



Bibleway Health Camp 2020

2nd to the 9th of August 2020



5. Vitamins

Vitamin A - A hallmark of vitamin A deficiency is depressed antibody responses to T-cell-dependent antigens, such as viral and parasite antigens, and T-cell independent type 1 antigen, such as meningococcal polysaccharides. The mechanisms by which vitamin A deficiency impairs antibody responses include alterations in interleukin (IL)-4 and interferon-gamma production and IL-2 receptor expression. Also, the growth and activation of T- and B-cells are dependent on vitamin A and its metabolites. Natural sources for vitamin A are:

- 1) Cod Fish Oil - (animal product) taken as recommended on the package.
- 2) Carrot juices - Beta Carotene will only be converted into Vitamin A if you take iodine supplement together.

Vitamin B6 - T-lymphocyte and T-helper cell numbers, and the percentage of T-suppressor cells significantly increased when taking vitamin B6. Natural sources for vitamin B6:

- 1) Avocado flesh and seed. You can eat the avocado flesh and grate the avocado seed and make tea with it.
- 2) Brewest yeast - added to food.

Vitamin B12 - Intake of this vitamin helps increased the lymphocyte counts, and the number of CD8+, NK cell activity, was improved. Natural sources:

- 1) Spirulina - taken as a drink.
- 2) Miso - taken as a soup or use in food. (Example is shown below)

Ingredients

- 30 grams Bamboo soothe slices
- 950 ml of water
- 1/2 cup fresh spinach
- 1/4 cup tofu (silken, cubed)
- 4 dried shiitake mushrooms (rehydrated)
- 1 tablespoon wakame (dried)
- 3 tablespoons miso paste (dark)

Kelp - taken as soup or use in food. (Example is shown below)

Ingredients

- 1 tablespoon virgin coconut oil (organic - added after the cooking process is completed)
- 1 clove garlic (crushed)
- 1/2 Fresh Ginger (small, thinly sliced)
- 1/2 pound baby bok choy (or 2 small, thinly sliced)
- 1/4 teaspoon unrefined salt
- 1 Tbs minced parsley
- 2 tablespoons Tamari soy sauce to taste)
- 50gram Tofu
- 1 tablespoon toasted sesame oil

Vitamin C - may increase the production of B-Lymphocytes, stimulate the production of Interferons (including Interferon Gamma); increase the production of Lymphocytes; enhance the activity of NK Lymphocytes (by up to tenfold). Phagocytes may be unable to destroy Antigens unless Vitamin C is present; increase the motility of White Blood Cells and may facilitate their transport to the sites of Infections; increase the production of antibodies such as IgA, IgG, and IgM.

Natural sources:

Acerola - 2,000mg (taken every other day)

Vitamin C smoothie (taken every other day); 1,000mg Acerola, A handful Parsley, A handful Capsicum Red, 200ml Blackcurrants pure juice, 1/4 Tsp dried chili

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Register Now!

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