

# **KRIS' KABINET OF IMMUNE ENHANCING SUGGESTIONS...**

composed May of 2009 by Kris Knight...

If questions, contact me if you can't find info you're needing

## **RULE OF THUMB: BE PRO-ACTIVE, NOT OVER-REACTIVE.**

Much of what I'm writing requires MORE homework on your part, in order for you to determine what is best for you yourself and your loved ones to do and have on hand. Information is readily available through our many resources so invest the time and decide what you are willing to do. The items with asterisks by them I recommend you take measures to acquire and begin doing or taking NOW. You will probably notice there is nothing in here about vaccinations. This topic too large for this paper, but extremely important for you to educate yourself about issues around this, and how various vaccines interact with your body. Remember this: once it's in there, the huge variety of substances included in a vaccine, it's in there. And rest assured that people giving vaccines are only parroting what they have been told and almost always do not have a broad range of education about what they're giving to you. Do your homework before that point.

## **ENHANCING BASIC IMMUNITY: at least 80% immune system functioning within digestive system\***

8-10 SERVINGS OF ORGANIC, NON-GMO, LOCALLY GROWN IF POSSIBLE, FRUITS/VEGGIES/DAY (I recommend ratio of 1:5)

EAT PRIMARILY ALKALINIZING FOODS AND PROCEED WITH LIFESTYLE CHOICES IN SUCH A WAY AS TO KEEP NEUTRAL pH AS MUCH AS POSSIBLE; occasional assistance can be had by drinking sodium bicarb in water on empty stomach or drinking fresh squeezed citrus on empty stomach

CONSUME HEALTHFUL FATS/OILS (ORGANIC, COLD-PRESSED)

GET ENOUGH PROTEIN, PRIMARILY NON-ANIMAL; HOWEVER, ONE OF BEST ANIMAL PROTEINS IS BRIGHT ORANGE RAW EGG YOLK FROM GRASS FED CHICKENS AND ALSO RAW ORGANIC MILK AND COLOSTRUM FROM GRASS FED ANIMALS...

FRESH GREENS, LOTS OF VARIETY

PROBIOTICS AND FERMENTED FOODS

EAT IN MODERATION

8-10 GLASSES PURE WATER DAILY (NO PLASTIC CONTAINERS, ADD MINERALS IF MAKING DISTILLED WATER, TRY FOR WATER THAT HAS FLUORIDE, CHLORINE AND PURIFICATION BYPRODUCTS OF CHLORINE REMOVED; THE BYPRODUCTS ACTUALLY MORE TOXIC THAN THE CHLORINE...)

REGULAR EXERCISE IN FRESH AIR

EXPOSURE TO SUNLIGHT WITH SENSIBLE SUNBATHING

REST WHEN TIRED

GET ENOUGH SLEEP

POSITIVE CONTACT WITH ANIMALS

TRY FOR 2-3 STOOLS/DAY

MINIMIZE TOXIC LOAD ON BODY: think of what you breathe, eat, drink, have in your environment that is both visible and invisible

## **GREATEST DANGERS TO HEALTHY IMMUNITY**

Sugar and everything its in  
Processed carbs  
Chemically altered and artificial fats  
Lack of high quality protein in the diet  
Exposure to man-made chemicals: cleaning and washing chemicals; personal care products, paints, fire retardants, petrochemicals, pesticides, herbicides, etc.  
Exposure to man-made radiation: electronic screens (TV, computers, play stations, etc.), mobile phones, high-power electricity lines, nuclear stations and nuclear wastes  
Drugs: antibiotics, steroids, antidepressants, painkillers, anticancer medication, anti-viral drugs, etc.  
Lack of fresh air and physical activity  
Lack of exposure to sunlight  
Lack of exposure to common microbes in environment. Living in a too sterilized environment is strongly associated with compromised immunity. Immune system needs constant stimulation from the microbes in the environment  
Smoking  
Moderate to heavy alcohol consumption; try for organic if you must have alcohol

#### **BASIC MEASURES OF ILLNESS PREVENTION\*:**

Wash your hands  
Blow your nose  
Keep clothes clean, iron clothes as one more way to kill more microorganisms, hang in sun when possible, dry on high heat, use strong detergents but with minimal toxic chemicals  
Sanitize cloths used for cleaning, washing dishes, etc. with bleach water---frequently  
Wipe surfaces with things like colloidal silver, white vinegar, hydrogen peroxide  
Keep your hands away from your eyes  
Don't linger around people who are contagiously ill  
Stay home if you are ill; start interventions early for maximum benefit and minimum time ill  
Don't touch others' hands, if there is another option such as in a greeting  
Wear a mask/gloves to limit spread to or from you; use wisdom in this measure; don't overreact...  
Avoid super spreaders of illness, such as: those who are coughing/sneezing in public without covering themselves, those who have red eyes and clearly don't look well and you don't know that they have allergies  
Avoid public places of congestion (meaning lots of people in close quarters, here), such as hospitals, nursing homes, crowded airports, planes, etc. If you are concerned about these, wear a mask/gloves, esp. in times of incr. public concern...  
Stockpile food/water in case you must stay indoors for a period of time, ideally for at least 3 weeks. I do not suggest you include grains in this stockpile. To benefit from dried beans and seeds, must be soaked for 8-12 hours, and then rinsed very well before cooking to remove enzyme inhibitors.

#### **BE PRO-ACTIVE, NOT OVER-REACTIVE.**

CYCLE OF PROCESSING INGESTED/INHALED/ABSORBED SUBSTANCES: lungs, urine, sweat, stool main routes of expelling toxins.

#### **EVALUATE YOUR THYROID, ADRENALS AND YOUR LIVER FUNCTION; EXTREMELY**

## IMPORTANT FOR IMMUNE SYSTEM FUNCTION\*

### IMMUNE SYSTEM REACTION STAGES...

Stage 1: Immune system activation: infected cells release chemical messengers called cytokines, some of which declare the alarm stimulus which gets immune cells moving toward the infected cells. The cells near the ones infected and dealt with are injured by the toxic chemicals released and they are known as “inflamed cells”.

2: Cytokine cascade: More and more cells send out the alarm calling for help, producing more and more cytokines, resulting in more and more immune cells coming to deal with the germs resulting in more and more inflammation. This cascade of cytokines causes fevers, sore throats, muscle aches, malaise (feeling “awful”), headaches, sleepiness, anorexia, reduction in ability to store fat, low blood pressure, all the general “flu-like symptoms”.

3: Liver Activation: acute phase of reaction stimulated in liver when inflammatory cytokines get there, triggering release of acute phase proteins, incl. C-Reactive Protein (shows as “CRP” on a blood test for many patients in allopathic medical system), now considered the most accurate indicator of the inflammatory level in the body.

4: Controlling cytokine cascades: this accomplished by the stimulation of cortisol by several of the primary cytokines, which then prevents a cytokine storm, which can kill someone. Thus, cortisol role slows down the body’s dealing with an infection to save the body from a deadly cytokine storm, which is an acute inflammation of every cell in the body, and is fatal.

Note: an example of this being way out of balance would be someone with Addisons Disease---inability to produce adequate amounts of cortisol so that minimal stress can actually be deadly for that person or animal. On the other end of the spectrum is what’s called Cushings Syndrome, a chronic overproduction of cortisol, making one extremely vulnerable to secondary infections and many other problems, siimilar to when one takes a steroid prescribed by one’s doctor.

5: Resolution, one of three

Acute nonfatal: the most common resolution, with the immune system quickly returning to normal

Chronic acute (middle) path: body continues to have to deal with extra cytokines--->

Acute phase reactions (APP’s)--->cortisol level chronically too high

Acute fatal: much more unusual but happens very rapidly

### MINERALS THAT ENHANCE IMMUNE SYSTEM FUNCTION---EXTREMELY IMPORTANT\*

Selenium: 400 mcg/day

Magnesium: at least 300 functions WON’T work in the body if we’re deficient in this; do both transdermal and oral if at all possible

transdermal: Epsom salts soaks (magnesium sulfate) 3 c./tub water/1 hr. or 1 c./1 pt. water/1 hr. for foot soak (water can be re-used a few times; do NOT reheat in microwave)

oral: best is magnesium malate or taurate, adjust dosage to about 3 stools/day, soft, not watery

Zinc: maximum 30 mg./day; ideal to take with food or use as lozenge

Iodine: we’re very deficient in this in this country; do both transdermal and oral

transdermal: 6 drops in palm of oil or lotion, then rub in. If absorbed and color of body area

returns to normal within short time, you are very low in iodine and would be good to repeat the

procedure at least a couple times a day until it doesn't soak in for a few hours. I see this as the most effective/productive mode of iodine absorption, easily

oral: 3 drops/glass distilled water a couple times a day; some of options are Lugols, nascent, colloidal, Ioderol (pill form; prescription necessary I believe); you won't get much good out of your iodine if you put it in tap water, as fluoride/chlorine will compete with it, and win, because of their position in the halogen family

Colloidal silver: enjoyed widespread use until reputation decimated by AMA/pharmaceutical industry so antibiotics could take over; prevents multiplying of viruses, bacteria, fungi, etc. The smaller the particles, the more effective, allegedly. Best to try and buy generator so you can make your own; myriad uses for it; invaluable inclusion in your home treatment cupboard...

## **ADDITIONAL SUPPLEMENTS THAT ASSIST/ENHANCE IMMUNE SYSTEM**

Bee pollen, raw honey, propolis, royal jelly

DHEA

Lactoferrin

Vitamin A: fat soluble; best taken in high quality cod liver oil; different amounts recommended, depending on whether maintenance dose, rebuilding immune system dose or in the midst of acute infection, which allows up to 80,000 I.U. for up to 3 weeks

E: generally excellent, esp. for post-viral infections; 1000 I.U. good, with minimum in the mixed tocopherol supplement the d-tocopherol

D3\* (we are extremely deficient in this, esp. the more north the latitudes are in which we reside...ideally get your levels tested at any other lab than Quest but if not, take 20,000 I.U./day for one month, and then reduce to 10,000 I.U./day or less; if you become very ill take 50,000 I.U. three times in one week); actually a hormone; calling it a vitamin turns out to be a misnomer

B6 (Best to take all the B's, incl. sublingual B12)

C COMPLEX\*: begin taking 1-2 Gm. every couple hours as soon as you suspect you are becoming ill and continue this til you're feeling better or you need to back off because of watery stools.

Folic Acid

Inositol

Greens\*: e.g. BIOSUPERFOOD developed by Professor Michael Kiriak, PhD in Russia and brought to U.S. by him and Roland Thomas; there are many varieties of greens on the market

BETA-GLUCAN: biological response modifier, active against viruses, fungi, bacteria and parasites. Incr. disease resistance, plus repairs cells and helps with wound healing. AS high as 20,000 mg. daily recommended during active infection, recommend the Norwegian standardized 1,3/1,6 glucan

CoQ 10

Siberian or Panax Ginseng

Glutathione: best used in nebulizer during illness, or production can be stimulated by oral intake of L-Cysteine taken as NAC and Vitamin C Complex

Probiotics, variety of at least 5 different kinds\*: extremely important for immunity; remember that way more than half of the immunity function resides in the gut; overgrowth of fungus, esp. Candida, rampant in our culture and taking generous amounts of probiotics helps restore/maintain correct balance. Kefir or kombucha also excellent for helping with restoration/maintenance of healthy and necessary gut flora.

## **HERBS TO ENHANCE/STRENGTHEN IMMUNE SYSTEM**

THIEVES: combination of several herbs used by thieves who robbed victims of The Plague, and who never got ill; produced by Young Living Essential Oils

Garlic: powerful anti-fungal and anti-bacterial properties

Sage: excellent for anti-inflammatory conditions of mouth and throat; sage oil is anti-bacterial

Astragalus

Thuja: anti-viral and anti-fungal properties as homeopathic or external application

Echinacea

Goldenseal

Grapeseed

Elderberry

Olive leaf extract

Ginger, raw: anti-inflammatory effects, plus much more

SPICES: turmeric is anti-inflammatory, oregano is antimicrobial, thyme is antibiotic

Green and white tea: 2 c./day, 2 teabags/cup or 1 TBSP dried leaves/cup

Other herbal teas: boneset, elderberry flower, ginger, sage, yarrow flower

Homeopathic remedies very helpful for flu: oscillococcinum, echinacea compositum S, engystol N, Gripp-Heel

## **FOODS TO ENHANCE/STRENGTHEN IMMUNE SYSTEM**

Maitake mushrooms; others recommended include ganoderma, shiitake, cordyceps

Onion: contains quercetin, highly valuable in normalizing cytokines (refer to cytokine cascades...)

Umeboshi plums---very alkalinizing because of high proportion of citric acid

Kimchi: pungent Korean assortment of fermented veggies

Pumpkin seeds/oil

Carrots/cabbage powder

Peppers, esp. very strong, like cayenne and chile: known for antibiotic properties, but my only caution about this category is that they are in the nightshade family of foods and hence, about 80% of people with arthritis will react with an inflammatory reaction to them, yielding increased

## **EARLY TREATMENT IF YOU BEGIN FEELING ILL:**

(FEVER, SORE THROAT AND COUGH: Likely you have the flu of some sort and not a cold.)

VITAMIN C Complex 1500 mg. every 2-3 hours

Zinc lozenges no more than 30 mg. daily

8-10 glasses water daily (I'd include tea in this) to prevent dehydration, which can be very serious

Humidify your room or inhale steam

Rinse your mouth/throat

Extra rest/sleep

Mineral replacement intervention very important along with water to avoid depletion, such as soup stock, broth, trace minerals added to drinks, variety of herbal teas such as dandelion or nettles, which are very rich in minerals, veggie juices (freshly squeezed/prepared if at all possible)

**INHALERS:** VICKS, Eucalyptus oil, White Flower Oil, Tiger Balm, or Olbas. Netti pot rinses with

warm salt water also good

**FOR SORE THROAT**, gargle with warm saltwater or very warm raw honey/lemon water. Drinking water with few drops of propolis tincture or myrrh or liquid grapefruit seed extract can be very helpful for sore throat. You could also slice an onion several times, layer it on thin baking sheet and pour honey over it, bake in 150 degree oven for 1 hr., then remove onion slices, collect honey from the baking dish, and mix in 1 TBSP of the honey with 1 c. hot water and drink.

**GINGER OR MUSTARD CHEST PLASTERS** recipes (for lessening coughing, opening chest congestion, or easing breathing): 4 TBSP flour, 2 tsp. olive oil, 1 TBSP dry mustard or ginger powder ; mix in lukewarm water to form a paste. Spread on thin cloth and place on chest for 20 minutes. Remove, rub the chest with Vicks or camphorated oil and cover with warm fabric such as towel or flannel.

### **GARY NULL'S OWN REGIMENS...**

#### **IMMUNE BOOSTER**

COLLOIDAL SILVER	200 parts/million, 20 drops
COQ 10	100 mg. 3x/day
GREEN TEA	3 mg.
Rosemary	200 mg.
Alpha-Lipoic Acid	200 mg. 4X/day
Glutathione	500 mg. divided dose
N-Acetyl-L-Cysteine (NAC)	1000 mg. divided dose
Trimethylglycine (TMG)	200 mg.
Selenium	200 mcg.
Zinc	30 mg.
Vitamin C	5000 mg., divided dose
Bioflavinoid	2000 mg.
Lycopene	30 mg.
Grape seed Extract	200 mg.

#### **ANTIMICROBIAL REGIMEN** (if exposed to highly virulent microorganism)

Aloe vera	3 oz., 3 X/day
Astragalus	200 mg.
Echinacea	200 mg.
Enteric coated oil of peppermint	as directed
Olive leaf	as directed
Oil of oregano	as directed
Oil of cinnamon	as directed

**SIGNS YOU MAY NEED TO GET ADDITIONAL HELP SOON** and are indications to make phone call for help deciding: unrelenting coughing, high fever above 102 degrees oral for more than three days, difficulty breathing, or thick, dark-colored or blood-tinged mucus, unrelenting vomiting or diarrhea.

This ONLY calls for a phone call to a health care professional, not an immediate trip to the ER. Stay calm. There may be additional options that can be tried while you are still home; you do NOT want to expose yourself to the ER or hospital environment.

## **OTHER IMMUNE ENHANCING SUGGESTIONS:**

I have chosen NOT to include Chinese herbal immunity remedies that are less well-known, however, there are several. I urge caution in using anything from China because of risk of contamination.

I strongly recommend you get yourself on an **adrenal support supplement\*** and there are many available, most herbal. I suggest you experiment with a couple and find one that feels like it works for you. Adrenal glands take hits on a regular basis with our lifestyles, levels of toxins we're exposed to, shocks to our systems, etc. One I have used frequently in the past is made by Cedar Bear and the other is called Adrenal Support and is a Dr. Christopher product.

Far infrared sauna: much documented success with this kind of sauna pulling toxins out of body

Cleanse ingredients\*: there are many cleanse recipes available, for liver, kidneys and colon; very helpful for reducing toxic load in body to put energy into doing these well and when you are feeling well

If you can, put yourself occasionally in the space where you might be isolating yourself if ill, and frequently supercharge the area with positive energy such as beautiful music, talking or reading very positive messages, helping others heal or resolve issues, have very clean air here, minimize electromagnetic anomalies or currents here e.g. computers, etc.

EFT (Emotional Freedom Technique): also known as "tapping"; can be immeasurably helpful in a vast array of problem situations, incl. serious illness; type in [mercola.com](http://mercola.com) and you should be able to find his instructions for this, or type in [garycraig@emofree.com](mailto:garycraig@emofree.com) and you should be able to get to his marvelous website. He is the originator of EFT.

Slap yourself firmly so it hurts all over as many places on your body as you can reach, for 30-45 min./day at least once and ideally twice. Very stimulating to the immune system, although uncomfortable. Done in China. I heard a woman speak about this and she healed herself of several major problems; I kid you not.

Focus on the experiencing of gratitude, appreciation, delight, forgiveness, enjoyment, deep, deep down. Take deep abdominal breaths and see light when inhaling and exhale darkness

Your thoughts/attitudes/what you are fascinated with profoundly affect your immune system---e.g.  
Optimism found to be much more immune-enhancing; framing of one's life reactions crucial  
Anger found to be extremely immune suppressing; ditto on the framing  
Intense learning/knowledge acquisition in the broadest sense very good for us  
Altruism found to be excellent for the immune system

ASK for help, assistance, healing. SEE yourself receiving this, basking in the receiving of it NOW, SEE this all around you in a way that feels very real to you. BELIEVE you have the presence of helping energies around you NOW. For, BELIEVING IS SEEING, not the other way around.

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