

HEALTH UPDATE

FALL 2020

THE GEORGETOWN NATUROPATHIC WELLNESS CENTRE
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IMMUNE REJUVENATION

AN IDEA WORTH THINKING ABOUT!

Well, here we are moving into fall with sunny days and colder nights. Fall is my favorite time of year with all the fresh vegetables and fruit being harvested. I thoroughly enjoy eating all the fresh produce and as cooking is one of my passions, I am in the kitchen all the time. As you know from my spring newsletter, my husband and I put in a Covid 19 garden and boy, has it been fun to harvest the "fruits of our labour". We have been eating beautiful zucchini, cucumber, squash, tomatoes (9 different varieties), eggplant, peppers, kale, swiss chard, onions, spinach and more! This has been the positive of Covid 19, my silver lining. I am sure everyone has at least one silver lining, however, the reality is we are still in the beginning stages of Covid 19 and we will probably have to continue to change and adjust our way of doing things well into 2022 and maybe beyond. I know the media and politicians are waiting for new treatments and a safe and effective vaccine, which are important, but they

are potentially far off. However, there are lots of ways to empower our health and specifically our immune system. Our immune system is incredible, especially when supported in a way which creates the foundation for immune rejuvenation and not just immune support. Let me explain...



veggies from my garden

Our immune cells originate in the bone marrow. Once they leave the bone marrow, the body determines what type of immune cell is needed and where. The final maturing of the immune cell will be affected by the internal environment of our body. If we are in a state of high inflammation (altered function), this will determine the quality and efficiency of our immune cells. We don't want tired and/or worn out immune cells and we definitely don't want to just "support" those tired and/or worn out immune cells. We want to be continuously rejuvenating our immune cells in an optimal environment to ensure that the balance of healthy new immune cells outnumber old, tired immune cells. Our white blood cells (leukocytes) are being produced at a rate of 1 million cells per 10 seconds in our bone marrow. We do this all day long - 24/7/365!!

How do we ensure we are producing the healthiest immune cells? Not only do we have to feed ourselves in the best way possible, but we have to make sure we are doing everything we can do to decrease our overall body burden of chronic inflammation. Multiple factors influence this: Diet, sleep, exercise, exposure to toxins, stress, chronic inflammation. As you may be aware, chronic inflammation is the underlying reason for many chronic diseases including metabolic syndrome, diabetes, CVD, obesity, dementia, arthritis, hypertension and much more. It is also one of the reasons the immune system goes into a hyper inflammatory state with an additional viral attack like Covid 19 and contributes to the body's inability to recover efficiently.

**“LET FOOD BE
THY MEDICINE
AND MEDICINE
BE THY FOOD” -
HIPPOCRATES.**

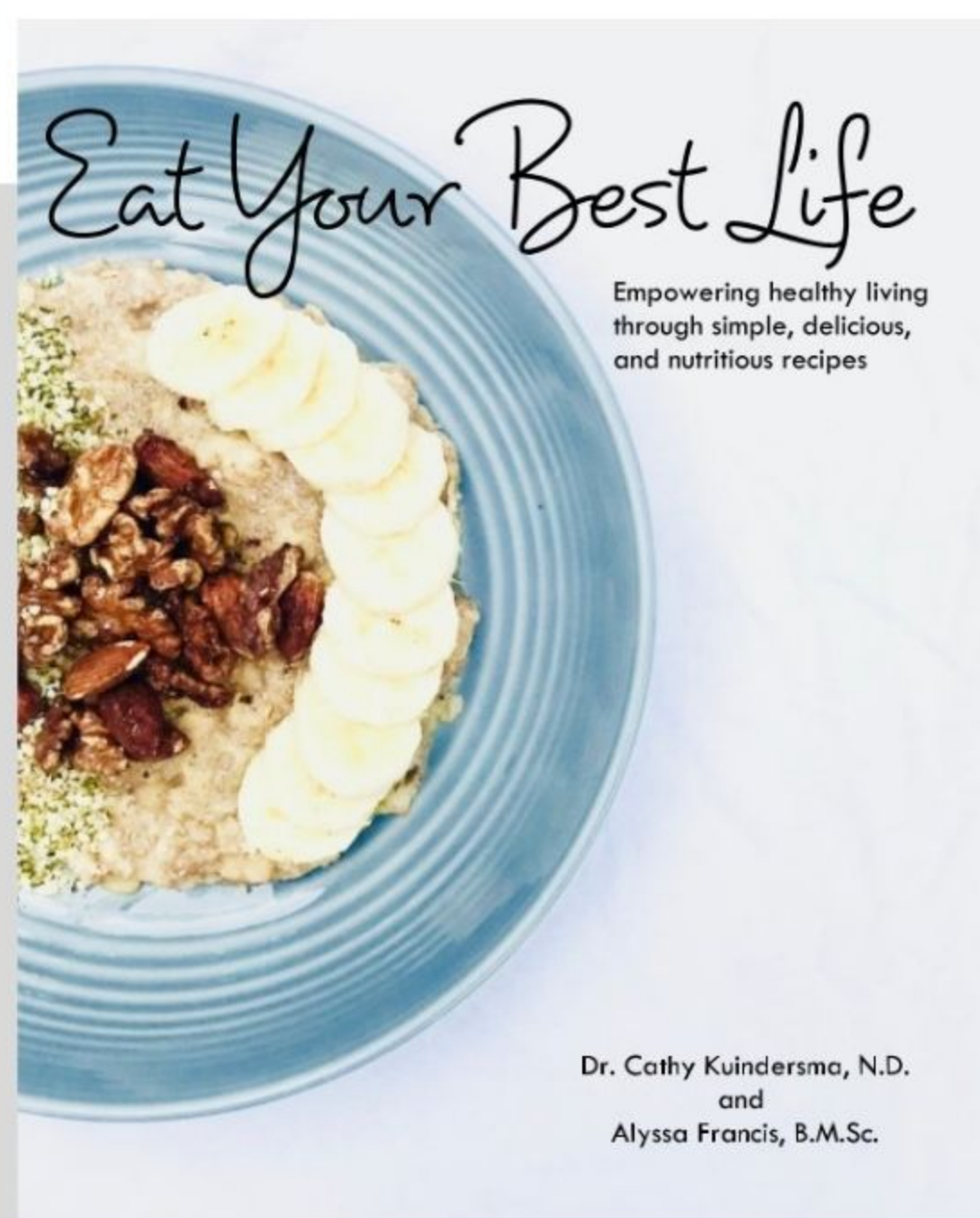
Food is information to our genes and therefore to our immune cells. It is not enough to decrease your intake of inflammatory foods (gluten, sugar, dairy, preservatives, additives). We must actually feed our bodies food that will provide the best information to build healthy immune cells all day long. Foods with specific phytonutrients (vit A, C, D, zinc, selenium) as well as phytochemicals are absolutely essential. Phytochemicals are a whole level of compounds beyond vitamins and minerals and are crucial for human health. They make up part of the plants immune system and is used to defend itself from virus, molds, parasites and bacteria. These phytochemicals have a positive effect on our immune system creating the foundation for immune rejuvenation. Phytochemicals include many compounds. The largest group are known as polyphenols (flavonoids, lignans, phenolic acid, curcuminoids, stilbenes, isoflavones to name a few). An ideal immune rejuvenation diet should be mostly plant based, leaning towards 75% of your plate by volume of colorful plant foods. Food is direct instructions for our body and how each cell is reproduced, so every time we consume food, we are giving instructions on the quality of cells being produced.

Another important aspect of immune rejuvenation is autophagy. Autophagy means "self-cleaning". It is the body's own self-regulating system to clean out old damaged cells including immune cells. Exercise, proper sleep and intermittent fasting (no eating from 7pm until 9am) can ensure efficient autophagy.

Fall and especially COVID 19 fall, is so important to double down on taking care of our health. We are much more in command of our immune system than we realize!! As we wait for the scientists and the politicians, we can use this time to empower ourselves and create an immune system that is continually rejuvenating. HOW EXCITING!!

Please check out our COVID 19 page on our website for more information on immune rejuvenation.

www.georgetownnaturopathic.ca



IMMUNE REJUVENATION PROTOCOL

Adult (13 years old and beyond)

HMF Immune or HMF Intensive – 1
chewable cap or 1 cap per day

ACES + Zinc – 2 caps per day

C1000 or C Matrix – 1 cap per day

Vit D – Total of 5000 i.u. per day (25
years or older)

Total of 3000 i.u. per day (13 to 25
years old)

Flu Kit as directed

Children (ages 4 to 12)

HMF Fit for school – 1 chewable tablet
per day

Vit C 500mg – 1 chewable tablet per
day

Genestra Children's Chewable
Multivitamin – 1 chewable tablet per
day

Flu kit as directed

Children (newborn to 4yrs)

Please ask Dr. Cathy for individual
advice for your child

EAT YOUR BEST LIFE is the cookbook my daughter and I published in 2018, it has many immune rejuvenating recipes as well as a section on phytochemicals and which foods they are found in. I invite you to check it out. Available for purchase at GNWC. The recipes are simple and yummy.