



Lectures in Holistic Health

6th in a series

Jakob Jaggy hMD

Future lectures

- ✱ March 7th : Healthy foods for you and your kids.
- ✱ March 21st : Stress and you.
- ✱ April 4th : Co-dependant no more.

Organizations I support

- ☀ AHMA www.holisticmedicine.org
- ☀ FoCuS www.foothillsustainability.org
- ☀ OuterAisle www.tablemountain.com



The Adaptive Immune System

- ✦ The three parts of the Adaptive Immune System and how to balance them.

Three main parts to the puzzle

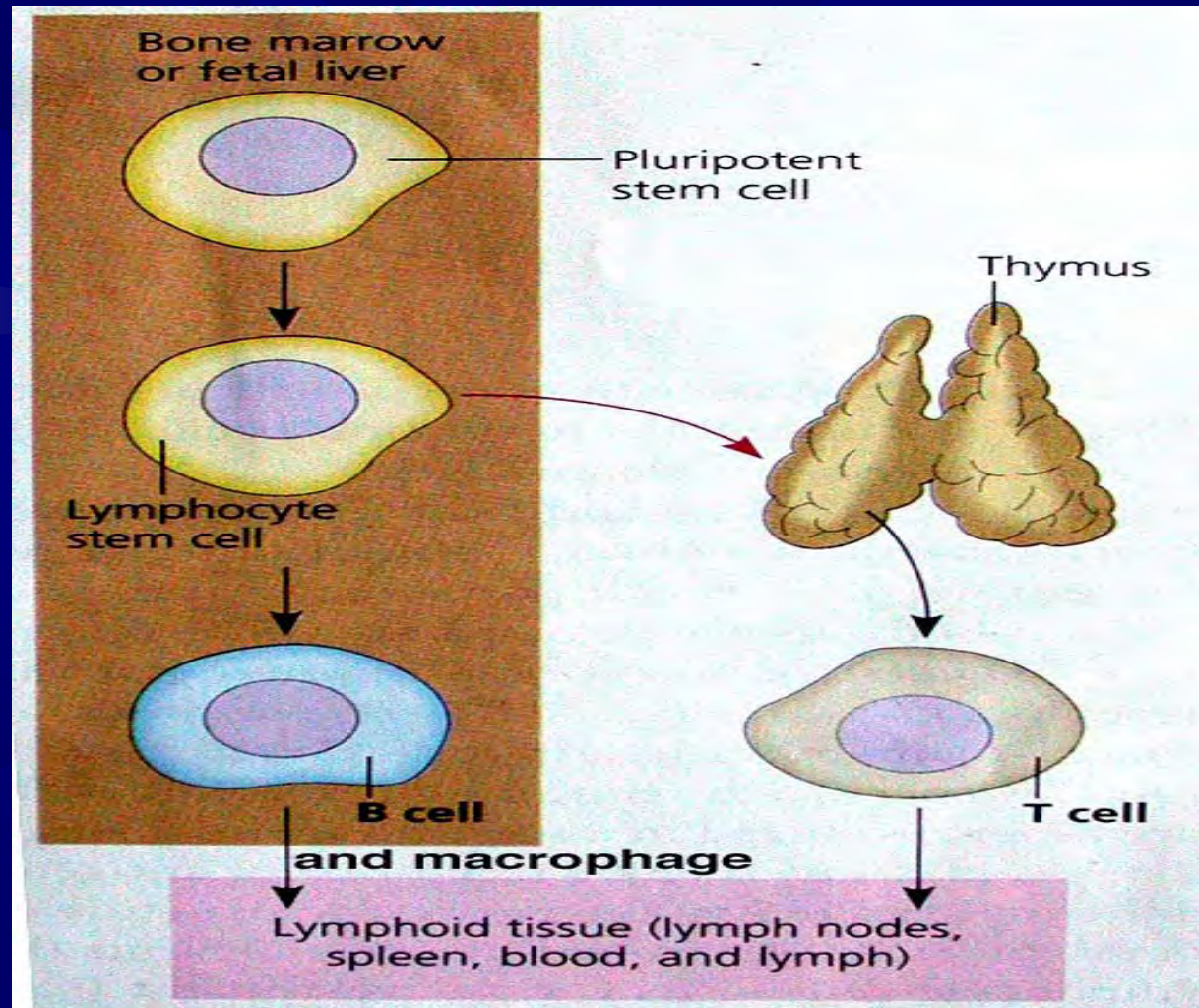
★ The Adaptive (as opposed to innate) Immune system has 3 main parts :

- the ***cell-mediated*** defense (T-cells, direct cell destruction, TH1)
- the ***humoral*** defense (B-cells, antibody production, TH2)
- the ***mucosal*** defense (mucosal membranes, mainly GALT)

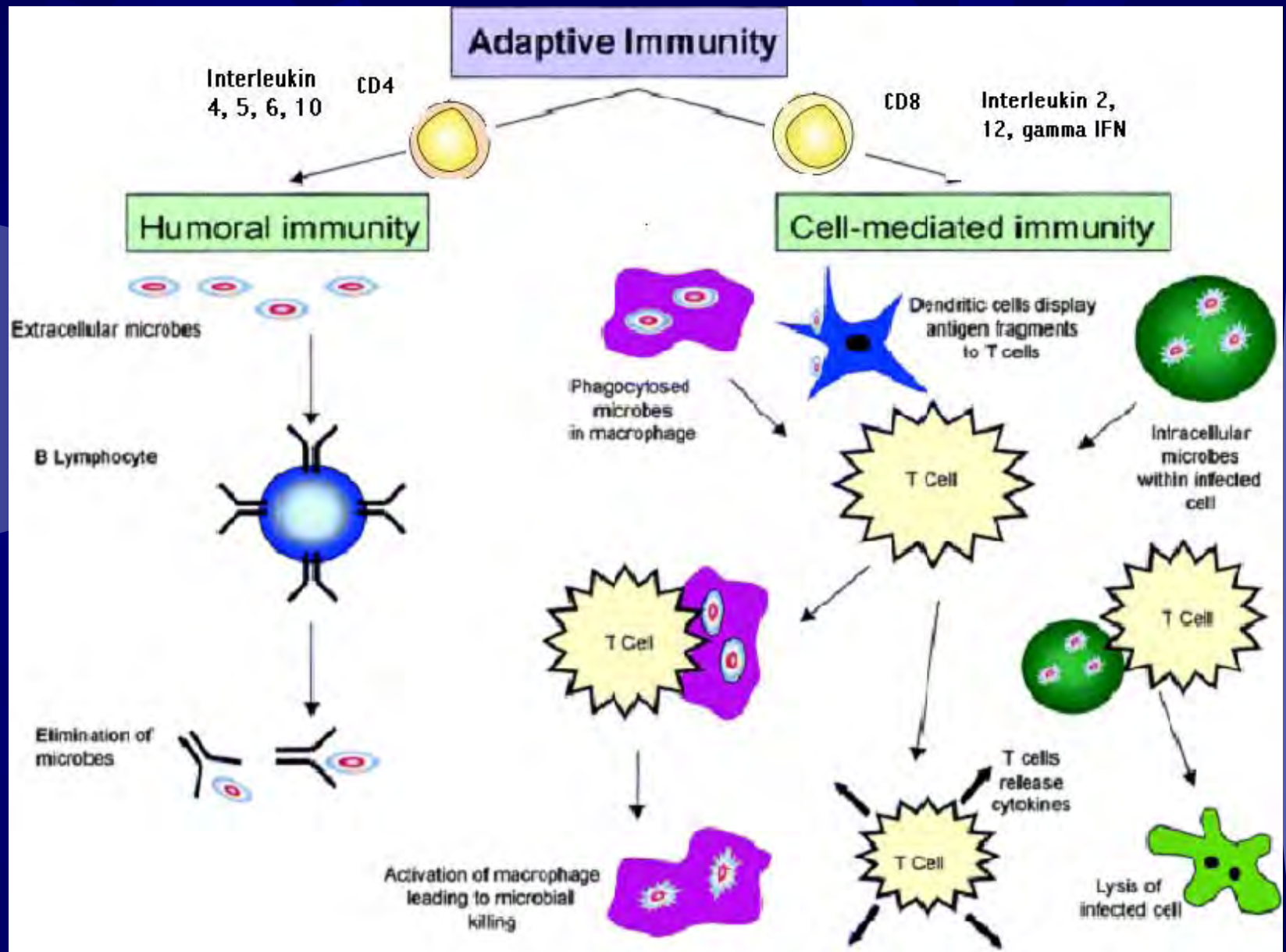
and one “independently” functioning part :

- Natural Killer cells (NK)

Where are they coming from?



It is about balance



When things go wrong

- ✦ Because the majority of the immune system is located in and around the gut (GALT), the immune functioning is closely linked to gut health.
- ✦ Gut health is disturbed primarily through an imbalance in the intestinal flora (intestinal dysbiosis), which leads to Leaky Gut Syndrome (LGS).

The Domino effect

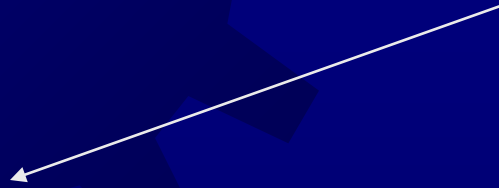
☀ Intestinal dysbiosis (Antibiotics)



☀ Leaky gut syndrome —————> Food allergies



☀ TH2 dominance





Other factors leading to TH2 dominance

- ✱ Processed heated vegetable oils
- ✱ White sugar
- ✱ Insecticides, pesticides
- ✱ Tobacco
- ✱ Stress
- ✱ Alcohol (hard liquor)
- ✱ Sedentary life style
- ✱ Lack of water
- ✱ Negative attitudes

The effects of TH2 dominance

- ✱ Depressed cell-mediated immunity (increased risk for viral illnesses and cancer)
- ✱ Chronic allergies
- ✱ Increased risk for autoimmune diseases
- ✱ Multiple chemical sensitivity (MCS)

How to improve cell-mediated response

- ✦ Omega-3 fatty acids (lowers IL6)
- ✦ Monounsaturated fats (olive oil, increases IgA)
- ✦ Vitamin A (Cod liver oil, increases IgA)
- ✦ Glutamine (supports healthy mucus membranes)
- ✦ Digestive enzymes (less Circulating Immune Complexes)
- ✦ Lactobacillus plantarum and L. casei (increases IL12 and gamma IFN)
- ✦ Bifidobacterium longum (increases IgA)

Other ways to boost TH1 response

- ✱ Ginseng (increases IL2, gamma IFN and NK function)
- ✱ Adequate Thyroid replacement (T4 induces gamma IFN)
- ✱ Garlic (increases IL2 and NK)
- ✱ Glutathion (ALA, selenium, NAC, whey protein, glutamine, raw milk are good sources, improves APC and CD8 functioning)
- ✱ DHEA (increases IL2, gamma IFN, decreases IL6 and IL10)
- ✱ Thymus extract (Bio-Pro thymic protein A, increases IL2 and Tcell function)
- ✱ Destress (high cortisol suppresses immune function in general)

NK cells

- ✱ NK cells work independent of the rest of the immune system.
- ✱ They are specifically designed to eradicate virus infected and cancer cells.
- ✱ Produced in the Thymus, they are a subset of the T-cells.

What's it look like?



NK cell booster

- ✦ IP6 (Inositol hexaphosphate, from brown rice, corn and a high fiber foods in general)
- ✦ Colostrum (Transfer Factor)
- ✦ Shitake, Maitake, Reishi, Cordyceps (AHCC)
- ✦ Beta Glucans (from oat/rye sprouts)
- ✦ Aloe vera
- ✦ Naltrexone (increases endorphin production which increases macrophage, CD4 and CD8 activity)
- ✦ Garlic (increases NK activity)

The top boosters

★ IP6 (phytic acid)

- about 5 grams daily for full therapeutic effect
- powerful antioxidant, prevents platelet aggregation, removes plaques, dissolves kidney stones, reduces TG and cholesterol
- it increases the oxygen carrying power of the blood
- between meals
- IP6 induces G1 arrest and apoptosis in prostate cancer cell line

Neoplasia 2004

Next one

☀ Naltrexone

- increases both beta-endorphin and MEK and triples NKC activity
- no development of resistance
- prevents opportunistic infection in PWA

Bernard Bihari MD 1985-86

Another top one

★ Transfer factor

- transfer ability to express cell-mediated immunity from donor to nonimmune recipient

Ann NY Ac Sc 1993

- In 25 years of experience showed decrease in recurrence and increase in survival in cancer patients, improvement in liver biopsy in hep B patients

Pizz G , 11th Int Congress on TF

- Remission of resistant infections in 45 ped patients over 12 years (except 2)

Ayala de la Cruz, 11th Int Congress on TF



Thank you !

Questions?