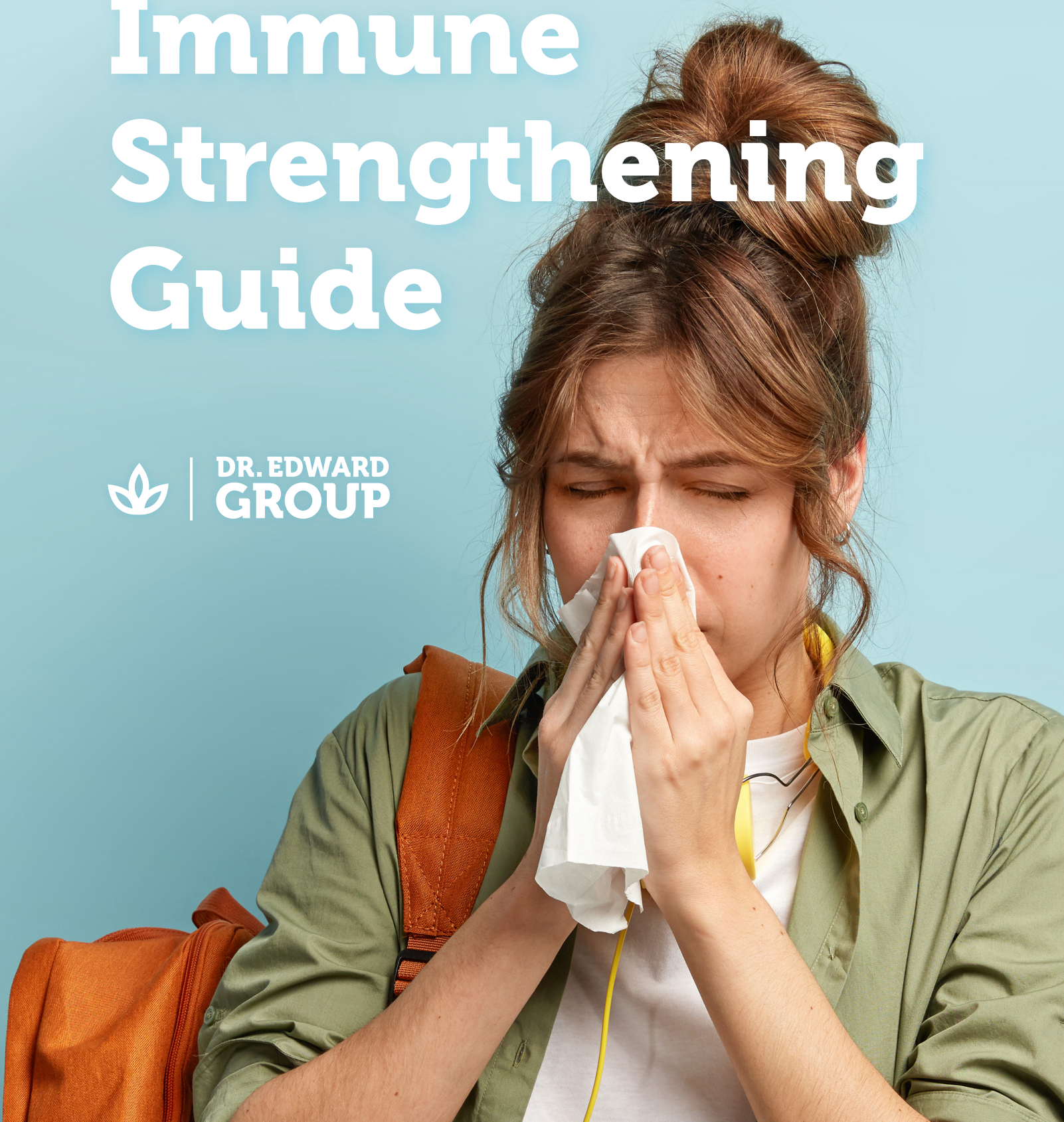


Emergency Immune Strengthening Guide



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In an ideal world, a healthy diet that's free of gluten, refined sugars, and processed foods would provide all the nutrients necessary to support your immune system. But in today's world, it isn't always enough. Here are my favorite ways to support and strengthen your immune system in times of emergency.



PROBIOTICS

The good bacteria in your gut are known as probiotics, and they are responsible for supporting digestion, combating harmful organisms, and keeping your immune system strong and healthy. Considering that 70% of your immune system resides in your gut, maintaining a balance of probiotic bacteria is essential for nurturing your immune defenses. Probiotic-rich foods like kombucha, sauerkraut, and kefir, or a high-quality probiotic supplement, can help balance your ratio of good to bad bacteria. Probiotic supplements like [Floratrex®](#) and [Latero-Flora™](#) are effective ways to encourage good balance. **For emergency support, I take three capsules of each, three times daily.**



INTESTINAL CLEANSING

Regular intestinal cleansing with an oxygen-based colon cleanser like [Oxy-Powder®](#) can support your immune system by providing a balanced, clean environment for probiotic bacteria to thrive. The positive benefits of intestinal cleansing with Oxy-Powder are enhanced when it's paired with a good probiotic supplement. **For emergency support, I take three capsules every night before bed.**



ORGANIC OREGANO OIL

[Oregano oil](#), one of the most antioxidant-rich oils on the planet, is extremely beneficial for the immune system because it helps defend against dangerous organisms. Organic oregano oil's potency is due to a compound called [carvacrol](#), which is shown to help reduce harmful, attacking organisms in the body. **For emergency support, I take 18 drops in a capsule up to three times daily, preferably with meals.**



SELENIUM

Organic [selenium](#) is made from mustard seed and contains other natural co-nutrients from the plant. As an antioxidant and essential trace mineral, it's vital for the thyroid and immune system. **For emergency support, I take one capsule (200 mcg) in the morning and 1 capsule in the afternoon.**



ENZYMES

Enzymes are essential for digestion and metabolic function, and research even suggests they're beneficial for your immune system. Enzymes also break down the cell walls of harmful organisms. As you get older, your body produces less enzymes. Supplementing that gap can help you absorb more nutrients from your food to better support your immune system and overall health. As mentioned, your gut is where 70% of your immune system originates, so introducing enzymes to support your gut health and digestion only makes sense. I recommend [VeganZyme®](#). It's the most advanced, full-spectrum systemic and digestive enzyme formula in the world. **For emergency support, I take three capsules up to three times daily.**



COLLOIDAL SILVER

Colloidal silver acts as a secondary defense for your immune system by helping defend against the microbes and harmful organisms that attack. By being an extra shield, colloidal silver helps take the burden off of your immune system and promotes overall physical health, even in serious cases. **For emergency support, I take 20ppm every four hours, or double the serving size of the label.**



NASCENT IODINE

Iodine is a fantastic one-two punch for supporting your immune system. First off, there's no bacteria, virus, or other microorganism that can survive or adapt to an iodine-rich environment. It's why people put it on cuts; it's why it's swabbed onto your skin before surgery — it's an incredible defense against harmful microorganisms.

In addition to defending against germs, iodine also provides a ton of support to the thyroid. The thyroid gland, a small, butterfly-shaped gland at the front of the neck, secretes essential hormones that regulate growth, development, and metabolism. The thyroid is also crucial for supporting the immune system. Proper iodine levels are needed to nourish the thyroid gland and boost the body's ability to stay healthy, no matter what.

However, there are only a few foods that have a high iodine content. Plants that are grown in iodine-rich soil, like potatoes, beans, and corn, as well as foods from the sea, like seaweed, can provide some necessary iodine. However, soil quality varies greatly, and you'd need to eat large quantities of these foods to get an adequate amount of iodine. I do not recommend table salt that has been iodized as a source of iodine. Iodized table salt contains chemicals like fluoride, anti-caking agents, aluminum derivatives, and more. The best way to ensure proper iodine levels is by taking a nascent iodine supplement, like [Detoxadine®](#). **For emergency support, I take two dropperfuls in the morning and two dropperfuls in the afternoon.**



VITAMIN D

Also known as the sunshine vitamin, vitamin D is another nutrient that keeps your immune system strong. In fact, vitamin D deficiency is directly linked to a compromised immune system. Exposure to sunlight is the best way to encourage your body to produce vitamin D, but it's not always accessible. Supplementing with [vitamin D3](#) (not D2) is an easy way to fill the gap. **For emergency support, I take 20,000 IU twice daily.**



TURMERIC

A yellowish spice popular in Indian dishes, [turmeric](#) has many proven health benefits for the human body. It's high in antioxidants, which help to protect immune cells from free radical damage. In addition, some studies have reported that the active ingredient in turmeric — curcumin — may be responsible for supporting the action of T cells, B cells, and natural killer cells. This immunomodulatory effect seems to help protect against a wide range of harmful organisms. **For emergency support, I take two dropperfuls every couple of hours.**



HIGH DOSE VITAMIN C

Vitamin C is an antioxidant found in many fruits and vegetables. Also known as L-ascorbic acid, vitamin C has a wide variety of uses in the body. It supports normal growth and development and helps the body repair damaged tissue. It is also widely believed to strengthen and support the immune system.

If you have had a lingering cold that won't go away, chances are you are not getting enough vitamin C. It's powerful support for the common cold, and you can take up to 2000 mg four times daily. Consider adding lemon to your water for an extra boost of this healthy vitamin. The benefits of drinking lemon juice mixed in water go beyond the naturally occurring vitamin C. Lemons aid the body in purifying the lymphatic system, which is crucial when you're sick.

Some people prefer to take mega-doses of this vitamin — up to 20 grams per day. Whatever your preference, I highly recommend making vitamin C an essential part of your health routine. **For emergency support, I take 3000 mg three to four times daily.**



CHAGA MUSHROOM

Chaga mushroom may boost the immune system. Studies show that Chaga mushroom plays an important role in regulating your cytokines, which are like little chemical messengers that ramp up your white blood cell activity and improve your defenses against bugs ranging from the common cold to more life-threatening ones. **For emergency support, I take 2 grams daily.**

OTHER TIPS



PURIFIED WATER WITH RAW, ORGANIC APPLE CIDER VINEGAR

Mixing [raw apple cider vinegar](#) (ACV) with purified water creates a helpful tonic for supporting your immune system. Raw ACV is loaded with enzymes and beneficial bacteria that promote intestinal balance. ACV also helps to balance your body's pH and transition it into a more alkaline state — which is absolutely crucial for a healthy immune system response. Mix one to two tablespoons of raw ACV with eight ounces of purified water and consume daily, preferably using a straw so the acidic ACV avoids contact with your teeth.



REDUCE YOUR STRESS LEVELS

Emotional, mental, and physical stress takes a toll and can age you — and your immune system — beyond your years. Research has shown that immune system activity drastically decreases when you're stressed. Finding productive ways to deal with stress is important for keeping your body strong and resilient. Meditation, exercise, and following a healthy diet can all help ease its effects.



SLEEP

The importance of sleep cannot be overstated. Sleep resets your entire system and provides an avenue through which you can relieve stress and improve your immune system and overall health. Without adequate sleep, your immune system will suffer, and you'll be far more susceptible to invading microbes and harmful organisms. In general, seven or eight hours of sleep a night satisfies most people.



JUICING

One of the most powerful ways you can revolutionize your health is by juicing raw vegetables and fruits. This is an awesome way to give the cells in your body the most concentrated, live, bioavailable nutrients and antioxidants available — nutrition required by your immune system. Make sure that leafy green vegetables are a foundation in each recipe as they are a great source of vitamin C, a much-needed antioxidant and nutrient that supports the immune system.



72 HOUR WATER ONLY FAST

Fasting is the quickest way to boost your immune system. When you temporarily stop consuming food, your body no longer has to perform its most energy-consuming function — digestion. Your body will first decompose and burn cells and tissues which are diseased, damaged, aging, or dead — this is called autophagy. Fasting also regenerates the immune system and attacks all harmful organisms, such as viruses, bacteria, and fungus. Scientists at the University of Southern California completed a study proving that fasting for as little as 72 hours “flips a regenerative switch,” which prompts immune stem cells to create brand new white blood cells, essentially regenerating the entire immune system.