



IMMUNITY AND BEYOND

BECOMING RESILIENT

Your Logo and
website here

DISCLAIMER

This presentation is for educational purposes only. It does not provide health care, medical or nutrition therapy services; diagnose, treat or cure any disease, condition or other physical or mental ailment of the human body. The presenter is not acting in the capacity of a doctor, licensed dietitian-nutritionist, psychologist or other licensed or registered professional. Any advice given by the presenter is not meant to take the place of advice by these professionals.

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MEET YOUR PRESENTER



- **Your education**
- **Your story**
- **Your passions**
- **Your qualifications**
- **...**

AGENDA



- **What influences immunity**
- **Optimal health model**
- **Food considerations**
- **Cleaning the environment**
- **Hydration**
- **Sleep**
- **Microbiome**
- **Stress, attitude and mindset**
- **Supplements**
- **Q&A**

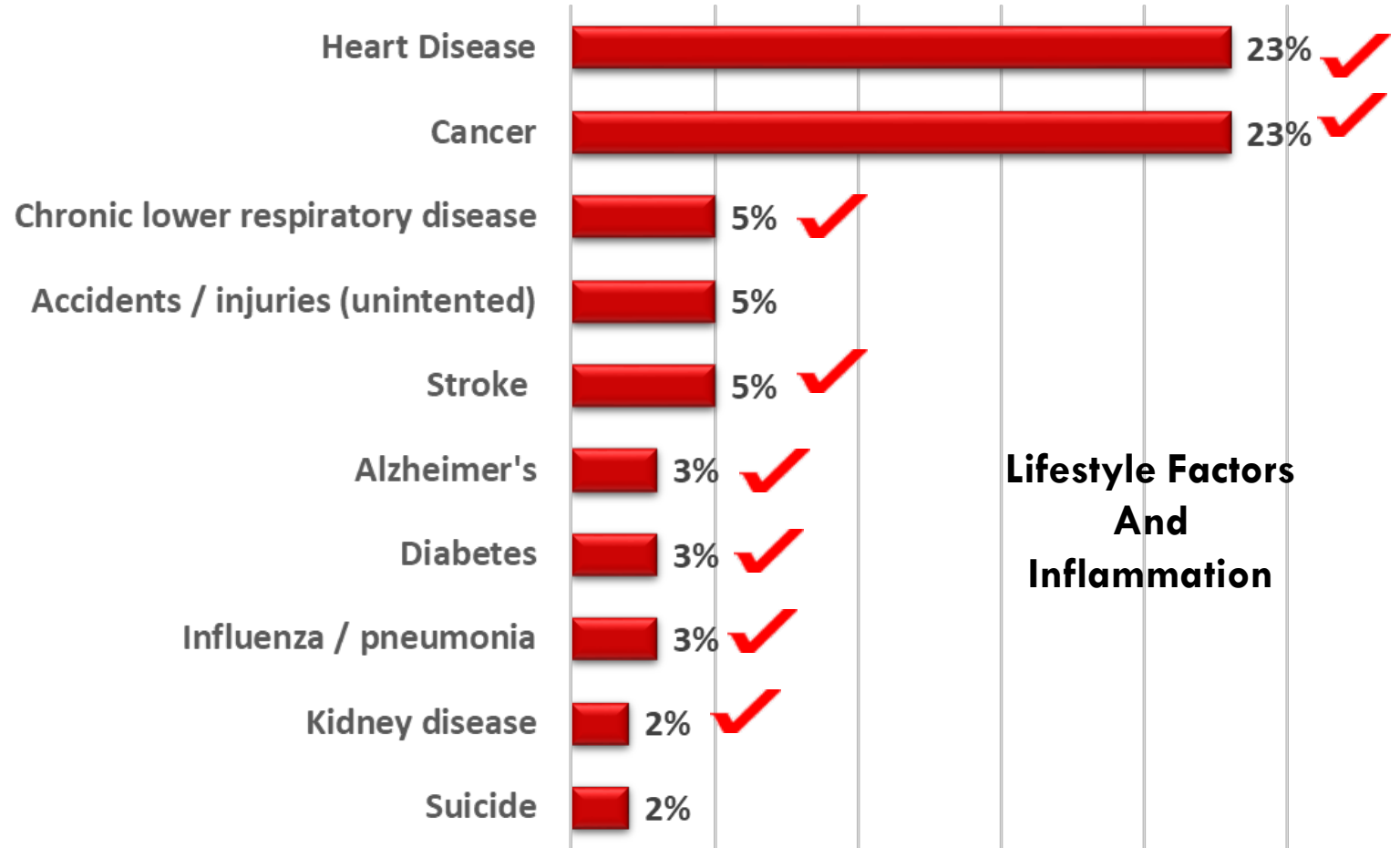
STATE OF OUR HEALTH

- **2018 – 17.9% of GDP or \$3.3T spent on healthcare (cms.gov)**
- **2028 – 19.7 - 25% of GDP estimated**
- **7 out of 10 deaths caused by chronic disease**
- **Cardiovascular disease – 81M**
- **Cancer – 11M**
- **Depression – 1/20 Americans over 12 yrs old**
- **Diabetes – 1/3 children will develop it**
- **1/2 of US adults have at least 1 chronic condition (2012)**
- **70% of adults are overweight or obese**

STATE OF OUR HEALTH (CONT)

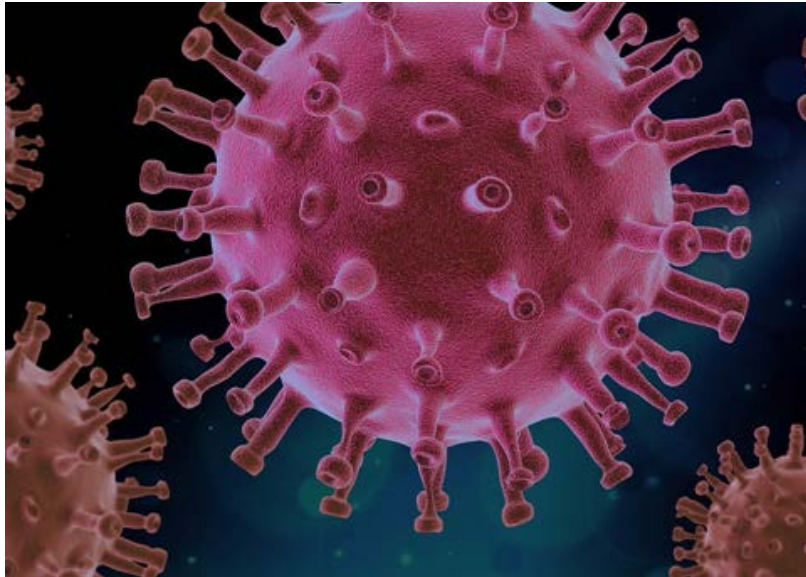
- **#1 in healthcare spending**
- **37th in health care effectiveness** (WHO)
- **When compared with 17 economically comparable countries (IOM):**
 - Lowest **life expectancy** (men), next to lowest (women)
 - Next to last in **disease-related mortality**
 - #1 in **infant mortality**
 - #1 in **teenage obesity**
 - #1 in **CVD** rates

TOP 10 CAUSES OF DEATH - US



CDC, US, 2015

AND WHAT ABOUT THE COVID-19 PANDEMIC?

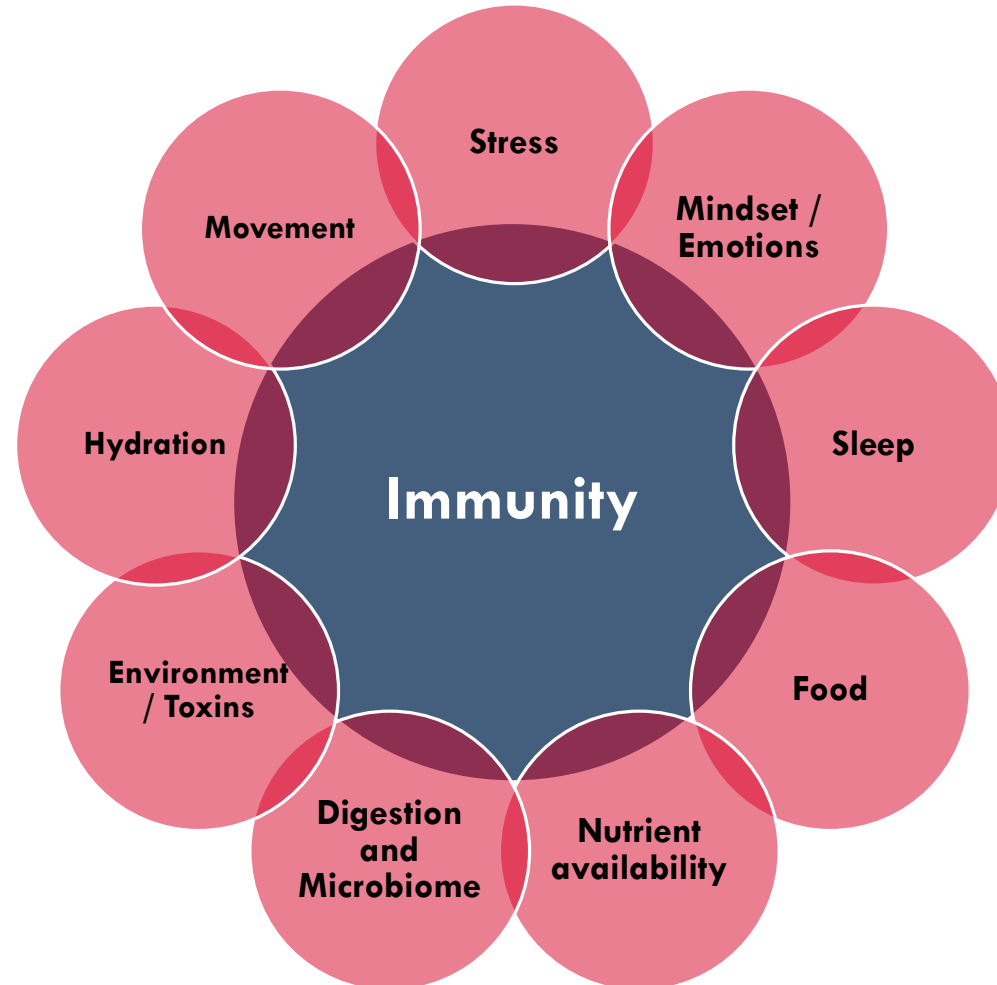


- **Underlying conditions / comorbidities**
- **Worse in polluted areas**
- **Respiratory weaknesses**
- **Exploits immune vulnerabilities**

WE CAN AFFECT IMMUNITY!



WHAT INFLUENCES IMMUNITY



TIMELY
HEADLINE

WELLNESS

How to strengthen your immunity during the coronavirus pandemic. Part 1: Diet

By Lisa Drayer, CNN

Updated 6:44 AM ET, Fri March 27, 2020



More from CNN



TIME
U.S. Counties Without Coronavi

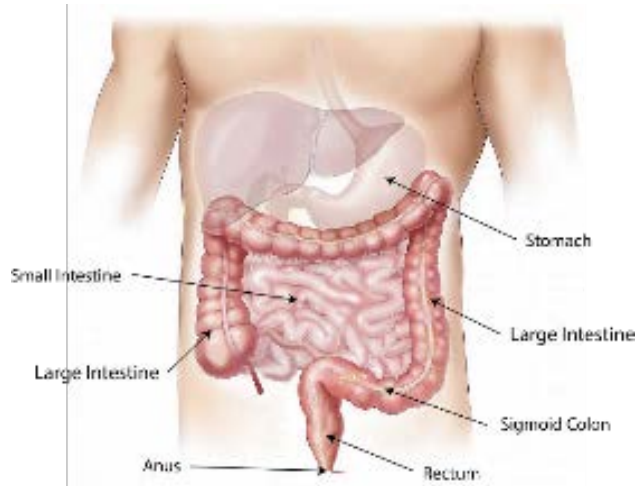
IMMUNE KILLING FOODS

- **Sugar and refined foods**
- **Chemicalized “food like substances”**
- **Highly processed, enriched items**
- **Alcohol, caffeine**
- **Soda, sport drinks, juice, flavored coffee beverages**
- **Industrial, oxidized fats**
 - Cell membrane health
 - Fried food



Photo courtesy of Hungry Planet

THE SEAT OF IMMUNITY



- **60-80%** of our immune system
- **Surveys what comes in**
- **Neutralizes pathogens**
- **Breaks down food to provide nutrients**

**If your gut is suboptimal,
you can not be healthy**

WHAT DAMAGES THE MICROBIOME?

- **S.A.D.**
- **BCP, Antibiotics, Steroids and other RX**
- **Caffeine**
- **Alcohol**
- **Medications, esp **NSAIDs, antibiotics, steroids****
- **Stress**
- **Cesarean birth, formula**
- **Other toxins**

SLEEP AFFECTS IMMUNITY

- **Recharges antibody levels**
- **Cleans up broken / damaged tissues**
- **Gets rid of waste**
- **Melatonin primes NK cells**
- **Lowers risk of infections**

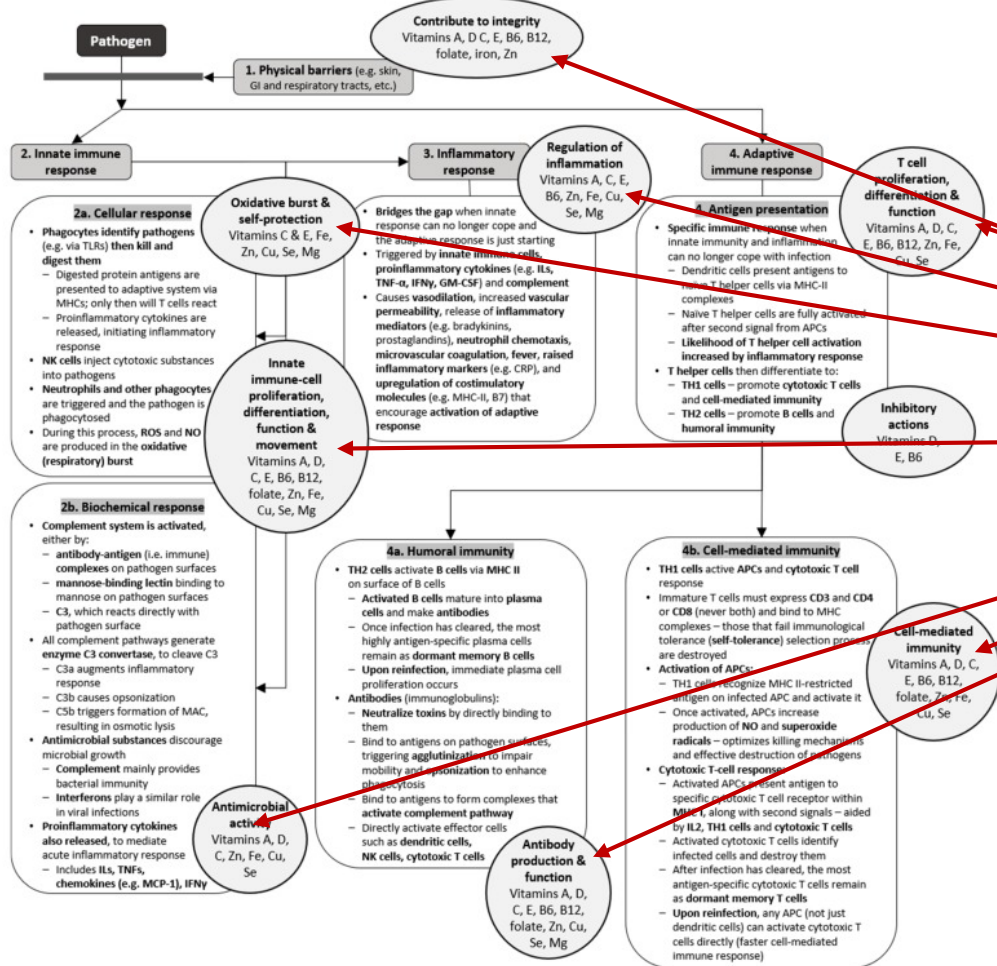
“Sleep services all aspects of our body in one way or another: molecular, energy balance, as well as intellectual function, alertness and mood,”

- Dr. Merrill Mitler, NIH neuroscientist



VITAMIN C

Vitamin C



Nutrients. 2020 Jan; 12(1): 236.

A Review of Micronutrients and the Immune System—Working in Harmony to Reduce the Risk of Infection