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# INTRODUCTION

**I**n the new millennium, our immune systems will be under constant attack from newer and more powerful bacterial and viral microbes. I believe that the frequent use of antibiotics combined with increased levels of pollution, stress and poor eating habits have left us in a state that I call a low level or sub-level of health. I believe many people are functioning at this sub-health level while trying to survive mentally, physically, financially and, most importantly, spiritually. Living in a state of sub-health means that your immune system is weakened, which translates into increased susceptibility to disease.

In this book, I will share with you my 90-Day Immune System Makeover. I have used it to regain my health after chronic fatigue syndrome, as have hundreds of my clients when faced with body imbalance. I consider it the best weapon against immune dysfunction. God has provided us with powerful compounds from

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nature that have the ability to boost immune function so we can effectively battle viral, parasitic and bacterial invaders. We can be mentally, physically and spiritually “armed and dangerous” against the attacks on our physical bodies in this new millennium. If you would like to safeguard your health and rev up your immune system, read on, and I will teach you about building your immunity and to avoid the immune system zap-pers that we face. After reading *90-Day Immune System Makeover*, you will be well equipped with the knowledge to protect yourself against them.

My people are destroyed for lack of knowledge.

—HOSEA 4:6

Here we are in the year 2000.

We see that we are living in times unlike any other.

For example:

- More children under the age of fifteen are lost through the terminal process of cancer than by any other cause, with the exception of accidents.
- Degenerative diseases are not limited to senior citizens. All ages are now affected.
- According to the Senate Nutrition Committee, cardiovascular diseases are the leading cause of death in the United States. One out of every two Americans suffer from heart disease.
- According to the American Heart Association, thirty-seven million people suffer from high blood pressure.
- According to the Nutrition Research Alternatives

## *Introduction*

Report, over eleven million people in our country suffer from diabetes.

- One-third of the American population is overweight, so much so that their life expectancy is reduced. This is because they are more prone to high blood pressure, high cholesterol and high blood sugar levels, which in turn lead to heart disease, diabetes and hypertension.
- Tooth decay affects over 90 percent of the population under the age of seventeen. Forty-five percent of the population suffer from periodontal disease, the leading cause of tooth loss over the age of fifteen.
- Since 1967, roughly seven billion dollars have been spent on cancer research. In 1950, the cancer rate was one out of fifteen. Today the figure is one out of four. This represents 25 percent of our population.
- In 1950, mental illness affected one out of twenty people. It is now said that one in five will be affected.

This 90-day program teaches you to remove all obstacles to true health and balance, thereby allowing your God-given potential for healing to manifest. During the first 30 days, you will detoxify your body and eliminate sugar, caffeine, wheat, dairy and alcohol. You will learn about the importance of water. You will eat healthier for energy and blood sugar balance. This first phase of the 90-Day Immune System Makeover is a cleansing, re-balancing and preparation phase. You will be laying the foundation for a

## *90-DAY IMMUNE SYSTEM MAKEOVER*

super strong immune system. We will begin with your immune health screening to identify your weaknesses, whether hereditary or self-imposed.

The 90-Day Immune System Makeover has both short-term and long-term effects and will serve as your road map to optimal immunity and a higher quality of life. The short-term benefit is that you will feel better as you implement the principles of the program. The long-term effect is that you will achieve maximum immunity in order to avoid or battle a chronic or even potentially life-threatening disease in the future. This journey I have walked before you. I have been the patient before I became the doctor. I can tell you that regaining my health was the most incredible journey that I have ever experienced. I pray that as you embark on this program you also experience healing in your body, mind and spirit.

Your immune system is the greatest pharmacy in the world. It makes more than one hundred billion types of medicines, called antibodies, to attack just about any unwanted germ or virus that enters your body. It is what keeps you healthy and makes you well after a viral, bacterial or fungal infection. It can even manage to stop a cancer cell from setting up shop in your body and multiplying.

Most importantly, all the medicines made by your internal pharmacy are completely natural and custom tailored to work specifically for you. They do not produce side effects, they are free, and they are the most powerful healing agents known to man.

Your immune system has one requirement—the right raw materials to produce the internal medicines needed for you to remain healthy.

## *Introduction*

This will be the only technical portion of the *90-Day Immune System Makeover*. I call this section Basic Immunity 101. Think of your immune system as your own personal army, always on guard and ready to defend your body twenty-four hours a day, seven days a week for the entire course of your life. Now more than ever we require a vigilant and vigorous immune system with the many new and more powerful microbes and pathogens in our environments.

Your immune system is designed to recognize a substance as “self” or “non-self” or a potential enemy. If a substance is recognized as an invader, like in the case of a bacteria, yeast or fungi, unrecognized by the body’s own code, the immune system’s army must take swift action and make war against it. An important part of your immune system’s troops called *macrophages* come in to engulf or eat foreign cells or molecules. Macrophage, which is derived from a Greek term meaning “big eater,” can be likened to Pac-Man eating and attacking invaders. Macrophages use weapons known as free radicals and enzymes that virtually weaken the intruder. Once weakened and dissolved, the macrophages completely digest the invader, thereby stopping the invasion from becoming more deeply entrenched in the body. This is known as a “nonspecific defense mechanism” because every invader is treated equally by macrophages.

However, if macrophages find that the battle is too much for them to handle, then more specialized troops must be called in for battle. This is where T cells come in to take further action and render the intruder harmless. The T cells, also known as T suppressors, are responsible for halting the immune system’s attack when the

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battle is over. Other divisions in your immune army include bone marrow, the spleen and lymph nodes. In addition, you have B cells that produce antibodies to attack invaders or antigens, thereby weakening them and leaving them for the macrophages to come in and digest the unwelcome guests.

One of the most incredible things about your immune system's army is that deeply embedded in its memory is the victory against an invader, like chickenpox, measles, mumps and others, which in turn boosts or prolongs your resistance against another attack from the same invaders. As you read each section of the *90-Day Immune System Makeover* you will see the same theme throughout. To keep your immune army in tiptop shape, it's imperative to eat right, sleep enough, exercise daily and supplement your diet with substances that will enhance immune function.

### YOUR IMMUNE SYSTEM

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T cells are produced by the thymus gland. They destroy virus and cancer cells.

The skin is one of your immune system's first line of defenses.

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Macrophages are found in lymph nodes, where they filter foreign particles.

Lymph nodes act as filters.

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The thymus gland produces T cells and releases hormones.

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The liver produces lymph and contains Kupffer cells that filter yeasts, toxins and bacteria.

The spleen destroys cellular debris, worn-out blood cells and bacteria. It also acts as a blood reservoir.

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B cells produce antibodies that damage invaders or alert white cells to attack.

Bone marrow produces white cells that attack yeasts, viruses, parasites and fungi.

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# YOUR IMMUNE SYSTEM ARMY AT A GLANCE

GOOD FORCES	ENEMY FORCES
Antibodies—immune proteins that attack invaders	Antigens—invaders
Antioxidants—help the body stop the harmful free radicals	Free radicals—by-products that harm cells
Interferon—protein that helps cells resist infection	Infection—inflammation caused by invaders
T cell—organizes immune response	Pathogen—disease-causing microbe
Macrophage—engulfs invaders	
Lymphocyte—disease-fighting white blood cell made by lymph nodes	
Leukocytes—fight infection	
T helpers—cells that support immune response	
White blood cells—fight infection	
Natural killer cell—a T cell that is especially powerful in eliminating cancerous cells	

By learning about your immune system and how it works, you will be armed with the knowledge you need to stimulate and support its functions, especially during times of stress, poor eating, lack of sleep and negative thinking. You will learn techniques on how to fortify yourself in times of stress, you will learn how to detoxify to lighten the load on your immune system, and you will learn what nutrients will support your wonderful immune system. Also, the renewing of

your mind is imperative if you are to reverse negative thoughts that can suppress immunity.

## ARE AMERICANS HEALTHY?

By definition, health is “freedom from disease.” This implies that if you aren’t suffering from a disease, you are healthy.

Americans accept this definition of health. We generally believe that people are healthy if they are free from disease. The aches and pains, stomach problems, insomnia, anxiety, depression and other little annoyances are so common in this country that we accept them as natural occurrences that can be attributed to the aging process. Not so! This 90-Day Immune System Makeover will show you that a strong vibrant body with a robust immune system is possible. It will give you a blueprint or a step-by-step program for reversing those feelings of weakness and diminished vigor so common to Americans today. Optimum immune health will aid in restoring joy in your life.

Good nutrition is the key. By this I mean right foods, whole foods, herbs, vitamins, minerals, amino acids and detoxification. Using ingredients God has provided since the “original garden” can pave the way for vibrant health, eliminating the obstacles to true immune health. To be free of disease, strong in living and joyful in feeling truly well sounds wonderfully familiar, doesn’t it?

Beloved, I pray that you may prosper in all things  
and be in health, just as your soul prospers.

—3 JOHN 2, NKJV

## *Introduction*

We are living in the days spoken of when “knowledge shall be increased.” Every day publications spout a new wonder drug or “magic bullet” to heal our bodies and cure our anxious minds. Herbs, enzymes, vitamins, lotions, potions and more all claim to be the only way to health. Every day I receive phone calls from or see clients who have been searching for the answer to their physical woes. We have entered a generation of chronic illness. I believe this is due to many factors, namely stress and poor diets laden with junk food, fast food, sodas, dyes, preservatives, hormones and artificial sweeteners. These substances do not build healthy cells, and they are not what God intended for us to ingest, especially not on a daily basis! Now, many have entered health food stores seeking help after the medical profession has failed them.

The medical profession has made tremendous strides in the past forty years, and I am not faulting modern medicine. I have seen many modern miracles that medicine has achieved. But as I mentioned earlier, we are a generation of the chronically ill. Too many people are treated for symptoms of chronic illness continually with medications that have side effects. These medications disrupt the delicate natural balance that God has created in our bodies.

### LIFE REPLENISHES LIFE

All life depends upon food; humans are no exception. We must learn to make discriminating choices between what we must and must not eat. The people of this world who have little food must choose carefully in order to survive. Though Americans have an abundance, we

must also choose our foods carefully because so much of it is of little or no nutritional value. Ironically, the percentage of people in America suffering from malnutrition is incredibly high.

The abundance of choice in our supermarkets has contributed to our ills. We need to choose live foods that rot or sprout. Most Americans do not shop along the perimeter of the supermarket where live foods are located. People are drawn to the fast preparation foods, loaded with chemicals, preservatives, food colors, artificial flavors and dyes. Most of these foods are dead, lifeless foods. Life replenishes life. God gave us live foods, and they are essential to live in health. Recently while shopping, I spotted a packaged food product with so many chemicals and artificial ingredients that the shelf life printed on the package read 2009! I don't know about you, but I will not put something into my body that will not break down for at least five years! What will those preservatives do to our internal organs? The choices you make every week in the grocery store can make the difference between vibrant health and energy or disease and a shortened life span. You actually make a choice between health and disease each week as you push your cart down the supermarket aisle. To summarize, if it doesn't rot or sprout . . . do without!