

FOODS AND VITAMINS FOR THE IMMUNE SYSTEM

Though we have already discussed the importance of garlic, ginger, and onions as herbal antibiotics, studies have shown that their regular use in the daily diet helps maintain the overall health of the body. Because garlic and ginger, and to a lesser extent onions, are active against all the major antibiotic-resistant bacteria and also enhance the healthy functioning of numerous systems in our bodies, it makes sense to include them in our food. Additionally, several vitamins have been found to be exceptionally important in immune health. The most important is vitamin C.

Benefits of Vitamin C

Vitamin C provides a protective function against free radicals, reduces wound healing time, supports strong connective tissue and coronary arteries, and seems to stimulate the immune system to remain strong and healthy. Human beings — all the higher primates, actually — are almost the only animals that cannot synthesize vitamin C in their bodies. This may partly explain the high numbers of plants rich in vitamin C (especially the evergreens) that were a regular part of the diet of indigenous peoples. Additionally, native peoples often used pine bark in conjunction with the fresh evergreen tips as medicine. Pine bark is higher than any other substance except grape seeds in proanthocyanidin, a powerful antioxidant and potentiator of vitamin C. Proanthocyanidin causes small amounts of vitamin C to produce the same effects in the body as significantly larger amounts.

Vitamin C is most effective when 1000 to 2000 milligrams are taken two to three times per day. It needs to be taken at least twice daily to keep it present in the body at necessary levels. At larger dosages it will cause flatulence and diarrhea, though the amount that produces this effect varies for each person. To find your dose level of vitamin C, take it in increasing amounts until the stools become soft, then reduce the amount slightly until they become

Immune System Boosters

Garlic
Ginger Root
Onion
Shiitake Mushroom
Vitamin C