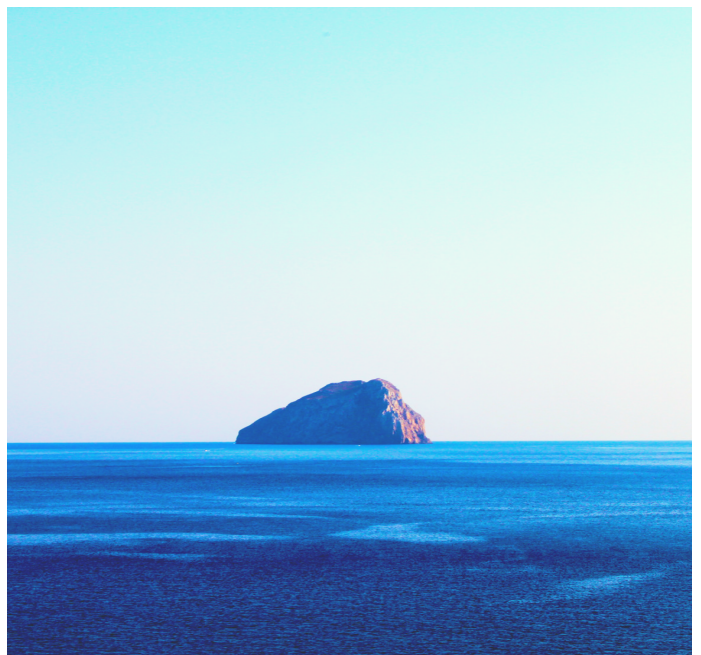




Understanding
**AUTOIMMUNE
DISEASES**

BY BILL GILES



About Bill Giles

I have quietly achieved many things in my life. I have built hotrods and surfed as a teenager while studying engineering, but a shakeup in my early 20s changed all that, and if I was to make sense of my world I needed a new direction and a new perspective. So like many young people of my generation, I set out to understand what my life was all about and how it fitted in with others. I chose to use biology and yoga to help me with this. As soon as I finished my engineering studies, I enrolled for another seven years studying biology. My focus was ecology and ethology.

Following a few years in research I spent another 30 years in a clinical setting helping people with their mental and physical health challenges—from a biology perspective. I founded, directed and still work in the Canberra Medical Ecology Centre as a clinical biologist focusing on immune-related illnesses (immunobiology). I established the Samyama School of Yoga in 1987 and have taught weekly classes in hatha and raja yoga.

After completing several thousand case studies on the interaction between the human immune system and the natural defence chemicals in the plant foods we eat (vegetables, salads, fruits, seeds and grains), I founded the Deeks Health Bakery in 2004 with my close friends, Rob de Castella and his wife Theresa. This had been the world's first totally grain and gluten free bakery—the products of which have helped many people across Australasia to live a more normal lives despite their diagnosed chronic immune related diseases. These health products also promote better overall fitness.

I have published eight books on yoga and several self-help books on chronic immune-related illnesses. Combining useful knowledge and techniques from yoga and biology I created a 10-week Self-discovery Program which uses both the internet and physical workshops to guide people to achieve a 'sweeter' pathway for their lives. Along with Larisa Zoska who has worked with me in the clinics for 20 years, we created the 10-week Kickstart Program to assist immune function by tutoring people in a protocol to self-determine a 'Signature Diet' specific only to them and the state of their immune system. This way of eating promotes the best mental and physical health possible for each person as an individual at the present stage of their lives. In workshops, classes and seminars I am still keen to continue to teach people lifestyle techniques, tools and skills that can improve their mental and physical health and allow them to live longer with better health and achieve their particular higher purposes in life.

I still practice martial arts (after 55 years of training). I still like to surf and snowboard and I am still keen on hotrods. I am blessed with a loving family, grand children and friendships.

Yoga publications:

Zen Shiatsu 1990. (out of print)
Trunk Exercises and Yoga Nidra 1993 (available as CD)
The Yoga Sutra of Patanjali—a practical interpretation. 2001 (Hard Copy)
In Search of Yoga. 2005 (Hard Copy)
The Yoga of Happiness. 2005 (Hard Copy)
The Yoga of Samadhi. 2005 (Hard Copy)
The Hatha Yoga Pradipika. 2015 (Hard Copy)
Trunk Exercises (with CD). 2015 (Hard Copy)

Books on Chronic immune-related illnesses:

Death Begins in the Colon 1996. (Out of print)
No More Chronic Fatigue 2001. (Hard Copy) (PDF download)
The Melody of Healing 2007 and 2010. (Hard Copy)
Atypical Coeliac Disease 2007. (Hard Copy) (PDF download)
Coeliac Disease 2007. (Hard Copy) (PDF download)
Healing Cancer—A six month immune boosting program. 2008 (PDF download)
For Lasting Health—The balance between nature and technology. 2007 (PDF download)
Fructose is Satan's Sugar 2010. (PDF download)
Maximising Health and Longevity 2011. (PDF download)
Understanding Cancer—a series of articles 2017. (PDF download)
Autoimmune Diseases 2016. (PDF download)



GENERAL INTRODUCTION

We have evolved our therapy, medicine and lifestyle techniques to unload, strengthen and focus the immune system and all these techniques are presented in our programs.

The Kickstart Program

1. Unload the Immune System (Working with foods to unload your immune system, starve cancer cells & improve brain neurochemistry)

- Weeks 1 to 4: Detox/Cleanse program (to unload the immune system from having to support under-performing organs, reduce commercial/industrial chemical and heavy metal toxicity—focusing on liver-kidneys-lymph-gastro intestinal tract).
- Weeks 5 to 8: Signature Diet Trial (to self-determine your unique diet which starves cancer cells and still gives you quality eating according to your body—as opposed to a 'Join-the-Club-Diet', or one size fits all approach).
- Weeks 9 and 10: Fructose challenge (to self-determine the fructose connection to emotional stress and consequent immune weakening and weakening of resolve that fructose poisoning causes).

2. Lift the Immune System (Medicines and therapies)

- Customised immune boosting herbs and homoeopathic medicines.
- Innate immunity/apoptosis herbs (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4213780/>). (Reishi, Baical skullcap, Isatis, Corticeps, Tumeric)
- Autoimmunisation to control Epstein-Barr virus.
- Specific herbs to support the liver due to loss of immune function to control EBV (See page 44).
- Colloidal Silver to make the body environment uncomfortable for pathogenic bacteria.
- D-mannose to assist elimination of pathogenic bacteria (and fungi).
- Classical homoeopathic medicines for reducing age-related gene influences.
- Laser self-therapy (similar to acupuncture). Provide a 'clinic' laser and basic teachings.
- LED therapy.

3. Stabilise Immune System Focus

• Customised homoeopathic Auto-immunisations and Nosodes to stabilise the adaptive immune system's focus. It can be used on a daily basis. This medicine is usually used for several months until the immune system is stable.

Discover More about Yourself with the Nada Program

This program is all about you. You are invited to a *quest of discovery* to find which facets of your life are strong and robust and which are deficient and need to be changed. This is a journey of action to discover options that can drive positive changes and benefits to your life and obtain your highest desires for a life of quality.

Our team will motivate, inspire and stimulate you. But make no mistake, YOU ARE THE AUTHOR OF YOUR LIFE STORY, which is based entirely on your individual beliefs, goals, needs and your motivations. Only you can define the vision for your quality life.

The question is not: “Whether or not you can create your dream life”, it is whether or not you WILL—and that is your decision. The keys are not in your intelligence, your abilities nor ambitions. They will be in your commitment and a decision that will change your life forever. This quest is one of the best things you can ever do for yourself in life.

Answer these questions about yourself:

- Are you succeeding in all areas of your life or could you do with a little more quality in some?
- Do you really understand why some days you feel good about yourself and some you don't?
- Is your life allowing you to feel ‘free’ and contented?

These are great questions of life. They summon the real you from deep within, and call on you to think through what needs to be considered, to clarify what is unclear, to address what needs to be addressed, and to find the strategies and steps to achieve higher meaning and purpose around what lies ahead in your life.

The answers to these questions are different for every person. When it comes to defining the vision for the best life you can live, there is no ‘one-size-fits-all’.

Life can be Wonderful when you can Achieve your Highest Desires

If you are stuck in a particular area of your life, there are tools that can get you un-stuck. If you have been living below your potential, there are practical tools from biology and yoga that can create so much more life-quality for you—if you apply them. And if you are already living a pretty good life, there are practical tools and techniques that will allow you to break through to higher levels of experience.

There are Seven-facets to Quality Living

Facet 1. Your Life-Purposes—Are you aware of what your primary, secondary and tertiary purposes for living are?

Facet 2. Your Health and Fitness—Do you know what to do to age gracefully without aches, pains and chronic illnesses?

Facet 3. Your Relationship with your Inner Self—How much do you love being the person you are?

Facet 4. Your Relationships with Other People—Do you know how to get the most out of your relationships, and always feel love and respect and joy for yourself?

Facet 5. The Assets (money & life skills)—Are you able to balance your financial needs with your life-skills—to live without poverty, do what you desire, and feel a high degree of daily freedom?

Facet 6. Your Connection between Nature and Culture—Do you know where you and your family members should live on the Nature—Culture Spectrum to have high mental and physical health?

Facet 7. Determining your Future—Do you know what to do each day to feel more in control of your destiny—do you know how to find your ‘sweetest path’ in life?

The Ten Week Online Program

The target of this online quest is to increase life-quality, fulfilment and richness of experience in every one of these life facets, every day. That means very high levels of health and fitness, a fulfilling successful career, financial stability balancing life skills. If you are married, it means a deeper passionate and intimate relationship, not a mediocre one like you see

around you. If you are a parent, it means aiming to be a high quality parent, not an average one. It means growing high level character traits that both you and others can count on. It means having a comforting and interesting social life that nourishes and inspires you.

So the first step in this quest is to get crystal clear about your life vision. Next is to define with absolute clarity the person you want to become and the life you want. You have to get a clear understanding about what you think happiness, success and fulfilment is in every facet of your life. Now this is not the easiest thing in the world to do, because it is vastly complicated and often overwhelming. You may have no idea what your happiness and fulfilment requires. It is not easy to define a crystal clear life vision. Most people need guidance.

You can learn the techniques, normally only taught to classical yoga teachers, that increase the quality of your life across these facets. This quest is all about giving you a balanced and integrated perspective of the seven facets along with tools and techniques that you can immediately apply every day.

The Structure of the Online Program

After you join the program, each week for 10 weeks you will receive a discussion paper related to each one of the life facets. Each of these will also have specific questions for you to answer and write down—like a clinical counselling session designed to enable you to uncover your hidden rules, beliefs, philosophies, wants, needs, goals, and desires within each of the life-facets—a type of LIFEBOOK. A few days after receiving these you will have access to a weekly webinar that uses techniques to find solutions, options and insights to each life-facet you have been writing about. A day or so after the webinar you will then have access to a discussion group where a tutor will answer your queries and inspire, motivate and support you while holding you accountable for the results on your journey ahead.

Practical Techniques

Along with the weekly homework of self discovery are techniques to uncover the real you. These include specific breathing and mind techniques from raja yoga and psychobiology. The basic exercises are introduced during the first week and each week other techniques are added for you to practice. You start by extending the alpha state on waking and use techniques to produce extra production of beta-endorphin, noroepinephrine and dopamine brain chemicals which are linked to feeling mentally relaxed, calm and comfortable with broad mental clarity, memory and enthusiasm. You learn how to extend these throughout the day so your life becomes dynamic and carefree. You accomplish more, achieve more.

What You get out of this Program

During this program you will realise that you have crossed a threshold and have your life figured out better than you ever have had in the past. By the last day you will no longer be struggling about how to get into shape, you will have the insight and motivation to be in-shape. You will know how to be more relaxed. You will no longer be searching for that exciting-fulfilling career, you will know where to look. You will know that you do not have to work like a dog for financial adequacy, you will have your options and know the steps to financial freedom.

You will no longer feel frustrated in your intimate relationships—you will have a new understanding of how you tick and how they tick, and what you have to do to bring out more love and joy for yourself and how best to contribute to them. You will have the focus to live in a place that satisfies your natural tendency for beauty and you will have the motivation to live more with this beauty.

You won't be struggling like you were to create happiness and contentment—you will have the insight which leaves the struggle behind. Stress will have been replaced with fulfilment, and urgency replaced with “flow” and more quality time. You will then have more overall quality and be growing and expanding from this place onwards.

As you define your quality-life one step at a time, your insights will grow. Your personal breakthroughs will build on each other, and your vision for a higher quality life will continue to take shape, until you are living it.

If you are interested in participating in your own healing, talk to us today. Phone 0421889164 or 0262826800.

Bill Giles, Larisa Zoska

The following are blogs I have written from the perspective of a clinical immunobiologist

UNDERSTANDING AUTOIMMUNE DISEASES

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Introduction to the Immune System

Our bodies are composed of trillions of living cells, each trying to live as long and as healthy as they can. The different types of cell as groups, compose the organs in your body—such as your heart, lungs, nerves, bones and liver—which behave according to a genetic blueprint and when they work in harmony as a group you feel healthy. There are also groups of mobile cells called the immune system, which function to maintain the integrity of the organs by supplying oxygen and nutrition and defending our bodies against toxic chemicals, invading bacteria, fungi, viruses and parasites, among other behaviours.

To understand the importance of your immune system, just look at what happens when an animal or plant dies. With death the immune system (along with every other cell) loses access to an integrating life force and shuts down. In a matter of hours the body is invaded by organisms which normally would not stand a chance of getting in when the immune system is working properly. The moment when the immune system stops defending the body, the door is wide open for invasion by micro-organisms. Within a few weeks of death, these micro-organisms completely dismantle the soft parts of the body until all that's left is a skeleton.

One of the most important functions of your immune system (if not the most important) is to maintain stable and constant organ/body environments—to enable each of the body cells, and thus yourself, to live a healthy and long life. Your immune system works unnoticed around the clock in thousands of different ways, and when it loses efficiency we experience illness.

When we injure ourselves, microorganisms enter through the break in the skin and our immune system eliminates the invaders while directing the skin cells in their healing. The inflammation and pus that often forms are part of the immune system defence response. When an insect bites we get a red, itchy bump from our immune system activity. With each inhalation thousands of germs and unwanted chemicals floating in the air are sucked into our bodies. Our healthy immune system deals with all of them without a problem, and when we don't support our immune system we can end up with a cold or flu or a worse illness. Recovery from infections is a sign that our immune system has been able to eliminate an invader after learning about it. If your immune system could not get its act together and do this, you would simply die from something as common as the flu.

In our foods there are germs and toxic chemicals, and while most of these are denatured by the acid in our stomach, but if we over eat some foods we can get food poisoning occurs as our immune system becomes overwhelmed. Thus we may experience vomiting and diarrhoea activated by our immune system as a backup response. When the immune system loses its efficiency for even a small amount of time, we can experience all types of symptoms of illness. For example, some people experience allergies, aches and pains, some people develop autoimmune diseases, and the growth of tumour masses.

Our body's immune defence is divided into three components.

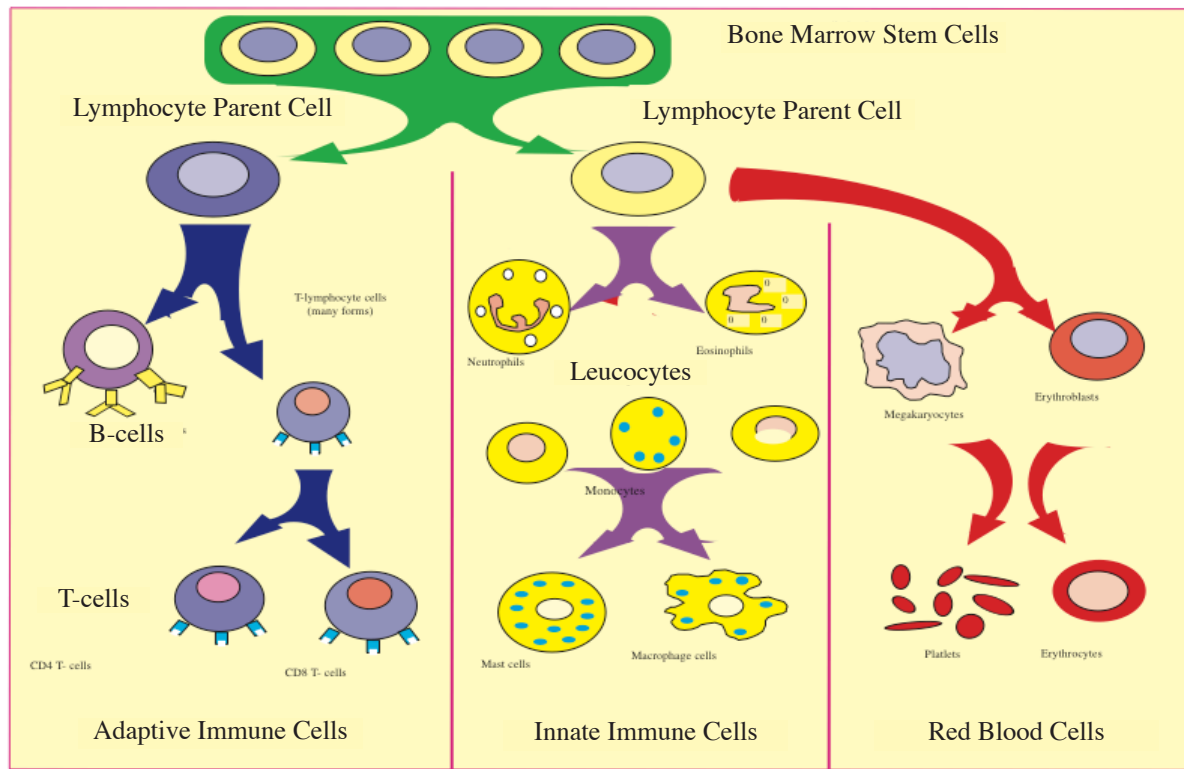
The first line of body defence

Your immune system consistently defends your body from unwanted chemicals and pathogens (such as bacteria, viruses, fungi and parasites) using physical, chemical and cellular defences. The first line of defence involves the dead skin cells, mucous membranes containing lysozymes (enzymes which break down pathogens), and cilia which bind to and remove pathogens, chemicals and particles matter (mostly from the lungs).

The second line of immune defence—the innate immune system composed of leukocytes

If a pathogen or unwanted chemical enters into the body proper, the second line of defence is activated. This directly involves the cells of the immune system. The immune system is composed of white blood cells, red blood cells, the thymus, spleen, bone marrow, a lymphatic system, arteries and veins, etc. When it is not fighting infections or denaturing toxic chemicals, the immune system is activating the lymphatic system to drain excess immune fluid with debris and spent immune cells from your body's tissues into holding 'lymph nodes' and then into the liver for denaturing before being excreted via the faeces and urine.

The bone marrow, which is the soft part inside most bones, makes all immune cells. It creates two types of 'mother' cells which eventually evolve to form the red blood cells and two types of white blood cells. One of the white blood cells, the leukocytes, are considered to be ancestral cells which, over thousands of years code to specific antigens (pathogens and specific chemicals) that an animal species population consistently comes into contact with in its living environments. Each species of animal or plant varies in its coded history.



All humans have leukocytes genetically coded to the environmental chemicals/pathogens etc in which our hunter-gatherer ancestors lived for tens of thousands of years. At birth, our leukocytes are actively roaming the body targeting these chemicals/pathogens and they do the bulk of work to maintain our bodies as a second line of defence.

This defence by leukocytes uses non-specific inflammatory responses to target chemicals/pathogens. Some leukocyte cells excrete plasma proteins that attach to chemicals/pathogens to attract the attention of cells of the third line of defence. Some leukocytes simply engulf chemicals/pathogens and remove them from the body. Other leukocytes contain toxic chemicals that 'dissolve' pathogens. Some leukocytes use a variety of inflammatory chemicals, including histamine and serotonin, to constrict blood vessels near wounds and reduce the spread of infection.

This second line of defence has chemicals called complement plasma proteins which have a broad role. If a small number of these proteins are activated, they trigger a rapid cascading activation of other plasma proteins in great numbers, which then bind to invading organisms, 'punching' holes in them to kill them. Some promote inflammation and attract cells of the third line of defence to the irritated or damaged tissue.

The third line of immune defence—the adaptive immune system composed of lymphocytes

The third line of defence involves specific white blood cells known as lymphocytes (T-cells and B-cells). At birth, although there are billions of these cells in the body, they are not 'activated'. They have surface receptors which can be coded to specific chemicals/pathogens that the second line of leukocyte defence cannot recognise. Lymphocytes create information/communication libraries that specifically target new types of chemicals/pathogens that are able to get beyond the first two lines of defence. While the strength and efficiency of your immune system does rely on the total number of immune defence cells, it is also dependent on communication efficiency between cells. When humans live further away from the optimal environments to which humans are adapted, the lymphocyte cells work harder.

The difference between T-cells and B-cells is that T-cells travel to the thymus, a specialized organ of the immune system for 'selecting' and 'educating' different types of T-cells to recognise healthy body cells and 'friendly' organisms that help the body function properly. They are also 'educated' to eliminate chemicals/pathogens that are new and threatening to humans (such as influenza and certain petrochemicals) and which our second line of defence aren't coded to recognise. Cells in the thymus educate new T-cells to the signatures of any pathogens/chemicals that have evaded the second line of defence. Those T-cells that can recognise the signatures are 'positively selected'. Those T-cells that cannot recognise the signatures are destroyed. Following this selection, each T-cell then undergoes 'negative selection' by 'testing' if it will or won't attack 'normal' body cells. Those that appear to attack 'normal' cells are eliminated. This reduces the chances of developing autoimmunity—which simply is inappropriate.

priate targeting of healthy body cells.

Normal healthy immune systems effectively control cancer cell proliferation, never attack normal body cells, nor create inappropriate inflammation, throughout life. Autoimmune diseases occur when B-cells and/or T-cells lose their communication efficiency and mistake normal cells for infected cells. There are several ways lymphocytes lose communication efficiency.

So what exactly do B-cells and T-cells do?

The main function of B-cells is to make antibodies against specific chemicals and pathogens. Some B-cells signal other cells about the presence of chemicals or pathogens that need to be targeted. Other B-cells develop into 'memory B-cells' to a specific chemical or pathogen after being activated to them.

T-cells contribute to immune defence in two ways. Some direct and regulate general immune responses while others directly attack infected cells. While T-cells have their own coded defence to specific chemicals and pathogens they can be activated when they encounter leukocytes that have digested an antigen and are displaying neutralised antigen fragments on their surfaces. Specific T-cells known as CD8 T-cells are the only immune cell to determine if invading viruses are 'hiding' inside body cells—they also kill cancer cells.

Healthy immune systems—efficient communication protocols

In a healthy immune systems it is assumed that both B-cells and T-cells can respond to the same chemicals and pathogens, even though they use different communication identification processes (for example, B-cells recognise structural signatures on the surface molecules of chemicals while T-cells recognise preprocessed peptide fragments of protein chemicals attached to cells). In normal immune systems, T-cells also have the added ability to stimulate the activity of B-cells to produce antibodies in large quantities when they are needed for immediate and large scale defence against a potent pathogen.

Weakening of immune efficiency—can result in autoimmune diseases

The communication efficiency of the immune system is prone to scarring as we age and this reduces efficiency. Scarring generally occurs after the age of 35 years, and with a combination of intense emotional stress, lack of sleep and when the immune system is overloaded. This occurs in cycles. For example, all people eventually are infected with the Epstein-Barr virus (glandular-fever virus). This virus goes through monthly cycles of expanding populations and this cyclically overloads the immune system—then we get symptoms of ill-health in cycles.

An overloaded or weakened immune system also has difficulty coping with chemicals we introduce into our bodies through the foods we eat. Natural defence chemicals such as agglutinins occur in some of the vegetable foods we eat. Agglutinins such as lectins, attach to body cell surfaces (including immune cells) and misdirect immune cell communication signalling. Cross-reactivity and molecular mimicry responses are examples of this that cause autoimmune diseases. Nightshade plants such as tomatoes and potatoes, *all* grains including rice, corn and wheat, legumes such as peanuts and other vegetable agglutinins stimulate mirror antigen chemicals on cells that do not normally display them, such as pancreatic islet cells (diabetes) and thyroid cells (Graves and Hashimoto's diseases).

While the plants we eat provide us with nutrition and energy, they also are linked to autoimmunity when an immune system is scarred or weak. Foods such as grains (including rice and corn), the nightshades, and legumes are vectors to *most* of the autoimmune diseases. As people age, and their immune system weakens, they can improve their health by conducting tests to determine which plant foods trigger immune related symptoms and eliminate them from their diet.

Verified Autoimmune diseases

Alopecia, Autoimmune cardiomyopathy, Autoimmune haemolytic anaemia, Autoimmune hepatitis, Autoimmune inner ear disease, Autoimmune lymphoproliferative syndrome, Autoimmune peripheral neuropathy, Autoimmune pancreatitis, Autoimmune polyendocrine syndrome, Autoimmune progesterone dermatitis, Autoimmune thrombocytopenic purpura, Celiac disease, Cold agglutinin disease, Dermatitis herpetiformis, Diabetes mellitus type 1b, Endometriosis, Gastrointestinal pemphigoid, Goodpasture's syndrome, Graves' disease, Graves' disease, Hashimoto's encephalopathy, Hashimoto's thyroiditis, Idiopathic thrombocytopenic purpura, Interstitial cystitis, Lupus erythematosus, Mixed connective tissue disease, Multiple sclerosis, Myasthenia gravis, Pemphigus vulgaris, Pernicious anaemia, Polymyositis, Primary biliary cirrhosis, Psoriasis, Psoriatic arthritis, Rheumatoid arthritis, Rheumatic fever, Sjögren's syndrome, Giant cell arteritis, Transverse myelitis, Ulcerative colitis, Undifferentiated connective tissue disease, Vasculitis, Wegener's granulomatosis.

The Immune System and Your Health as You Age

The immune system underpins your entire mental and physical wellbeing. Think of it as the body's public service which feeds all the cells of the body and provides them with oxygen. It is in the process of maintaining perfect organ environments so that the cells can live in optimal health for as long as possible, and it keeps the cells working together as organ 'teams'. The immune system regulates and maintains harmony (homoeostasis) in the body. Immune cells have three categories—innate immune cells, adaptive immune cells, and red blood cells/platelets.

The **innate immune cells** (leukocytes) are genetically coded to broadly defend the body. At times, they can be temporarily coded by other immune cells to do a specific defence role, but *they do not retain this coding*. At birth, the innate immune cells are ready to defend the body as a primary line of defence against common pathogens and chemicals that our ancestors have been regularly contracting for tens of thousands of years. So when you are born you already have a fully coded defence system acting.

The **adaptive immune cells** (T-cells and B-cells) on the other hand, evolve direct defences against specific pathogens, chemicals and tumour cells that the innate cells cannot recognise. At birth there are billions of adaptive cells circulating in the body, however they are uncoded, and have no ability to assist in the immediate defence of an infant. When babies first drink breast milk with colostrum they receive a molecule known as 'transfer factor'. This molecule has coding from the mother's own adaptive immune system for defence against those pathogens and chemicals to which she had been exposed over the last several weeks leading up to the birth. This is a natural immunisation which kickstarts the coding and communication of the adaptive immune system. Further low-grade contact with chemicals and bugs throughout childhood expands the immune system's efficiency. By allowing children to get a little bit 'grubby' is a natural way of boosting their adaptive immune system.

When communication between immune cells and other cells in the body is weakened, the immune system can make mistakes and then it can attack healthy body cells instead of diseased cells. This is known as an autoimmune response. It is triggered through contact with microorganisms, industrial chemicals, heavy metals, food chemicals, emotional stress, poor sleep quality, electromagnetic fields, inappropriate vaccinations, lack of exercise, and made worse through poor nutrition.

At birth, our adaptive immune system begins to code for invading organisms and chemicals, and builds a library of these as we are exposed to them throughout our lives. There are three main phases the adaptive immune system goes through during our lives:

Developmental: aged 0 – 14 years (it is still relatively weak during this phase).

Maturity: aged 14 – 35 years (at its peak, hence that feeling of being indestructible).

Vulnerable: aged 35+ (scarring causes chronic illnesses).

Over a lifetime your immune system will vary in its ability to defend your body, and keep your organs functioning perfectly. As you age there are many lifestyle choices you can make to support your immune system. These include:

Changing your <u>diet with age</u>	Regularly taking colloidal silver	Having regular holidays
Intermittent fasting	Learning how to cope with stress	Having daily meditation with personal rituals
Using laser-acupuncture	Taking homeopathic/herbal medicines	Doing yoga and dancing or martial arts
Buffering geopathic stress	Using LED arrays to boost vitamin-D;	Daily corrective exercises and joint adjustments

The Strength and Efficiency of Your Immune System

Our bodies are composed of trillions of cells in organ units. Each cell is attempting to live as healthily as it can, for as long as it can—just like you and me. The outcome of their cellular health and longevity is mostly dependent on the homeostasis of the body environment in which they live. This homeostasis involves the modulation of the variables that affect these environments so that the conditions remain stable and relatively constant over time. Thus (as we have said) your immune system underpins all of your organ functions—your digestion, nervous regulation, hormonal production and regulation, brain development, bone density, blood pressure, your aches and pains—in fact your body's overall ability to live a long healthy life.

Few people really understand the ecology and functioning of the immune system—it is super complex. Most health practitioners focus on the organs *or the symptoms* of illness arising from organ dysfunction. Few have the ability to focus on balancing the ecology of the immune system to promote proper organ function and ultimately eliminate the symptoms of illness. Mainstream medicine uses vaccinations to assist immune focus, and doctors focus mostly on addressing symptoms of ill-health with drugs.

You may have heard some people claim that nutrition can boost your immune system. I look at it this way: Nutrition to your immune system is like petrol to your car. Petrol is necessary to make your car go, but does it improve the way it drives around corners? No, this has to do with the suspension.

When the doctor wants your immune system to change direction and tackle a new pathogen such as a new bird-flu virus, does he give you nutrition? No, he gives you a vaccination (immunisation) to attempt to stimulate your immune system. The vaccination does not have any nutrition—it has information in the form of an antigen made from the virus.

Nutrition is essentially a complex fuel to power all body cells, including immune cells, and it is uncommon in the modern world for there to be such a deficiency that your immune system will suffer. (Except for low vitamin-D levels due to people not spending enough time in the sun). Don't be swayed by hype about nutrition being necessary for immune health—most times it is lifestyle changes and natural medicines that are necessary to improve immune health when it is down.

Herbal medicine greatly assists immune communication—herbs such as astragalus, barberry, burdock, cat's claw, cleavers, chaparral, echinacea, fenugreek, mistletoe, pau'arco, red clover, thuja, tumeric, violet leaves, and others that are used in minute doses—these are not classed as nutrients. On the other hand, there are many plant chemicals that can and *do* disrupt the efficiency of our immune system. Naturally occurring plant defence chemicals such as agglutinins (different lectins), alkaloids (like nicotine, caffeine, morphine, strychnine, and quinine), glucosinolates and terpenoids, (such as steroids, sterols, glycosides and saponins), phenolics (such as tannins and flavonoids), and other chemicals that naturally occur in the plant foods we eat.

All of our plant foods have combinations of these chemicals and while our plant foods can supply nutrition, they potentially can have a major weakening effect on immune communication efficiency, and reduce the contact and capture ability of immune cells. The naturally occurring defence chemicals in our vegetables, salads, fruits, seeds, etc., are considered *anti*-nutrients. For example, all types of grains, including rice and corn, have potent lectins, of which gluten is just one. The nightshades and legumes also present us with a cost when we eat them—how much nutrition can we get when we eat them, balanced against our immune system's ability to neutralise their warfare chemicals? Plants do not want to be eaten and cannot run away. They manufacture their chemical defences, along with woody tissue and spikes to deter animals, microbes and other plants from eating them—including us!

The strength and efficiency of your immune system depends on three things:

- The population of immune cells, both white (leukocytes and lymphocytes) and red-blood cells.
- The efficiency of communication to transfer information between these cells.
- The ability of immune cells to attach to, engulf and produce chemical warfare against unwanted cells, pathogens and chemicals.

To increase your chances to live a healthy life into old age, you should look after your immune system through changes to your lifestyle. As you age, this includes using medicinal herbs, along with being careful which plant foods you continue to eat, how strongly you cook them, and how much time you spend in direct sunlight.

Our Immune System has Problems with Natural Plant Poisons and Toxins

There are more than 450,000 species of plants on this planet and we can eat only a select few hundred. Why is it that a goat can eat tens of thousands of plant species and we cannot? The simple answer is that they have evolved chemical processes in their livers, kidneys, intestines and immune systems to denature the natural plant phytochemicals (toxins and poisons), and they have evolved fermenting chambers (caecum) in their intestines, that unravel the sugars and glyco-proteins for digestion, from the plant structural cellulose. Humans do not have this range of chemical processes and we do not have a functional caecum, so we are restricted to eating an incredibly small number of select plants that give up their nutrients without fermentation and have types of toxins and poisons that our organs, supported by our immune system, can denature. Still, we have to cook most of these plants to digest them and not suffer poisoning. On the other hand, we can eat almost all the different types of animals on this planet if we wish, because the vast majority do not have poisons within the tissue of their muscles and organs to deter predators. Animals survive predominantly through being able to move quickly, but plants repel with toxic chemicals.

Our immune system has problems with natural plant poisons and toxins. Only about four percent of the fruiting plants on this planet, want animals to eat their fruits to increase their seed dispersal. Plants wage warfare against the animals, insects and moulds that attempt to eat them. Plants wage warfare against other plants for limited resources such as soil nutrients and sunlight. Sometimes they use spikes and woody tissue, but mostly they use chemical warfare instead of mobility. If you found a strange looking mushroom or fruit in the bush, would you take it home to eat—no—because it might be poisonous and our liver or kidneys may not be able to denature the poison, or it could be toxic and our immune system may fail to cope with it.

Our immune system keeps our organs healthy by acting as a public service to the different cellular communities—our organs. The immune system has two primary roles: one is to 'govern' the behaviour of the communities of cells, and the other is to maintain perfect organ environments—eg. killing viruses—so that individual cells can live to their potential, and efficiently behave as a community. When this is achieved, our organs function perfectly without symptoms. By these processes, our immune system is able to denature a small range of the less poisonous plants, so that we can eat them for their nutrition.

When a person is really ill and their immune system is failing to cope with a life-threatening illness, they stop eating everything. This unloads their immune system from having to deal with the plant poisons, fungi, bacteria, viruses and other microorganisms associated with foods. This allows immune resources to be redirected towards the immediate threat. We know they are getting better when they start eating again. So on the one hand there are hundreds of thousands of plants we cannot eat because of their natural poisons and on the other, we stop eating all foods when our bodies are failing. But what about the foods between these two extremes?

When we are young and possess effective immune system health, all our organs are assisted to function normally and thus we can eat any of the acceptable human foods, including most of the commercial, synthetic foods. We can eat any amount, any combination, at any time of day or night, and incredibly, remain perfectly healthy for years—and the advice of nutritionists, dietitians, doctors and naturopaths we can ignore. If we damage our immune system, then we need to be more careful about eating some of the foods we would normally eat, because they will have natural toxins, poisons and sometimes microbes that our immune system, liver, kidneys and intestines can lose the ability to denature.

It must be remembered that the immune system in each of us develops its own unique signature of efficiency as we grow from an infant to an adult and it loses its efficiency in its own unique way, depending on its genetic makeup and our life circumstances. While some people find they react to one type of food as they age, others do not. This has allowed the creation of literally hundreds of different types of 'Join the Club' diets in the last 100 years. This keeps professionals in business advising their patients on the diet they should have when they are not totally healthy.

Most of us understand that, if we are not well, we will improve in health if we simply remove fast junk foods and sugar from our diets. Most 'Join the Club' diets appear to work for many, because they advise doing just this, and add their own philosophy alongside this, such as following a vegan diet or a Paleo diet, etc. While these junk/sugar free diets should greatly assist the majority of people, there will always be some that they cannot help—because of the uniqueness of the individual's immune system or because of specific organ damage. This is where a Signature Diet specific to the individual, is more valuable in the long term than supplementation, medicine and therapies. A Signature Diet unloads the immune system from having to commit resources to deal with specific plant toxins and to refocus its resources in its efforts to maintain healthy organs—and this increases the potential for longevity with better health.

Human Evolution Theories on Longevity and Health

Some people think our hunter-gatherer ancestors only lived to about 40 years of age and that our modern technology, plentiful food and medical and social systems have increased our longevity. In some ways this is true, but there is more to the story.

Maximum longevity is coded in the genes of each species. Dogs can live up to 29 years, cats have been known to live until 36 years, while swans can live to 102 years in captivity. Human longevity is also coded in our genes and since science has established that our DNA has not changed for about 250,000 years, there is a strong argument that human longevity was set then.

So where does the idea come from, that our hunter-gatherer ancestors only lived for about four decades? First of all, we need to distinguish that maximum longevity and average longevity are different. Maximum longevity is determined by the genetic ability to stay alive, while average longevity reflects a population's susceptibility to disease, accident, suicide and homicide. The term maximum longevity is the maximum age to which an individual of a species has lived. The oldest human on record was Jeanne Calment, a French woman who died in 1997 at the age of 122 years. She rode a bicycle until the age of 100 and once met Vincent Van Gogh in her father's painting studio! Another term sometimes used is potential longevity. It is considered to be the age to which the top 10 per cent of a species lives. Human potential longevity has been between 95 and 108 years throughout recorded history. This has not varied despite steady improvements in the average longevity within civilised countries over the past 200 years.

The term average longevity is determined by the age to which 50 per cent of a population live and is strongly dependent on environmental conditions. These include physical conditions such as shelter, exposure to chemicals, pathogens and predators, the availability of food and water, and family and social living. When these conditions are optimal, a person has a higher chance of surviving infections, emotional stress, poisoning, and physical trauma etc. But when environmental conditions vary too far from the ideal to which humans are genetically adapted, fewer people reach the average longevity, let alone the potential longevity.

The average longevity of traditional hunter-gathers living 250,000 years ago has been estimated at 70 years in optimal living conditions and a potential longevity in excess of 100 years of age. However the average longevity fell much lower however to about 40 years of age when hunter-gatherers were forced to live in less than optimal physical/emotional/pathogen environments, as civilisation and agriculture spread throughout the world. It is interesting to note that when agriculture originally developed in the Middle East about 10,000 to 13,000 years ago, the average longevity of hunter-gatherers who took up farming fell from about 70 years of age to about 50 years of age (or less). As the lifestyle of agricultural and civil living spread to other regions of the world, the average longevity in these regions also fell and remained at about 40 to 50 years of age until industrialisation was introduced to each region.

The industrial and technological revolutions throughout the world over the past 200 years have generated economic growth and increased income for the average working person. These have created technological innovation in hygiene, disease control, building design, city planning, water purity, food production, manufacturing, transportation, communications, energy generation, social interaction and others. In general, technology has created predictability and allowed people to live in environments more similar to those to which humans are genetically adapted. These improved social, mental and physical environments have created an increased sense of wellbeing, freedom and control for the average person and have increased average longevity, which reached 81 years of age in the 1990s, in technologically advanced countries.

Over the past 60 years however, the rapid acceleration in world population growth, the interests of some large multinational companies, some questionable technology, and the need for 'bigger, better, greater and more', have created mental and physical environments that are beginning to degrade the quality of more and more people's lives. Some of our technology and industries are starting to work against our health. The increasing occurrence of chronic obesity, allergies, depression, cancer and autoimmune diseases are a reflection of this degradation—it appears the average longevity has peaked and is now decreasing.

So with these modern challenges, how do we give ourselves the best chance of reaching our potential longevity? Know that you had this coded in your genes. Since the average longevity is 81 years of age, then most of us can expect we have the potential to live at least until that age. But, as we have seen over the centuries, reaching old age with good health is dependent on environmental conditions and how we adapt to these. You can give yourself a better chance of living beyond the average longevity with good mental and physical health if you learn how to deal with today's challenges such as detrimental technology, pollution, emotional stress and foods—this also requires that you keep your immune system healthy.

The Real Victims of the War On Health—You

Cancer and autoimmune diseases, in some respects can be thought of as 'wake-up' diseases to a person that his or her life is out of control—that they have major life-style issues that **MUST** be addressed for good health to return. These chronic diseases should also be a 'wake-up' call to the medical profession. The old attitudes of domineering arrogance are fading and the resistance to new ideas (both complimentary and mainstream) is diminishing. The resistance now is mostly the orientation of Big Pharma to aggressively fight any change which threatens their profits—even, and especially, against the protocols that allow sick people to make a complete recovery—and be free of a reliance on drugs.

The agenda of Big Pharma is to make profits not to make people well. Sick people bring in money; healthy people stop paying, so there is a natural vested interest. In ancient China and India, healers/practitioners were paid a stipend by the community people when they were well and stopped when they were sick. Makes you think, doesn't it?

This way of dispensing health promoted the attitude of being a 'servant' to others and while it potentially meant less income as it was a community support, it certainly promoted more community cohesion. Many pioneers in the health field have attempted to go down that route of genuinely helping people to repair their health and yet, due to the power of Big Pharma most practitioners in the complimentary health space have been hammered and denigrated, and without the stamp of approval from those in 'authority', it has made it all the more difficult to maintain an income.

The harshness with which the battle is being fought against people with the intent to heal, is one of the most sickening aspects of international business these days. Nothing counts as much as profits. Profits makes it right. Profits validate the actions. Anything which lowers revenues is, almost by definition, bad and wrong. Higher profits means there will be more money on hand to attack your rivals, or at the very least pressure those in positions of power to make it harder for some practitioners, in complimentary medicine particularly, to operate.

Sadly, the community in general is trusting of the 'established big businesses' and although knowing that things just aren't as good as they could be, they have no alternative to turn to. Our medical schools and hospitals are now controlled by industry grants, and this has more than ever, allowed industry power to manipulate the truth. The medical profession is not what it once was.

I've taken a keen interest in the many treatments and cures for cancer and autoimmune diseases. Traditional methods have been around for a long while and some do work well. There are also multiple scams to be careful of and, they are milked for all they are worth by unscrupulous people who are trying to sell expensive 'cures' to vulnerable people.

GcMAF (or Gc protein-derived macrophage activating factor) is a case in point. This is a protein produced through the modification of the vitamin D-binding protein. Proponents of GcMAF claim that it is an immuno-modulatory protein that has anti-tumour properties and strengthens the immune system by macrophage activation. It's a great sales pitch, and sounds scientific enough to give it credibility in the eyes of some, but it does not give the results... The only 'science' forthcoming is from the very people who are selling GcMAF. Does that worry you? It should. That's exactly what Big Pharma scams are all about: undertake questionable science that makes certain claims and then sell the product for all it's worth, before other research negates the claims, and sales crash.

I also recognise it's very difficult for the 'normal' person to decide what is 'good' science and what is 'phoney', particularly when the 'evidence' is published by the media. I strongly suggest to everyone to be fully aware that if you are fighting cancer, or suffering the symptoms of an autoimmune disease or chronic illnesses, you should question anything that appears to follow a 'mob mentality'.

If you have a cancer, an autoimmune disease, or just plain chronic ill-health symptoms then make no mistake, your immune system is in poor shape and there are really only three ways practitioners (of any modality) can help their clients to better health. They either prescribe medicines, undertake therapies (including surgeries for the medical system) and/or teach lifestyle change. You may decide to none, one or all of these yet the key to choosing an effective course of treatment, is to firstly understand why your immune system is in poor shape in the first place. We have extensive experience of nearly 3 decades and integrated services that effectively dovetail all of these together. From experience we know that our clients want a competent practitioner who can use protocols and technology to assess their issues and pinpoint the causes of their particular health issues—and provide solutions to their health problems. They also expect results.

Vaccinations and Autoimmunity

Immunisation is a process of immune system coding that improves its efficiency. Vaccination on the other hand, is a therapy that is intended to assist in the coding of a well functioning immune system. Vaccinations can however cause complications when administered to an immune system that is not robust enough to cope. This is one of the reasons why vaccinations are a subject that evokes strong opinions and stirs up heated debate regarding their effectiveness and safety. This is understandable, because we love our children and we want the best for them.

The words “immunisation” and “vaccination” are used interchangeably in medical and public literature, but there is an important difference between the two. Vaccines are laboratory suspensions of attenuated (weakened) or killed microorganisms in chemical adjuvant solutions, injected or given orally, with the intention to prevent or treat infectious diseases. A vaccine is intended to stimulate the body’s defence mechanisms to cause an 'early warning response' to the disease in the hope that it will defend the body more efficiently—and if it achieves this, it has enacted an immunisation response. But vaccination does not guarantee immunity. Immunity happens when the immune system has actively and permanently coded to a disease entity and this usually only occurs following recovery from an actual disease, not from a vaccination. Vaccinations, at best, give pre-immunity for the 'early warning response'.

Up to 20 percent of people, when vaccinated don’t even mount antibodies to the vaccine, or, after an initial response their antibody count quickly drops and they don't develop pre-immunity to the pathogen. Also, if a vaccinated person does not come into contact with the particular pathogen within a certain time, the immune system abandons the pre-immunity response. This eventually happens to all people who do not actually contact the real disease and that is why we are offered booster shots.

If vaccinations worked 100 per cent of the time to create an immunisation response with no side effects, then there would be no debate. However what polarises people relates to the angst we hear and read about from parents who ascribe the cause of their children's chronic symptoms directly to a vaccination program. As a biologist with my main focus on immune system ecology and behaviour, I have found that this one-to-one emotive logic falls short of the raft of causes that together cause chronic immune-related symptoms, but in my experience I have seen evidence that vaccinations does cause harm to people if their immune system is weak at the time of the vaccination. Also, we all want to believe that our science and political systems have each person's interest at heart and that they do the utmost to provide safe and effective healthcare for all of us...even though that is becoming more and more under question.

And so, the key question every parent needs to ask, and answer to their satisfaction, is whether to vaccinate their infants or not—and if so, which vaccinations should they accept and at which age should they be given. We subscribe to informed consent by parents, but for many it is placing 100% trust in the GP who is assuring the parent that the vaccination is safe. Patients have every right to test their doctor to keep their trust intact. It is wise to ask the doctor is what is in the vaccines, what are potential side effects, when should this vaccine not be given, would they, or have they given this vaccination to their own children?... etc. Patients really should read the information that come with each vaccine—this is however, usually impossible within the 10 minutes allocated for the GP visit, so you have the option to request a longer appointment or take the information home to research before the appointment. Patients and their families should inform themselves, because most GPs are inundated with vast amounts of general information, and it is unreasonable perhaps to expect them to know in detail the potential effects of each and every medication they prescribe. That in itself is an alarming thought.

Vaccination's connection to the immune system

The basic idea behind a vaccination program is to produce an alert status in adaptive immune cells to childhood infectious diseases, through the deliberate, artificial stimulation of the body's defences against specific diseases, using a weaker 'version' of the real thing. Ideally the immune system 'records' this event and creates an ability to more quickly produce antibodies to fight that specific disease, should it ever aggressively occur. Ideally, vaccinations are undertaken without causing any symptoms, side effects or signs of chronic or acute illness.

In reality, no immunising biological agent is 100 per cent safe, and all have the potential to inflict side effects. Because of this, it is for ethical reasons that health professionals have an obligation to assess the health of each individual and relate it to the risks known for the particular types of vaccines they are offering, and after weighing all the risks and benefits for that individual, allow the adult or a child's parents to have the final decision, and honour the choices that these people then make; though this doesn’t happen in reality.

Each individual's immune system is unique. An individual's immune cells referencing a vaccination will vary in their capacity to obtain and retain the information about the pathogen presented as a vaccination. The degree of immune system alertness to initiate resources against a natural but threatening infection, is also unique to the individual. It is well known in immunology that some immune systems are not stimulated by vaccination at all—and then by definition, these individuals are not protected even though they have had the physical injection.

In addition to all of the above, if an immune system cannot mount a quick pre-immunity response to a live, but attenuated pathogen, the population of the pathogen could quickly expand for some time before the immune system eventually mounts its immunity response. During this time the person could spread the infectious disease to other people. This is called 'shedding'.

Most vaccinations have chemical adjuvants. The word “adjuvant” comes from the Latin word *adiuvare*, meaning to help or aid. Vaccine adjuvants are various substances that act to accelerate, prolong, enhance or modulate antigen-specific immune responses to specific vaccine antigens. During the early days of vaccine manufacture, significant variations in the effectiveness of different batches of the same vaccine were observed, and it was discovered that the batches that were contaminated with “dirt”—this was the official language used in science, because there were factors that muddled a vaccine from being developed in a non-sterile lab—which were enhancing the immunity responses.

Today, adjuvants are included in vaccinations to ensure a more vigorous inflammatory response and thus increase the chances that an immunisation will "take". Unfortunately the activation of the immune system by adjuvants also increases the chances of autoimmunity. Recently, a new group of more than 300 syndromes under the banner of "autoimmune/inflammatory syndromes induced by adjuvants" (ASIA), has been introduced into the medical literature (<http://www.greenmedinfo.com/article/autoimmuneinflammatory-syndrome-induced-adjuvants-shoenfelds-syndrome-clinical>). The main substances associated with ASIA are squalene (Gulf War syndrome), aluminium hydroxide (postvaccination phenomena, macrophagic myofascitis) and silicone with silicosis.

It is suggested that the different symptoms are probably related to the individuality of reactivity to particular adjuvants in vaccinations (<http://www.greenmedinfo.com/article/emergence-asia-syndrome-associated-individual-genetic-predisposition>). The time between the vaccine delivery and the occurrence of the initial autoimmune symptoms varies from several weeks to years and appears to be an individual response by a weakened immune system, that is overloaded by particular lifestyles/environments—such as stress, injury, other infections, chemical exposure, etc (<http://www.australiannationalreview.com/vaccines-trigger-autoimmune-diseases/>).

Although there are publications from organisations such as the National Vaccine Information Centre, The Red Book (A Triennial Report of the Committee on Infectious Diseases) by the U.S. Academy of Paediatrics and publications such as Morbidity & Mortality, A Weekly Report, by the Advisory Committee on Immunization Practices of the United States, there are few publications that clearly and simply give parents the answers to questions such as:

- What are the real health risks to my children if they contracted an infection which could be mitigated through vaccination?
- What could be the range of consequences of contracting certain infections naturally?
- What is the current safety record of each type of vaccination?
- What is the degree of immunity that each vaccination can provide and how long will it last?
- What is the probability that a specific vaccination will clearly alert the immune system?
- When should I not vaccinate my children?
- Are there alternatives to vaccination—and if so, are they safe and effective?
- What can I do to prepare my children, in order to lessen the chances of complications occurring?

Most people receiving vaccinations or having their children vaccinated are not aware of manufacturers' warnings and contraindications relating to vaccinations, which are:

- When there is acute febrile illness occurring (and also when being medicated for this).
- When there is chronic allergy or hypersensitivity such as atopic dermatitis or acute skin rashes occurring.
- During pregnancy.
- When there is a known hypersensitivity to any vaccine component.
- In those cases where the patient is undergoing immunotherapy.
- In those cases where the patient has altered immunity:

With a history of anaphylaxis.

When the patient has an autoimmune disorder.

With graft versus host diseases.

When there are immunodeficiency disorders (under certain definitions—cancers).

With serum sickness.

With transplant rejection.

Most doctors giving vaccinations do not direct their patients on ways to prepare the immune system, and thus reduce the possibility of complications occurring after a vaccination program. There are steps you can take to prepare your immune system before receiving any vaccinations which will lessen the chances of chronic illnesses developing

You should know what you have to do to strengthen your immune system so that it can effectively cope with a vaccination assault; and what you can do to unload your immune system for some weeks following a vaccination.

If you are opting not to vaccinate—then what you have to do if you use homeopathic immunisations to offer a similar level of protection with total safety.

If you ever can have the choice, if at all possible have one vaccination at a time, and select only those vaccinations that are aimed at life threatening diseases—for example, steer away from influenza vaccinations.

A 'trust' question you should ask your doctor before you vaccinate: "Please tell me all the ingredients in the vaccination you are going to give to my child (me)?" If the doctor cannot answer this question, think carefully about going ahead with the vaccination?

Epstein-Barr Virus: The master of disguise

Most of us carry the Epstein-Barr virus (EBV) but many have never heard of it and fewer still know what it actually is. You may know of it as the Glandular Fever virus, 'Kissing Virus' or 'College Virus'.

The sequence of events leading to the discovery of the Epstein-Barr virus (Human herpesvirus-5), as well as its role in many cancers and autoimmune diseases, is an interesting story. Even today the story is far from complete as its association with various cancers and autoimmune diseases continues to unfold.

In 1958 Dr. Denis Burkitt recognised and described the characteristics of a new tumour that was only occurring in malaria zones of equatorial Africa. He postulated that possibly an insect born infectious agent was involved in the creation of the tumour. In 1961 Dr. Denis Burkitt sent tumour samples to Dr. Tony Epstein who together with Dr. Yvonne Barr succeeded in culturing a number of the individual lymphoma cells from the tumours and clearly found herpes particles. Hence the virus was named after these two researchers and this was the first time a virus had been directly associated with tumour formation.

In the next few years it became evident that EBV was widespread in all human populations. In most individuals, EBV concentrates in the epithelial mucosal tissue and lymph nodes of the throat, is dormant or undergoes low-grade activity in the immune system's B-cells, and can be found in almost all of the human body's organ cells.

EBV is a human herpesvirus. Eight types of human herpesviruses have been discovered so far. Most people know of the cold-sore virus (humanherpes-1) or the chickenpox virus (zoster), and the genital herpes virus (humanherpes-2). These viruses are not regarded as any great threat to health, but the other five herpesviruses, including EBV, appear to be potentially lethal when a person's immune system is compromised.

The human herpesviruses, once in a body, stay there for life. They can infect at any time from birth to old age and always have the ability to reactivate from a state of dormancy to one of rapid infection when the immune system is weakened—then they can cause both acute and chronic symptoms. The conflict between the immune system and these viruses continues throughout life. People who maintain strong immune systems do not experience illnesses due to these viruses.

Human herpesviruses are parasites. They have been infecting our species for many thousands of years, and have evolved some very sophisticated methods to evade and subvert our immune systems. An efficient parasite like EBV has no intention of killing the host—their aim is to weaken the defence system so that the host lives a reasonably long life, in poor health. This is achieved by masking the parasite's true identity, forcing the immune system to squander resources (against other pathogens or the host itself) and subverting and/or manipulating the defence cells. Human herpesviruses interact with each other and have the capacity to use other viruses, such as influenza, to mask their activity from immune system cells.

To understand herpesvirus behaviour, think about the strategies that a spy uses to survive in a foreign country, gather information, and send it out to another country. After herpesviruses infect a person, they aim to replicate, consolidate their infection, and transfer to a new host—similar to the actions of a spy.

A successful spy hides their true identity from the authorities. A fake identity, or many identities, indicating the spy is a native citizen would have to be created. If the spy can wipe-out any records of their identity, they can live in the host country and continue their nefarious activity for as long as they want. An emergency hiding place, or one where the authorities would never look, would be essential. Blackmailing or bribing the authorities would have its advantages. Having emergency escape plans prepared in case of detection helps survival. A cunning spy might even establish a position as a policeman in the very government organisation established to catch spies.

To be a successful, infecting viruses conceal themselves in whichever cells they are living, herpesviruses change the cell surface identity molecules that are normally present when cells are infected. Some herpesviruses are able to live in the host for life with impunity, because they alter the primary mechanism that instructs immune cells (such as CD-8 T-cells) to look for particular viruses. When the immune system detects herpesvirus activity and begins a campaign of focused activity, the herpesviruses change into a dormant life stage, and this prevents their detection. Some types of herpesviruses infect nerve cells (including the brain cells) that the immune system will not destroy—in theory—because the body cannot replace them.

Herpesviruses subvert the identifying receptors of the immune cells searching for them, so that they cannot recognise these viruses. Herpesviruses alter the adhesion molecules on cells to prevent the immune cells holding on tight to the cell to inject cytokine toxins to kill the cell containing the virus colony. Herpesviruses such as EBV have their reservoir in immune system B-lymphocytes. They change the replicating coding of the B-lymphocyte cells to become very fast—so that the virus can increase its population size and also provide more 'homes' for their existence.

General traits of human herpesviruses:

- Once they infect a body they stay there for life.
- They have latent phases and active phases throughout the entire life of the host person.
- They evade, subvert, and manipulate immune cells and other pathogens.
- They are linked with more than 50% of all cancers.
- They are considered the main activator of autoimmune diseases.
- They transfer easily between human hosts through fluids, such as tears, urine, saliva, lymph and blood.
- While an immune system is healthy and strong, it can shut down the herpesviruses, but not eliminate them altogether.
- Herpes viruses need only a small gene pool to survive and, unlike other viruses such as influenza, do not have to change their genetic makeup to survive immune identification and attack.
- When we are initially infected with EBV, we respond in different ways as our immune system attempts to contain it. Most people experience almost no symptoms, while the rest experience mild symptoms of glandular fever which include flu-like responses, skin rashes, headaches, general aches-pains, and lethargy—all of which stop after several weeks. Some individuals in this latter group experience ongoing fatigue with recurring flu-like symptoms for several months before regaining normal health. Some go on to develop an autoimmune disease without recurring post-viral symptoms. A smaller number go on to develop one or more autoimmune diseases, recurring post-viral symptoms and eventually a cancer.

In underdeveloped countries, the most common cause of weakened immune systems is malnutrition and almost all preadolescent children are infected with EBV. Until 20 years ago in developed countries, EBV infection occurred in later years probably due to emotional stress, inconsistent sleep, immune-weakening foods and drug abuse, but since then most children have active EBV now!

Because herpes viruses infect and subvert so many different types of immune cells, manipulate other pathogens, and are linked to such a wide variety of terminal diseases, they are considered by many researchers to be the most dangerous of the human viruses (along with RNA viruses) when a person's immune system is weakened—linked to autism, MS, HIV and most cancers.

The good news is that your body has an amazing ability to successfully shut down viruses when it is unloaded from having to deal with many challenges, (including keeping organs functioning normally when people abuse their bodies and damage their organs), when it is strengthened (using natural medicinal herbs), and when it is focused using homoeopathic immunisations.

Not being a doctor, I have not been led into drug and vaccination therapy. I had to turn to more natural ways to overcome chronic immune related diseases—which meant finding and optimising lifestyles, and self therapies that helped the immune system and hindered pathogens. It took decades to refine protocols that work for most and using these I have successfully helped thousands of people to regain excellent health by unloading, strengthening and refocusing their immune system to shut down all types of herpesvirus activity—which then cascades down to stopping other viral activity, including RNA viruses.

Colds and Influenza: Part 1

Colds and influenza are generally regarded as a part of our everyday lives and are seen by many as an inevitable result of living in our modern world, particularly during the colder months. Although they are common in our communities, science has not been able to eliminate the viruses that cause these illnesses.

Although Hippocrates described flu symptoms 2000 years ago, the influenza virus was not isolated until 1932. The word influenza is said to come from 15th century Florence where the disease was attributed to cosmological influences—'la influenza'. Both colds and flu are thought to be 'diseases of civilisation'—which first started when people changed from mobile lifestyles based on hunting and gathering, to those of living in permanent dwellings 12,000 to 14,000 years ago in the fertile crescent of the Middle East and in parts of South East Asia. In these early dwellings, the people lived with their domesticated animals—swine, goats, cows, ducks and fowl. The flu and cold viruses are believed to have crossed species from these domesticated animals to humans.

There have been various descriptions of flu symptoms recorded throughout history, however the first real epidemic was not recorded until the 9th century when the army of the French emperor Charlemagne was decimated by a virulent flu which had spread throughout Europe.

The worst recorded influenza outbreak occurred at the end of World War I when more than 20 million people died. In America, people were arrested for sneezing without using precautions to prevent the spread of virus (such as a handkerchief). In Australia a law was passed insisting protective masks be worn in public places. The famous 'Asian flu pandemic in 1957 affected more than 80 million people worldwide. According to the Australian Bureau of Statistics the annual death rate in Australia directly from flu is fewer than 1,500 people. However deaths through related causes such as pneumonia, bronchitis and asthma greatly increase this figure.

Annually in Australia there are more than 5 million working days lost every year which are directly attributed to flu-type illnesses. Because viruses rapidly change their basic structure, our immune systems must continually adapt. Influenza vaccination have had varying success and are even considered dangerous for people with compromised immune systems—everyone takes a risk when they are vaccinated. There are many safe and effective alternatives to vaccination which will keep people symptom free.

The symptoms of colds and/or flu vary from excess nasal mucous to sore throats (pharyngitis) and laryngitis, elevated temperatures, headaches, coughs, aches and pains in the limbs and joints, stiffness, tiredness, and others. There are secondary complications such as pneumonia, pleurisy, bronchitis, croup, encephalitis and meningitis.

Principally the symptoms of colds and flu are caused by the overloading of the lymphatic system through over-reactive and inappropriate immune responses. These inappropriate responses occur because the immune system may not be functioning efficiently during the time of initial infection, and it ramps into overdrive to identify, attach to, and eliminate the invader. There are several reasons why the immune system loses its efficiency, and if you address these, then you will not experience colds nor influenza to any serious degree. This is the focus of this article.

The rhino viruses are the major group producing colds. Nearly all the respiratory tract viruses can be the focus of inflammation and irritation of the nasopharyngeal mucosal cells. There's over 100 types of rhino viruses, thus there is no effective vaccine that covers this group. Corona viruses are the second most important cause of colds. There are six strains so far, and they infect both the gastrointestinal and respiratory tracts of humans, other mammals and of some birds. The colds that corona viruses produce are similar to those produced by rhino viruses but they also often cause accompanying gastroenteritis, and in some cases viral pneumonia. The Severe Acute Respiratory Syndromes (SARS) are caused by corona viruses.

Rhino viruses are readily inactivated by moderately acid environments (less than pH 5.3). This means they are unlikely to survive gastric acidity of the stomach when you eat meals that contain meats and fats and the pH of the stomach is lowered to digest the alkaline foods. Rhino viruses thus do not survive in the lower gut and do not spread through faecal contamination. They spread readily however, in droplets ejected from an infected nasopharynx, through talking, coughing, and especially through sneezing. The infectivity of droplets declines as they dry out. Infection can also be transferred by recent nasal secretions adhering to fingers.

Note: You may pick up rhino viruses but not know it, and for up to two weeks a small colony may exist in incubation in your nasal cavity (or mouth). If your immune system drops in its efficiency over this time, the colony can then rapidly expand within 24 hours to a size that gives uncomfortable symptoms—which may then last for several days before the immune system controls the population. By using 3% hydrogen peroxide once a day during the flu season, as a mouth wash, you will reduce your likelihood that you will experience colds.

The clinical features of colds are the same irrespective of the infection being caused through rhinovirus or even on a virus infection. Most cold symptoms you experience are produced by the immune system causing inflammation of the nasal mucosa as it attempts to control the population expansion. Mild inflammation produces snuffles while more severe inflammation produces nasal secretion and swelling which may block sinus drainage as well as the airways, and cause pain. This may extend to the pharynx and create a dry uncomfortable throat but it will seldom be really painful. Immune induced fever is not common. Antibiotics are of no use against viruses and may be prescribed if secondary bacterial infection of the sinuses or middle ear is likely to occur.

Influenza

Influenza has a short incubation period from 1 to 4 days after contact. The clinical features vary from a mild febrile inflammation and irritation of the nasopharyngeal mucosal cells, to life-threatening complications. Influenza is spread entirely by droplet inhalation. An individual with a growing population of influenza in their nasal passages can be infective even though they are not experiencing any symptoms. This can last up to 24 hours. Once the symptoms are causing discomfort, influenza can last for several days or more, and this depends on the immune health and the lifestyle of the individual.

The main symptoms of uncomplicated influenza—where intervention by a medical practitioner is not warranted are:

- Acute (sometimes) dramatic deterioration of health.
- Headache, backache, myalgia, shivering, malaise.
- Stuffy nose, dryness of the throat, huskiness of voice.
- Dry unproductive cough.
- Nausea and insomnia.
- The acute symptoms persist for several days and then gradually subside in uncomplicated cases.
- The longer the illness the longer may be the period of recovery to symptom-free health.

The clinical indicators—where your immune system is having difficulty controlling the infection are:

- Fever, increasing rapidly to 39-40 degrees Celsius (99 to 102 degrees Fahrenheit).
- Intense laryngeal and pharyngeal inflammation.
- The chest sounds are normal except in bronchitic individuals.
- The person is very ill, sometimes to the point of prostration.
- Mucous is yellow/green and sweet tasting.

The complications of influenza are:

- Primary pneumonia caused by bacteria, (tends to occur in people who experience sadness and loss in their personal lives).
- Indicated by coughing up clear to yellow mucous in mild infections—which can normally be controlled by the immune system within a few days of rest, natural medicines and therapy.
- Indicated by coughing up mucous that is more green than yellow, and tends to be sweet tasting—which is indicating that antibiotics are needed to assist immune activity to control the infection.
- Intense fever with acute confusion.
- Convulsions and coma mainly in children and the elderly.
- Acute bronchitis mostly with the elderly.
- Myocarditis
- Exacerbation of preexisting diseases such as autoimmune diseases, cancer and some Type-1 allergies.
- Unexpected death in a few previously healthy young adults, and in a higher proportion of the elderly.

Colds and Influenza: Part 2

At home treatment for colds

Almost all strains of the common cold-causing viruses are able to survive for considerable lengths of time in the generally cooler environments of the nose than the warmer lung environments. This occurs in part because immune system defence is most effective at temperatures slightly above normal body temperatures and reduces in responsiveness as temperatures drop lower than normal body temperatures. Touch your nose and gauge its temperature. You can assist your immune system to quickly eliminate cold viruses from your nasal cavity by keeping it warm.

- Breathe in warm air (make sure the temperature in your bedroom is warm).
- Hold warm drinks in your mouth to allow the warmth to radiate into the nasal cavity.
- Place heat packs on your forehead.
- For those who practice hatha yoga, do several half minute headstands over a period of an hour.
- Have a steam sauna.
- Do isometric/isotonic/isokinetic exercises.

Diet for colds and influenza

When you have a flu or cold, or you suspect that one is imminent, remove all fast-foods and commercially prepared foods from your diet and have home-prepared foods. The foods that our bodies absorb more easily, have fewer immune responses against, don't imbalance our hormones, provide the essential nutrients of vitamins, minerals, trace elements, enzymes, amino acids and glucose are: Organic free-range eggs, offal and other animal flesh, bones, marrow and saturated animal fats. While vegetables, salads, fruits, herbs and spices, nuts and seeds, have good nutrition, they also have natural defence toxins and poisons to defend themselves from being eaten. From these plants we may get a degree of nutrition, however our immune system has to expend resources denaturing natural poisons and toxins. Our bodies can do this easily when we are well and healthy, however when we have a cold or flu, we should consider eliminating most vegetables, salads, fruits, nuts and seeds and take medicinal herbs and 'spices'. If you need to take your plant foods, cook them extra well, making broths that are to be heated and reheated. Add eggs, butter and well-cooked animal produce. Eliminate all sugar, chocolates and dairy products (except for butter or ghee).

It is important to avoid:

- All milk, margarine, cheeses, cream, milky desserts and yoghurts.
- All refined bakery products (eg. breads, pasta, spaghetti, cakes, biscuits, rice products, rye products, corn products, etc).
- All products with sugar (Eg. lollies, chocolates, fruits, fruit drinks, dried fruits, desserts, sweets, etc).

When with the flu, most people respond to dairy products by forming mucous (immunoglobulin - A) in the nose, throat, lungs and gastrointestinal tract. Mostly we don't notice the extra mucous unless we are ill or have developed other allergic responses when the immune system increases mucous production as a defence response—which can then clog the nose, throat and lungs.

Natural and effective remedies for colds and flu

Although bed rest and keeping warm help to fight off colds and flu there are a number of other effective remedies that can be used to reduce the severity of these illnesses, prevent secondary complications from occurring and speed the recovery to normal health.

Herbal medicines

- For general relief, drink a tea made from lemon juice and fresh ginger in a cup of hot water with a quarter of a teaspoon of vitamin-C powder and a little honey.
- For general relief, slice onion and garlic and cover with honey and a little hot water. Leave overnight and drain off next morning. Take this at intervals during the day.
- For general relief, drink a herbal tea of yarrow, elderflower and peppermint mixed in equal quantities.
- For general relief, mix a tablespoon of yellow mustard in a large bowl and add hot water. Place your feet in the water and keep topping up with hot water for about 10 minutes. Rub the feet well, put on warm socks and go to bed. This can be performed two or three times during the day. This bath can also be used with the hands.
- For general relief for babies and toddlers give a teaspoon every ten minutes of chamomile and/or lemon balm tea.
- For dispersing mucous, drink fennel and/or fenugreek herb teas.
- For the relief of coughs, make a tea from marshmallow, garlic and honey or lemon.
- To relieve headaches use feverfew or natural 'aspirin' from either willow bark or meadowsweet. If you need to take a stand-

ard chemical pain killer for the headache, take paracetamol or aspirin.

- To relieve headaches make a tea of equal spoonfuls of skullcap, lavender and chamomile and perform neck stretches.
- To reduce temperature make a tea of yarrow, elderflower and catnip (use compresses on the forehead, wrists, hands and legs, including the soles of the feet).

Note: although a moderately high temperature is uncomfortable, this is a natural response to heighten immune defence.

(Effective commercially-made mixtures include: pine, black cohosh, lobelia, pleurisy root, horehound, valerian, aniseed, liquorice, lungwort and capsicum in their remedies and are available from health food stores and some chemists)

Essential oils

- Massage or have a steaming bath using a blend of lavender (two drops), tea tree (three drops) and eucalyptus (two drops). For a massage, mix these oils with five millilitres of almond oil and strongly massage. In addition eucalyptus oil (10 drops) and lobelia (5 drops) in a teaspoon of brandy or camphorated oil (or garlic in olive oil), can also be used for massage.
- To relieve aching limbs and joints, have a hot bath with lavender (two drops), frankincense (one drop) and tea tree (two drops). After bathing, briskly rub the whole body and go to bed.
- To relieve a blocked nose, put two drops of lemon and/or one drop of peppermint in a bowl of hot water and cover the head and bowl with a towel to concentrate the inhaling process.
- To relieve chest congestion, inhale steam helps relieve a blocked nose especially with friar's balsam.
- To relieve a flu headache massage a drop or two of oil of lavender on the temples.

Homoeopathic medicines

- Specific medicines to boost and focus the immune system, take a current flu/cold nosode mixed with 'Grippe nosode' from your health practitioner.
- General medicines to boost the immune system: Conium, Galium Heel or your constitutional remedy.
- The Cell Salts: ferr phos and kali mur (two tablets four to six times daily with the flu symptoms for the relief of colds and running nose) are sometimes very useful.
- For a raw nose, apply Traumeel cream or vitamin-E cream.
- To assist the lymph system, consider Lymphomyosot.

Colloidal silver

Colloidal silver is one of the most effective and cheapest ways to assist your immune system. The antimicrobial activity of small amounts of metal, known as oligodynamic action, has been known for a long time and is the basis of many commercial therapeutic agents for more than a 100 years. For example, Silver Sulfadiazine cream is still one of the mainstays of treatment for serious burns victims as it helps prevent infection and promotes healing. Colloidal silver prevents unwanted bacteria, viruses and many fungi from surviving in your body. What makes silver unique in comparison with other antibiotics is the fact that it has no toxicity nor carcinogenic activities.

Colloidal silver inhalation using a nebuliser or ultrasonic vaporiser is probably the most efficient and effective method of delivery. It creates an antimicrobial environment in the nasal cavity, which decimates cold and influenza populations. To prevent getting influenza or colds when in contact with others who are infected, use colloidal silver as a face wash, as eye drops, as a hand wash. It can be gargled and swallowed. You can purchase your own colloidal silver generator and create your own antibiotics.

Self therapy

Low-level-laser light and LED red/blue Arrays will boost the blood's oxygen carrying capacity and boost immune function (see pages 25 to 28 of this document). The use of electro-stimulation technology is also very beneficial

Pneumonia: Companion of Sadness and Loss

Pneumonia is a reasonably common lung inflammatory condition affecting the microscopic air sacs. It is usually caused by a virus, bacterial, or fungal infection and mostly occurs in autumn and winter. It typically follows on from an infection such as influenza, or a period of stress (usually around sadness or loss) that weakens the immune system. In my experience, many cases of pneumonia are linked to relationship breakups or loss of loved ones or loss of something that is strongly defining a person. In these situations, the person usually holds emotional tension in their chest. People 'sigh' for themselves and often feel defeated and resigned to their situation. If this tension lasts for a while, the immune defence weakens in the chest region making the lungs more susceptible to infection. Pneumonia was once a fatal condition for most who developed it, but today antibiotics help the majority of people to totally recover. However more than 2,000 people still die from pneumonia in Australia each year, so it is reasonably important to know what you can do if you or someone in your family develops pneumonia.

If you have pneumonia, you may find you can keep plodding along, but you will tire easily and feel weaker than normal. You will have a persistent dry cough, (although some people do cough up yellow/green mucous) which is accompanied by an inability to catch your breath because it will be almost impossible to breathe easily and deeply. When you attempt to breathe deeply you will probably feel sharp stabbing pains, usually towards the back of the lungs. You will have increased difficulty exercising and find it very difficult to just do the normal things. You may hear your lungs making crackling or bubbling sounds, or even wheezing. Sometimes a fever, followed by chills, may occur, but this is not a diagnostic sign and may be absent, even in severe cases.

The acupuncture point, Conception Vessel-17 (in the frontal midline, halfway between the clavicular notch and the xiphoid) becomes painful when pushed, and will cause a stabbing pain extending into the spine behind this point. If you feel this needle-like pain you probably will need antibiotics—so see your doctor.

The most debilitating time of the day is the hour before sunset when you may feel wretched, especially in a particularly cold place like Canberra. This is a time to stay indoors, keep yourself warm and drink hot fluids. This is also a good time to have a traditional steam sauna with some eucalyptus added. A third of a nip of brandy may also help.

To help your body fight pneumonia, consider spending a few weeks in an environment opposite to that in which you developed the pneumonia in the first place—especially if your pneumonia is viral and cannot be treated with antibiotics. In autumn, winter and spring, Canberra can have sudden very cold snaps. It is quite dry and it is elevated. Therefore, the best environment to heal would be a consistently warm/hot place, that is moist and at sea-level, like any of the coastal towns north of Sydney.

To help boost your immune system, take vitamin-C (2000 to 5000 mg a day). Spend time in the sun or under a LED array (see page 25). It is best not to take cough medicines, since they may reduce your ability to remove mucous. Stop eating dairy products (except butter) if you know they produce mucous when you eat them. Cut out all foods containing grains, including rice and corn. These will put pressure on your immune system at a time when it is working extra hard. Eat well-cooked meals, such as broths and soups. Drink adequate filtered water and add electrolytes such as 'Hydrolyte'. Do light stretching and isometric exercises throughout each day. Have an acupuncture treatment. Wear jumpers which cover your neck, over thermal underwear. Always keep your feet warm, and if they are cold when you go to bed, get up and put them in a tub of hot water rather than hoping that they will warm up by themselves. Thoroughly dry your hair after washing. Keep away from mouldy places.

There are also several medicinal herbs that can help, including: astragalus, echinacea, elecampane, liquorice, pleurisy root, fenugreek, garlic and goldenseal. You can also source homeopathic pneumonia nosodes.

Once you have fought off the pneumonia you will need to look at the underlying factors that contributed to the condition in the first place. Was there more at play than just influenza? Had you been experiencing intense sadness or loss? If so you need to alter your attitude to similar situations like those that were occurring just before you were diagnosed with pneumonia.

A Greater Chance of Stopping Multiple Sclerosis

Multiple sclerosis (MS) is an inflammatory disease in which the insulation (myelin sheaths) of nerve cells in the brain and/or spinal cord are eroded, disrupting the ability of parts of the nervous system to efficiently transport synaptic information without it leaking. When the nervous information leaks, a range of chronic physical and mental symptoms predispose the individual to psychological instability. Deterioration generally occurs as sudden stages, and when this happens, new additional symptoms occur, or the existing symptoms get worse. Occasionally symptoms disappear, however if re-myelination cannot be permanently created, the disease will advance.

While the cause is not yet clear to science, the underlying mechanism is thought to be either inappropriate targeting of the myelin-producing cells by the immune system or failure of the myelin-producing cells to maintain the sheaths. Professor Michael Pender—the director of the Multiple Sclerosis Research Centre at the University of Queensland's School of Medicine and the Multiple Sclerosis Clinic at the Royal Brisbane and Women's Hospital—has for several years focused research on the Epstein-Barr virus (EBV) as the principal behind MS.

The Epstein-Barr virus is a superantigen virus of the herpes family. On initial infection it causes glandular fever, and is associated to varying degrees with many cancers and autoimmune diseases including MS. More than 90 per cent of the world's population permanently has this virus in a dormant phase. While most people develop fragile adaptive immunity to this virus, if a person's adaptive immune system deteriorates, this virus can reactivate and cause cancers and a variety of autoimmune diseases.

MS is an autoimmune disease where inappropriate adaptive immune system (B-cell) activity damages nerve fibres. There is a theory that EBV infected B-cells are able to congregated in the brain/spinal cord, because other immune cells (known as cytotoxic CD8 T-cells that target viral-infected cells, including B-cells) lose their ability to identify infected B-cells. There is evidence that EBV re-codes the T-cells when they attempt to inspect an infected B-cells.

Professor Pender and his colleagues have been investigating whether improving CD8 T-cell recognition against these EBV-infected B-cells could be used as an effective immunotherapy to stop MS.

In this new technique, T-cells are extracted from the blood of a person with progressive MS, and along with fragments of the Epstein-Barr virus, are incubated. This enables the T-cells to more effectively identify the virus without the concern of being subverted by living EBV. When the T-cells are injected back into the person, they have a stronger defence against EBV and can remove a greater volume of infected B-cells. It is highly possible that this technique could be used as a therapy to reduce, or even halt, the progression of MS.

For more than 20 years we have been using a similar immunotherapy approach in our clinic. The difference is that we have been using specific homeopathic nosode combinations (autoimmunonoses) made from the two types of EBV, sometimes in combination with cytomegalovirus and Human herpes-7, to improve CD8 T-cell recognition of infected B-cells. We have a good record of success with this approach, as long as we unload and strengthen the rest of the immune system.

We achieve this by removing immune contact with specific plant foods (vegetables, salads, grains, fruits, seeds) which contain agglutinins, glutelins, albumins, globulins, prolamins and other storage/defence/toxic chemicals (in less than 10 parts per million). We also work to improve an individual's lymph, liver and kidney function. A necessary part of this approach to heal MS is to address emotional responses to specific personal beliefs, as well as provide specific corrective exercises.

Like almost all chronic immune-related illnesses, lifestyle and environment are the major players. Thus it is highly probable that combining the approach of Professor Pender, with the lifestyle and homeopathic immunotherapy approach that I have used, would further increase the chances for total remission from MS.

Coeliac Disease is a Typical Immune-related Disease to one of the Human Foods

At one end of the scale, some people can eat any food, in any volume or combination, at any time of day or night, and remain totally symptom free and healthy throughout the whole of their lives. Their immune system is totally in control, neutralising unwanted toxic chemicals, supporting the cells of the gastrointestinal tract to uptake nutrients, and working along with the liver, kidneys and lymph system to efficiently detoxify their body. These are the lucky people who can indulge in eating as they wish...and for most of us, we can also do this when we are young!

At the other end of the scale are those who have to restrict almost all foods. They respond with inappropriate immune responses to both the natural and the man-made toxins in our foods. In order to have symptom-free health, they need to uncover the link between certain foods and their symptoms. With this knowledge they then have a choice to either eliminate these foods or eat the foods and treat any symptoms that occur. It is easier to find this connection if a food causes a quick and obvious immune response—such as a Type-1 allergy which occurs within minutes to a few hours after eating the food. It is much more difficult to connect a food to a symptom, if there are long delays (days to weeks) between eating a food and the occurrence of symptoms. These long delays usually occur with autoimmune disease responses to foods.

In the case of the autoimmune response known as coeliac disease, while about 48 per cent of Australians carry the gene that can trigger coeliac disease, fewer than 4 per cent of these ever experience the disease. Most can live their whole lives eating gluten and suffer absolutely no symptoms. Emotional stress, a virulent infection, or injury are the main causes that trigger the gene response—which is irreversible and leads to a life of pain and premature death if the person continues to expose their immune system to gluten.

For coeliacs to remain healthy they need to TOTALLY remove all grain-derived foods with gluten (less than 10 parts per million) from their diets for the rest of their lives. They can however, still eat rice and corn-derived products which contain other agglutinins but not gluten. If their immune system deteriorates further, gluten and other agglutinins that occur in rice and corn will also trigger symptoms which will be different to those of coeliac disease. This is what is happening in the other grain-related diseases such as gluten intolerance syndrome, the series of atypical coeliac diseases and the so-called pseudo-coeliac diseases.

As you age, your immune system tends to lose communication efficiency between its immune cells, and between immune cells and normal body cells. It then becomes less efficient at recognising and isolating the broader array of natural toxic plant defence chemicals that occur in grains, nightshades, legumes, certain fruits, seeds and nuts. In order to stay healthy as you age, you may need to restrict more and more plants in your diet and/or cook them more to help denature these harmful chemicals. You may have noticed how some older people often 'overcook' their vegetables to make them easier to 'digest'.

Through the results of more than 10,000 case studies using an Immunocompromised Diet Protocol, I have found that as a person's immune system loses efficiency, they will maintain better health if they eat less plant foods, particularly grains. This largely goes against the belief that a healthy diet should include a variety of fruit, vegetables and grains.

A thing to remember is that we are all individuals and while 'blanket' advice may suggest that when we are totally healthy we should eat a balanced diet including plenty of fresh veggies and cereals. However, if we are suffering chronic ill health we must ask the question—why can't my body repair itself? Mostly there are environment/lifestyle triggers that are preventing repair, and of these, it is the plants we eat in our diet are the major triggers. It is not all the plants. It is specific to the individual, depending on the coding of their immune system, and each person has a unique immune system.

Using Light to Improve Long-term Immune Health

We love to be in sunlight. From the invisible to the visible, sunlight is essential for both plant and animal life to exist on this planet. Sunlight nourishes plants by triggering photosynthesis, which powers plants to uptake carbon dioxide, water and nutrients to form the plant structures. Animals then survive from eating the plants, and some animals eat other animals.

A well known benefit of sunlight is its ability to boost the body's vitamin-D production, and it is known that vitamin-D deficiency is mostly linked to a lack of sun exposure. Vitamin-D is necessary for calcium metabolism, neuromuscular and immune system functioning. However excessive sun exposure is known to be a risk factor for skin cancers and it triggers skin autoimmune diseases such as lupus and dermatitis hepatoformis. It is now known that low-level laser-light therapy with frequencies outside the ultraviolet spectrum, reduce the occurrence of skin cancers and the symptoms of skin and other autoimmune diseases.

Thus, an alternative to getting out in the sun, is to use a blue-light emitting diode (LED) lamp, to stimulate vitamin-D production, which then minimises any risks associated with ultra violet exposure. The use of other LED frequencies can further improve health. In recent years there has been growing interest in using LED light to increase plant growth rates, and it is now known that plant cells exposed to red-light LEDs will grow many times faster than plants in normal light. There is something in concentrated light from red LEDs that is really healthy for both plants and animals.

The idea that concentrated light could be a therapeutic tool, first occurred in 1965, shortly after lasers were invented. In that year, Professor Endre Mester of Semmelweis University in Budapest, Hungary, undertook pioneering research to see if lasers could cause cancer. He shaved the hair off the backs of mice and treated them to long-term low-level-laser light, and not only did the mice not develop cancer, but to his surprise the hair on their backs grew back more quickly and more lush. Today professionals use low-level-laser light to heal wounds, give pain relief, reduce inflammation, perform cosmetic anti-aging treatments, and stimulate hair growth.

Low-level-laser light was the forerunner to the LED light. LEDs are now used in thousands of applications, from electronic clock displays to jumbo TV screens. LEDs now provide light to grow plants on the NASA Space Station and units are available at your supermarket, to increase growth in household pot plants. However more exciting are the findings that lasers and LEDs are useful in anticancer therapies (<http://www.nasa.gov/centers/marshall/news/news/releases/2003/03-199.html>).

The safe use of lasers in therapy, requires training, and they really are tools of health professionals. However, LED light technology can be used safely for personal use in the home. Most newly built houses and buildings now install LED down lights. Manufactured LED light-therapy units show the type of coloured light they emit by the LED wavelength—measured in nanometers (nm). The human eye sees different light wavelengths as colours. Visible light ranges from the violets at about 380 nm to the deepest reds at about 750 nm. There is also light that is invisible, such as infrared light greater than 750 nm, and ultraviolet light at less than 380 nm. While ultra violet light damages skin, causes cancers and triggers autoimmune disease symptoms, on the other hand, the 640 to 670 nm red-LEDs, well outside the UV range, have the wonderful potential to heal the body, without any of the side effects of ultraviolet light.

Red spectrum LEDs have been shown to increase energy inside cells, through increased adenosine triphosphate (ATP) production. ATP transports chemical energy within cells for metabolism. Most cellular functions need energy to be carried out for the synthesis of proteins, to make membranes, to move cells, to divide cells, etc. ATP is the molecule that carries energy to the place where the energy is needed, and it is also a critical signalling molecule that allows cells and tissues throughout the body to communicate with one another in healing responses. Combining red-LEDs along with blue-LEDs (to increase vitamin-D production), gives a cheap and safe device to assist immune function and health in general.

Higher intensity LEDs (above 5 watts) will generate heat that can burn, if applied too close to the skin. Lower intensity units (less than 20 milliwatts) are better suited for personal and home use, as they are safer and can readily be used without medical supervision. Some companies making LED therapy devices, claim that the intensity of their light output is more powerful, and so are superior to those devices with lower intensity light output. However, since the intensity of light is an indicator of the dosage of light received per treatment, a lower intensity unit would just need to be applied longer than a higher intensity unit, in order to receive the same dosage of light—that's all. Higher intensity red LEDs penetrate the furthest into the body. Light-stimulated healing continues for considerable time after the light has been removed, and it has been found that many 'light sensitive regions' of the body coincide with acupuncture points. One acupuncture point that I recommend should be lasered every day for people

recovering from cancer, for about 30 minutes over 4 months, is Stomach 36 (look it up on the internet).

LEDs are reported in the literature to:

- Increase blood capillary circulation and vascular activity by promoting improvement in the metabolism of nitric oxide for vasodilation and the formation of new capillaries, which in turn provides additional oxygen and nutrients to accelerate natural tissue healing.
- Stimulate fibroblastic activity, to promote wound healing through the increased formation of collagen fibres.
- Increase synthesis of adenosine triphosphate (ATP)—the energy source for muscle contraction and the metabolism of all cellular processes to sustain life.
- Relax muscles through reduced nerve excitement.
- Increase lymphatic drainage.
- Increase phagocytosis—the body’s natural process to remove dead and degenerated cells following infection.
- Increase RNA/DNA synthesis for cellular reproduction.
- Increase the production of endorphins and enkephalin in the brain, which reduce the feelings of pain and improve mood.
- Reduce inflammation in arthritis, bursitis, and tendonitis.

As with any topic, there are lots of differing opinions out there. Mine are based on my clinical experience and my research on things that work in my clinics. From my experience using combined red and blue LED arrays, I have concluded that LED Light Therapy has real potential for long-term health, particularly for people with autoimmune diseases and those recovering from cancer. It is, however, really up to you to decide, and I respect your ability to do so. Do your homework, do research, read, ask questions. Seek out health practitioners you trust that have used this technology, and ask for their advice. The information I’ve brought together isn’t provided to diagnose, treat or cure your condition, and of course results can’t be guaranteed, because all of us are unique individuals and one size really doesn’t fit all.

An Essential Self-therapy Device to Boost Immune Efficiency

The red blood cells are part of your immune system, and their job is to transport oxygen and nutrition quickly and efficiently to all the cells of your body. If you have slow moving blood, your body will not be healthy. If you cannot adequately feed the cells of your organs and tissues you will have difficulty removing disease, and you will age faster. Slow moving blood will occur if you have an active autoimmune disease, chronic immune-related illness, or a cancer.

Easily-flowing blood ensures your heart, brain and other organs, as well as your immune system, will be getting the FULL benefits of the food you eat and the air you breathe. Think of the difference between pouring treacle from a jug or pouring water. Treacle flows very slowly compared to water—it is a question of viscosity or 'flowability'. If your blood is thick, clumped and slow moving (high viscosity), it will have difficulty passing through capillaries to get to individual cells. Clumping reduces its ability to carry oxygen and nutrients to your cells to keep them adequately fed and healthy. This is called 'rouleaux formation' and occurs more in people with autoimmune diseases and cancers. Certain tissues will then run low on oxygen and increase in nitrates, nitrites, and sulphides, and this will increase cancer growth and proliferation as well as maintain autoimmune diseases. (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3144745/>). Normal and high oxygen concentrations protect us against cancer and assist with the reduction in autoimmune disease intensity.

Many people battling these illnesses aim to intake higher amounts of 'nutrition'—enzymes, vitamins, antioxidants and minerals through foods and supplements—to give their body better fuel to fight their illness. If the nutrients however, are not reaching their tissues, even with the best of intentions, it won't matter what the quantities, quality, or how expensive the supplements are, they won't have the desired effect or impact.

Improving blood flow and efficiency

There are ways to increase oxygen and nutrition delivery to your tissues and make it work like it does when your body is in perfect health. One of these is 'Pulsed Electromagnetic Field Therapy', which has been used to treat almost every conceivable human illness or malady, including many inflammatory diseases such as arthritis or psoriasis. This technology reduces the body's inflammatory response and assists tissues to repair by increasing blood flow. However Pulsed Electromagnetic Field Therapy devices are cumbersome and very expensive and are mostly used in clinical and hospital situations.

There is another very efficient way to increase oxygen and nutrition delivery. This is through using low-level laser light administered directly to the blood through the wrist arteries and veins. This method is part of therapy called 'Laser Photo-biomodulation'. This device is very portable, versatile and can be used anywhere, at any time, with absolutely no side effects, and with wonderful results. This laser device can also be used on acupuncture points to assist organ-immune function.

The left photograph shows ropy clumping of the blood cells that will have difficulty flowing through capillaries, cannot take up much oxygen, inhibit the activity of other immune cells, and be contributing to heart attacks, strokes and clotting in the limbs. The image on the right is what happens following a few minutes of phototherapy with 655 nm laser-light directly into the blood stream. All the cells become separated from one another, they don't stick, don't clump and the blood flows much easier and normally for up to two days after just a half an hour of phototherapy. Besides naturally taking up more oxygen, this also lifts immune system function and efficiency through improved cellular communication, releases antioxidants, repairs damaged DNA and encourages the death of damaged cells, among other benefits.

We supply a very efficient dual laser (655nm and 14mw) in our medicine/self-therapy program (one of the Four Pillars for Health Programs) for people with chronic immune related illnesses, autoimmune disease therapy and cancer support.

For technical information, google:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3418129/>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3288797/>

<http://www.spectramedics.com/index.php?id=101>

<http://photobiology.info/Hamblin.html>

Using Breathing Techniques to Supercharge your Immune System

Science is slowly demonstrating what yoga practitioners have been teaching for thousands of years. Recently, a team of medical researchers from the Netherlands published a study demonstrating that breathing techniques taught in yoga actually influenced the body's sympathetic nervous system—the part that controls non-conscious responses, such as the fight-or-flight response, as well as immune system efficiency.

The breathing techniques of yoga are known as pranayama. The word 'prana' means 'life-force'—that which animates nature and this is displayed as the amount of vitality you have as you focus on aspects of your life. The word 'yama' means 'to sustain'. Prana has the same meaning as the Chinese word 'Qi', the Japanese word 'ki', the Egyptian word 'ka,' and the Hawaiian word 'mana'. The ancient Greeks called it 'pneuma', and Christians call it 'Spirit' or 'Holy Spirit' from the Latin 'spiritus' meaning 'breath'. Pranayama is a suite of breathing practices to lift your vitality.

The vitality of your life is reflected in the urges, drives, and the emotional pull of love and joy you experience—the gusto to achieve what you want in life. We know that emotional stress pulls our immune system down. Many of us also know from experience that the health of our immune system impacts back on your overall vitality in a cyclical pattern. The ability to breathe in certain ways, while maintaining a particular focus, is the key to breaking this cyclical pattern.

When we experience emotional stress such as anger, sadness, anxiety or fear, our breathing changes. For example, when you feel sad you sigh; when you feel frustrated, your breathing becomes tense. People experiencing depression tend to breathe in a shallow way, high in the chest. Prolonged poor breathing like this impacts on the immune system and it also tends to maintain the unwanted emotions and the depressed state of mind. Take a moment to observe your breathing right now, without changing it. Is your body able to naturally breathe deeper and make your tummy move in and out, or do you naturally breathe shallow breaths only in your upper chest—and your tummy area and lower spine, do not move at all?

Being unwell, suffering from low moods, anxiety or depression, or, being stressed without even realising it, causes your breathing to alter the oxygen to carbon dioxide ratios in your body. This has physiological consequences for both your organs and your immune system, and in addition, it quickens the aging process. One of the keys to slowing the aging process (both physically and mentally) is to naturally maintain youthful breathing.

In Classical yoga, the practice of pranayama has two components: the various breathing techniques to alter your oxygen to carbon dioxide ratios, in combination with types of mental focus to induce vitality. You need to regularly combine both components to maintain a strong and efficient immune system—to stop for example, viruses like influenza making you sick. More importantly as you age, a healthy immune system will prevent cancer masses from forming and reduce the chances of developing autoimmune diseases—and you will age gracefully.

In a recent essay, this is how Jo Roy, a Samyama yoga teacher, described her spirit:

'I see spirit as my character, my passion, momentum, drive, fragility, my emotions—I feel my spirit can be ignited and also extinguished.... it can run positively and negatively. I feel it as something that is evolving, it is fluid, fiery, shifting, changing. It lights up when it is connected to my soul and is the very part of me that physically reacts to connection, passion, emotions, and feelings. It is the part of me that can be childlike, leaping and dancing. It is the part of me that needs to be lead, guided and supported in order to light up... and not put out. Spirit is the part of me that can be developed, that aims toward being the best it can be, it can be changed, it can learn, it can grow.'

Find Your Signature Diet and Unload your Immune System

Most of us recognise that foods have a great influence on our health. For decades, through this clinic we have been assisting people with many types of diets. We have determined these through the use of electro-dermal testing combined with our 'With and Without' food trials—that require graphs, diaries and controls to ensure accuracy for the individual. Different people have different requirements. Some people need ways to address acute symptoms, some to address chronic symptoms, while some want diets to reduce the possibility of illness as they age.

Immune resources are used up in the process of addressing chemicals and microbes in some foods. When a person's immune system is chronically damaged, we assist them to create a *Signature Diet* to specifically unload their immune system from using up valuable resources. When the immune system is unloaded it is able to re-allocate its valuable resources to address more important issues in the body such as monitoring against cancer cells.

When people have autoimmune diseases, cancers, or permanent organ damage, we assist them to create an individual *Signature Diet* with the aim of maintaining the maximum possible quality of eating where nutrition is maximised and the load on the immune system is minimised. In our long experience, we have found that it is the natural defence toxins in our vegetables, salads and fruits that cause our individual immune systems to waste valuable resources. Why should this be so?

There are more than 450,000 species of plants on this planet and we can eat only a select few. Why is it that a goat can eat tens of thousands of plant species and we cannot? The simple answer is that they have evolved chemical processes in their livers, kidneys, intestines and immune systems to denature the natural plant toxins and poisons, and they have evolved fermenting chambers (caecum) in their intestines, to unravel the glyco-proteins from plant cellulose for digestion. Humans do not have this range of chemical processes and we do not have a functional caecum, so we are restricted to eating an incredibly small number of select plants that give up their nutrients without fermentation and only have those types of toxins and poisons that our organs, supported by our immune system, can denature.

Still, we have to cook most of these plants to digest them and not suffer poisoning. On the other hand we can eat almost all the different types of animals on this planet and not waste immune resources (as long as we cook them), because the vast majority of animals do not have poisons within the tissue of their muscles and organs to deter predators eating them. Animals survive predominantly through movement, size, fangs, claws and cooperative defence to stop being eaten.

Having said that, there has been a developing concern over the last 50 years with the concentration of heavy metals and industrial chemicals in the fat/protein tissue of animals—and this is now impacting on immune function. Eating younger animals and mostly those that are herbivores (cattle, sheep, goats) rather than omnivore/carnivores (pigs, chickens, most fish), will reduce this concern. In addition, if animal tissue is cooked with sugars at excessively high temperatures to produce the lovely tasting browning effect (maillard compounds) that we can create with modern cooking appliances, then our immune systems will expend resources to limit these inflammatory chemicals.

Our immune system is consistently using resources to address natural plant toxins. While most of the several dozen fruits we eat are very low in toxins, the vast majority of the 450,000 plant species in this world are too toxic for us to eat, even if we cooked them. No plant itself 'wants' to be eaten. Plants wage warfare against the animals, insects and moulds that attempt to eat them. Plants wage warfare against other plants for limited resources such as soil nutrients and sunlight. Sometimes they use spikes and woody tissue, but mostly they use chemical warfare instead of mobility. If you happen to find a strange looking mushroom or fruit in the bush, would you take it home to cook?—no, because it might be poisonous and your liver or kidneys may not be able to denature the poison or it could be toxic and our immune system may fail to cope with it.

Our immune system keeps our organs healthy by acting as a public service to the different cellular communities—our organs. The immune system has two primary roles: one is to 'govern' the behaviour of the communities of cells, and the other is to maintain perfect organ environments so that individual cells can live to their potential, and efficiently behave as a community. When this is achieved, our organs function perfectly without symptoms. It is through these primary roles that our immune system is able to denature a small range of the less poisonous and toxic plants, so that we can eat them for their nutrition.

When a person are really ill and their immune system is failing to cope with a life-threatening illness, they stop eating everything. This unloads their immune system from having to deal with the plant poisons, toxins, fungi, bacteria, viruses or other

microorganisms associated with foods. This allows more immune resources to be redirected towards the immediate threat. We know these people are getting better when they start eating again.

So on the one hand there are hundreds of thousands of plants we cannot eat because of their natural poisons, and on the other, is the phenomenon that we stop eating all foods when our bodies are failing. But what about the foods between these two extremes?

When we are young and possess effective immune system health, all our organs are assisted to function normally and thus we can eat any of the acceptable human foods, including most of the commercial, synthetic foods. We can eat any amount, any combination, at any time of day and night, and incredibly, remain perfectly healthy for years. The advice of nutritionists, dietitians, doctors and naturopaths we can ignore, and most of us do when we are young.

One of the most important things to be aware of is this: There are many healthy young people who can eat all the junk food they like and remain perfectly healthy, have normal weight, normal energy, and never get sick. After the age of 35 most people suffer slight to moderate changes to their immune function and they begin to develop low-grade chronic symptoms. If we seriously damage our immune system, then, if we want to have symptom-free health, we really need to be more selective in the human foods we eat, including both animal products and plants.

It must be remembered that the immune system in each of us develops its own unique signature of efficiency as we grow from an infant to an adult and it loses its efficiency in its own unique way as we age, depending on its genetic makeup and our life circumstances. While some people find they react to one type of food as they age, others do not. This has allowed the creation of literally hundreds of different types of 'Join the Club' diets in the last 100 years. This keeps professionals in business advising their patients on the diet they should have in order to eliminate symptoms and regain their health.

Most of us understand that, if we are not well, we will improve in health if we simply remove fast foods from our diets. Most 'Join the club' diets initially appear to work for many, because they advise removing fast foods. While they may greatly assist the majority of people, there will always be some that they cannot help—because of the uniqueness of the individual's immune system or organ damage. This is where a Signature Diet, specific to the individual, is more valuable in the long term than supplementation, medicine and therapies. A Signature Diet more, than any other generalist diet, efficiently unloads their immune system from having to commit resources to deal with specific food toxins/poisons/pathogens and allows it to refocus its resources in its efforts to maintain healthy organs—and this increases the potential for longevity with better health.

Carnivores keep their gastric pH around 1-1.5 even when food is present. This is necessary to breakdown raw protein and to kill dangerous bacteria often found in decaying flesh foods. Human pH is 1.5 to 3 to assist cooked and dissected foods. We more quickly digest cooked flesh foods than cooked vegetables. You may have noticed when you vomit up a meal even more than an hour after eating, only undigested vegetables are visible, not chunks of meat.

Herbivorous animals that predominantly consume high cellulose plants must ferment (digest by bacterial enzyme action) their food. They are classified as either foregut fermenters (ruminants) or hindgut fermenters. The foregut fermenters have a multiple 'stomachs' which ferment their food before uptake occurs in the small intestine. Hindgut fermenters have convoluted stomachs which partially break down their food, pass it quickly through a moderate small intestine to a fermenting chamber called a caecum. The caecum connects the small intestine to the colon. These animals uptake most of their nutrients in an extensive colon. The caecum is large in hind-gut fermenters while it is small to non-existent in carnivores. Humans have a non-existent caecum and vermiform appendix. Humans are neither a fore-gut nor a hind-gut fermenter.

So what does this tell us? The muscular-skeletal structure of our bodies allows us to move reasonably well but not exceptionally well (we are not a large animal, we don't run as fast, nor swim as well, nor balance, nor are as strong as many animals), we are however, exceptionally well adapted to handle and use tools. In the same understanding, our gastrointestinal tract allows us to eat both animal and plants, but not exceptionally well. Our gastrointestinal tract is however, exceptionally well adapted to digesting foods we eat by cutting, pounding, grinding, fermenting, cooking and soaking them.

If your immune system is functioning normally, then eat animal foods and a wide variety of plant-derived foods, prepare them with care and enjoy their taste, texture, smell and nourishment. If your immune system is not functioning normally, you will probably have to change your diet to accommodate for this—but this is the subject another blog.

The Four Pillars to Healing

Unloading, Boosting, Refocusing, and then Maintaining your Immune System Health

All of us, regardless of age and circumstance, will injure our immune systems as we age—this is a fact of life. When our immune system is scarred, it makes mistakes. It can become blind to cancer cells and a mass will grow unchecked, or it can start to attack healthy cells as an autoimmune response.

If you have developed an autoimmune disease, your doctors will give you drugs to suppress the inappropriate activity of your immune system. This suppression will eventually lead you to a cancer if you are continuously taking these drugs.

For years medical researchers have been focusing on ways to boost immune efficiency through medicines, but with all this research they still have not been able to create any drug 'cure' for autoimmune diseases. You can however help the doctors by unloading, boosting and refocusing your immune system, by modifying your lifestyle, finding out which natural medicines you can occasionally take and under what circumstances, and you can learn 'self-therapy'.

We guide people in the understanding, tools and techniques to unload, boost, focus and maintain good immune health. We use two programs to do this—the KickStart program and the Nada Program

If you are interested in participating in your own healing, talk to us today. Phone 0421889164 or 0262826800.

