

Your Immune System and Nutrition

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During outbreaks of the Cogswell Plague, some people do not end up getting sick. And some people recover quicker from illness than others. It is not all a matter of luck or genetics. You have the ability to strengthen your immune system and increase your resistance against infection through nutrition and lifestyle choices.

Action Steps

- **Strategy #1 - Drink enough pure water every day**
 - Drink ½ your body weight (lbs) in ounces of pure water per day
 - Filter your water using an inexpensive charcoal filter (like Britta) or better yet a comprehensive filter like Berkey
 - Add a pinch of unrefined sea salt to each glass of water you drink to add important minerals to your diet
 - Diuretics like coffee, caffeinated teas (plus some herbal tea like peppermint), soda, alcohol, packaged fruit juices, certain prescription drugs increase your need for water during the day
- **Strategy #2 - Support digestive tract (home to 70-80% of immune system)**
 - Eat in a calm state and chew food thoroughly
 - Promote adequate stomach acid: reduce stress, limit alcohol, eat quality diet low in processed foods, get enough water/zinc/vitamin C, try bitters/apple cider vinegar/lemon juice in water/HCL supplements
 - Eliminate allergens: try Coca's Pulse Test on foods you think may be causing you trouble
 - Sit down, relax, take pulse for full minute, record number
 - Taste food (but don't swallow) for 30 seconds
 - Take pulse again for full minute and record number
 - An increase of more than 6 beats per minute indicates a stressful response to the food (the higher the more stressful the food)
- **Strategy #3 - Eat a lower glycemic diet**
 - Cut back on sugar, replace soda and sweet coffee drinks with water or unsweetened tea, eat more green leafy and fibrous vegetables, eat less refined grains and starchy foods (corn, wheat, potatoes)
 - Reduce blood sugar and insulin spikes to reduce stress on adrenal glands
 - Eat foods to support blood sugar handling: eggs, fish, asparagus, olive oil, kale, collards, liver, onions, oysters, cinnamon, turmeric
- **Strategy #4 - Eat plenty of good fats**
 - Quality dietary fats are essential for optimal inflammation management
 - Omega 3 - fish and fish oil, walnuts, flaxseed, hemp, pumpkin
 - Omega 6 - oils of sunflower, sesame, black currant seed, evening primrose, borage (cold-pressed, dark containers, refrigerated)
 - Omega 9 - extra virgin olive oil, hazelnut, almond, avocado
 - Saturated - coconut oil, eggs, butter, raw dairy, fats from animals eating a species-appropriate diet
 - Avoid bad fats at all costs - hydrogenated fats, trans fats, fried foods, refined vegetable oils (canola, sunflower, safflower, soybean, corn)