



Bibleway Health Camp 2020

2nd to the 9th of August 2020



Vitamin D - Vitamin D is crucial to activating our immune defenses. Without sufficient intake of the vitamin, the killer T lymphocytes of the immune system will not be able to react to and fight off severe infections in the body. In other words, vitamin D is necessary to activate Killer-T cells. Your body produces natural antibiotic-like compounds called antimicrobial peptides in the white blood cells. Vitamin D increases the activity of these antimicrobial compounds.

Natural sources:

1. Cod Fish Oil - contains the highest amount of vitamin D. (animal product)
2. Sunflower seeds.
3. Exposing to sunlight is one of the cheapest ways to obtain vitamin D.

Folic Acid - is essential for the production of White Blood Cells.

Natural sources:

1. Wheat Germ
2. Kidney Beans
3. Mung Beans
4. Brewest Yeast

Vitamin E - may enhance and increase the performance of B-Lymphocytes (by up to 1,000%); Lymphocytes, Monocytes, Phagocytes, Neutrophils, NK Lymphocytes, and finally, Helper T-cells, cells. Natural sources:

1. Wheat germ oil
2. Sunflower seeds

6. Below is a recipe for an immune booster smoothie.

1. 1 bio lemon (use the whole fruit)
2. 1 bio orange (use the whole fruit)
3. 1 bio grapefruit (use the whole fruit)
4. 2 heads of garlic (remove the skin)
5. 1 bulb of onion (remove the skin)
6. A handful of parsley
7. 5 Tbs of raw honey.
8. 2 Tbs Echinacea powder
9. 150gram fresh ginger

Instruction: Cut into smaller pieces and then put them into the mixer and turn them into a paste. Store the mixture into a sealable bottle.

7. Viral-Fighting Diet

A vegetarian diet increases NK cell activity by a factor of 2.34 compared to an omnivorous diet. Bring on the apples, oats, and beans! Greens and cruciferous vegetables are especially useful for boosting immunity in the gut and the skin. Garlic consumption increases natural killer cell activity and helps to inhibit inflammation. Meat and refined carbs are pro-inflammatory! Uncontrolled inflammation plays an important role in the spiraling complications of influenza and coronaviruses.

There are even more immune benefits to a predominately whole plant food diet. A high-fiber diet blunts harmful, excessive immune responses in the lungs. At the same time, a high fiber diet boosts antiviral immunity by activating killer-T cells. Additionally, soluble fiber transforms the personality of immune cells. They go from being pro-inflammatory, angry cells to anti-inflammatory, healing cells that enable us to recover faster from infection.

Some studies suggest that reducing fat intake to 22-25% of the total diet can improve the viral fighting protection of immune cells. Be careful, even a low-fat diet (below 15%) can suppress immune function.

8. Food, Herbs, minerals, and phytochemicals

Nutrients and phytochemicals work in synergy to enhance immunity. Therefore, we encourage eating a healthful diet instead of just using vitamin and mineral supplements as insurance. Selenium and zinc deserve especially attention for immune health. Selenium also helps NK cells to proliferate and increases their virus-fighting activity, too. Brazil nuts, cashews, oats, brown rice, lentils, and spinach provide proper amounts of this trace mineral. One Brazil nut contains more than the daily requirement for selenium!

Zinc is a trace mineral that exerts antioxidant activity and is essential for all immune cells. Zinc deficiency reduces the efficiency of T-lymphocytes. While it is necessary to have sufficient zinc in your diet, too much zinc can actually inhibit the function of the immune system.

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Register Now!

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