organs, lymphatic, digestive and tissue systems. Reducing the toxin / 'enemy' load on the immune system and cleaning the associated organs and tissues is very beneficial. The detoxification should consist of most the following:

- 1) **Juice Cleansing** – As mentioned earlier, much of the enzyme load on the body is used for digestion, especially with today's diet of cooked, highly processed, high fat, high protein, rapidly consumed, highly sweetened, steroid / growth induced

foods. This gives the body a chance to use the enzyme power to focus more on the immune system. The body goes through a purging process where the organs dump accumulated toxins. M'LIS recommends a detoxifying cleanse (consuming a mixture of distilled water, lemon juice, and pure maple syrup and our unique herbals blends) for 3-4 days every 3-4 months.

- 2) **Hydrating** – Water is a powerful leaching and dissolving agent. It cleans the cells and lubricates the membranes. Proper hydration assists the immune system in moving the 'enemy' through the lymph system into the circulatory system and out of the body quickly and easily. We recommend at least six to eight glasses of water per day. We prefer the most pure water, e.g. distilled.

- 3) **Cleansing / Detoxifying** – The only way toxins are eliminated is through the natural process of detoxification, which occurs through the colon by evacuation, skin by perspiration, kidneys by urination, and lungs by respiration. Toxins must be forced out or the body will disease and die. Due to the extensive toxin load that we face today, it is important to help the natural process.

Almost every chronic disease is due to the influence of toxins diffusing into the body systems from the intestine. The average person eats processed foods, overcooked foods, and very little fiber. We eat way too much sugar, salt, and red meat. The colon becomes clogged with waste that starts accumulating and forming layers of hard encrustations. The material begins decomposition and causes fer-

mentation and putrefaction. It is vital to clean the colon, restore proper peristaltic action, decrease food cycle-time, and clean other major filtering systems such as liver, kidneys, bowels, and blood supply. The use of Body Wraps / Lymphatic Drainage Wraps have been used for hundreds of years to remove toxins and strengthen immunity. We use a technique that assists in ridding the tissues of accumulated toxins and enhancing the movement of lymphatic fluids. This aids immune function and boosts the body's ability to eliminate toxins and absorb nutrients. It is an excellent post-operative treatment to accelerate the healing process. Our cocooning body wraps begin with a gentle whole body exfoliation to allow for increased product absorption. The body is then layered with an all-natural blend of natural herbal oils, circulation promoters, vitamins, etc. and wrapped in warm blankets. After 45-60 minutes, the body is massaged to further stimulate the removal of toxins through the lymphatic system. We also use herbal mixtures taken in capsule form to help soften the cellulite in tissues where toxins have collected. This makes the wraps much more effective and goes a long way toward reducing stress. It is important to have a wellness / health care professional guide you through this detoxifying process. It is not advised for pregnant and nursing women. Other health conditions should be reviewed with your professional beforehand.

Emotional stress and anxiety also weakens the immune system. Stress manifests itself in many physiological and chemical forms including increased production of stress hormone, cortisol, that leads to a suppression of the immune system. It is imperative to develop methods for emotional detoxification to help fortify the immune system. Suggested activities include, yoga, pilates, tai chi, visualization, meditation, etc.

What we eat affects our immune system. Vitamins, minerals, and protein are required by the immune system in its fight against the 'enemy.' There are several recommendations for an immune-supporting diet plan:

1) Low-chemical, low-sugar, and low-fat diet is mandatory! Avoid chemicals in foods and chemical consumptive habits, such as alcohol, caffeine, marijuana, and nicotine. A water purification system which removes chemicals is beneficial.

2) **Vitamin A** is great for the skin.. the First Line of Defense. Good sources are fresh 'orange' vegetables, e.g. sweet potatoes, carrots, squash, pumpkins, ripe mango, melons, papaya, carrots. It aids in the growth and repair of body tissues. Internally, it helps protect the mucous membranes of the gastrointestinal and reproductive systems. Research shows that the natural form of Vitamin A, beta-carotene, helps defend the body against some forms of cancer.

3) **Vitamin C** is also very important for the skin by maintaining collagen, a protein necessary for the formation of connective tissue. It helps heal wounds and burns. Another

very important role is as an antioxidant. Antioxidants protect the cells and organs against 'free radicals' that attack the healthy cells of the body and cause them to lose their structure and function. Damage to cells caused by 'free radicals' is believed to play a central role in the aging process, disease progression, and degenerative diseases such as cancer, cardiovascular disease, cataracts, immune system decline, and brain dysfunction. Good sources of Vitamin C are citrus fruits, melons, strawberries, spinach, broccoli, green bell peppers, guavas, and papayas.

4) **Vitamin E** plays a major role in antibody production and response as well as (with selenium) cell membrane integrity. It is a powerful antioxidant and helps to stabilize cell membranes and protect tissues of the skin, eyes, liver, etc. from the harmful affects of 'free radicals' and oxidation. Good natural sources of Vitamin E include oils of vegetables, seeds, and nuts. It was first isolated from wheat germ oil, which is still a commonly used, rich source.

5) **Selenium** is a very important mineral that has been shown to be a powerful antioxidant and thus its important contribution to the prevention of cancer and cardiovascular disease. Providing adequate selenium levels in the body may help autoimmune diseases, recurrent illnesses or infections, and other inflammatory problems. Many natural foods contain some amount of selenium due to its existence in soil. Brewer's yeast and wheat germ usually contain high concentrations. A varied diet of wholesome foods including vegetables, nuts, fish, etc.

will make sure that you get an adequate amount.

6) The **B complex** vitamins are very important for the health of the skin, hair, eyes, and liver as well as the mucous linings, especially in and around the mouth. The richest natural source of B vitamins is brewer's yeast. The germ and bran of cereal grains are also good sources, as are some beans, peas, and nuts.

7) **Yogurt**, (no sugar added) a source of *Lactobacillus acidophilus*, tends to help reimplant normal colon bacteria, which helps maintain healthy levels of intestinal yeast, improves complete digestion, and improves energy utilization and availability to the immune system.

8) Care must be taken to obtain sufficient dietary **proteins** and **amino acids** that help form the immune tissues and antibodies. **Zinc** is an especially important mineral which helps decrease infection rates, speed healing, promote lymph tissue formation and health. Most animal sources contain adequate amounts of zinc. Oysters are particularly high in zinc. **Copper** also improves resistance to infection and should balance the zinc intake. Too much copper can have negative effects.

9) Dietary sources of **fiber**, e.g. celery sticks, salads, fruits, nuts, cereals, carrots, help the transit time of toxins through the colon and reduce the toxin load on the immune system.

10) **Essential Fatty Acids** like Omega 3 and Omega 6 are very important for regulation of inflammation that occurs with autoimmune disorders. They also support immune activity and there is some indication that they have anticancer effect. Good

sources are soybean, sunflower, wheat germ, flaxseed, sesame, evening primrose oil, etc.

Dietary supplements are recommended for those people that find it difficult to make sure that they are consuming adequate amounts of the appropriate vitamins, minerals, amino acids, and proteins mentioned above. It is most difficult, if not impossible in the U.S. today to eat 100% of our nutrition requirements. We believe that everyone must use supplements in order to ensure proper nutrition. The M'LIS Company provides high-quality, all natural, balanced blends of the various important items above, e.g. DAILY Multivitamin / Multimineral, ENZYME Digestive Enzyme Blend, CANDIDA Yeast Control, VITAL Antioxidant with Astaxanthin, EVENING PRIMROSE OIL, VITAMIN C Nature's Antibiotic, and TRANQUILITY Herbal Stress Relief.

There are numerous herbs that are indicated in fortifying the immune system, e.g. Burdock, Cascara Sagrada, Dandelion, Echinacea, Fennel, Garlic, Ginger, Goldenseal, Licorice, Oregon Grape, Red Clover, etc. The M'LIS Company's keystone product is the DETOX kit which is a unique, powerful blend of these and many other important herbs.