



# ULTRA IMMUNITY

**YOUR GUIDE TO LIVE LONGER,  
STRONGER, AND DISEASE FREE**

UNDERSTAND HOW YOUR IMMUNE SYSTEM WORKS  
SIMPLE, NATURAL AND HOLISTIC WAYS TO DEFEND YOURSELF  
AGAINST INFECTION, ILLNESS, DISEASE AND VIRUSES



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# INTRODUCTION

## What is Ultra Immunity

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Ultra immunity would best be defined as a way to significantly limit the risk of getting sick and to possessing full immunity to various types of diseases and viruses. This ultra immune system has the capabilities of being less susceptible to what the average person would usually get sick from. It is important to know how to achieve the best possible immune system for longevity, quality of health and peace of mind.

Our body naturally protects us from a variety of different pathogens and diseases from its natural state and physiological structures. Our diet is the maintenance sector that keeps the machine running and it must be fueled with the right foods to work properly.

Having ultra immunity is much like having super powers; getting sick will rarely become an issue, you will have much more energy than others, there will be drastic improvements in your overall mood and emotional state, you will feel stronger and younger than before, and each part of the body will work in harmony with one another. Everyone can achieve ultra immunity because our bodies were built to sustain a great immune system but have been bogged down by bad dieting and poor habits.

We believe a better immune system will prevent a lot of diseases and aid in the overall health of individuals. There have been a vast amount of diseases that have impacted societies across the world. In the following paragraph we will dive into some diseases that have affected the world and changed the way we view disease.

# Diseases Affecting the World Today

## Influenza

In 1918-1919 the influenza pandemic infected 20 to 40 percent of the world's population. The influenza virus affected certain countries very differently and the reason can be attributed to the people's lifestyle choices and other variables such as demographics, immune system health prior to infection and diet.

For example, Iran was hit hard by the influenza outbreak and there were many fatalities. This devastating event can be correlated to the devastating consequences other diseases in the region at the time such as malaria. Another contributing factor to the outbreak of influenza in Iran was the high percentage of malnourished people that had a host of other problems such as anemia and famine.

Europe was another geographic location that was highly affected by the influenza outbreak of 1918. The Europeans susceptibility to viral infections at this time was due to a very common eating structure similar to the American diet that consisted of highly processed sugars, meats, fattening spreads, dairy and many other constituents.

In modern times, 10-15% of Americans are diagnosed with the flu each year and 30,000 people die from it annually. Symptoms of the flu contain headaches, sore throat, coughing, dizziness, high fever, vomiting and a host of other problems.

The flu is not necessarily a dangerous commodity on its own if you are a healthy individual. The reason for this is because immune system has natural properties and defense mechanisms to fight off disease. It is important to always prepare yourself for potential possibility of getting sick. Think of the food you eat as the weaponry when getting ready for a battle, the more artillery you have, the more likely you are to win the battle.

**Flu vaccinations.** How about getting some flu shots to get yourself covered? Flu shots only cover a small percentage of strains that can actually get people sick. There are many strains and viruses that tend to mutate into a variety of different species. Getting flu shots do not fully protect your body and if you get them too often the viruses will

create immunities to the vaccinations causing further problems and trouble down the road. Viruses are always changing and it is important for scientists and biologists to be able to predict the strains of the future in order to create effective antidotes for disease prevention. This is extremely difficult to do and even the most specialized biologists have trouble predicting patterns of disease.

There have also been studies showing that flu vaccinations are not as effective as once thought and that there is no scientific evidence shown they are an ideal remedy to stop flu epidemics and pandemics. This can be particularly frightening because a large portion of Americans have bought into the notion that flu shots are a necessity and have become a normal practice.

Influenza is spread airborne through coughing, sneezing, heavy breathing and it can also be scattered about by direct contact. This is the most horrific type of disease because this virus is difficult to avoid as these diseases are in the air we breathe. Some of the most dangerous diseases that have killed millions of people are spread similarly to influenza.

Some of those include smallpox which killed 300 million people worldwide, malaria killed 1.2 million people in 2010, Ebola (a hemorrhagic fever that is extremely deadly) and a host of other diseases that have made a global impact. Some of these diseases like ebola and malaria are unavoidable and will infect the victim regardless of their immune system status. On the other hand, if one has a good immune system it can stave off the risk of fatality, duration of the illness and other potential problems.

## **Cancer**

With the increase of processed and unnatural foods in the world the cancer rate has risen exponentially. Cancer happens when certain cells start replicating and cannot stop, and this can lead to fatal consequences and destroy the human body. It literally crowds the body with too many cells causing it to lose certain functions.

For example, if there is a cancer obstruction in the lungs, the cells will multiply and conflict with the amount of necessary oxygen to fulfill the requirements of the lungs. This is the perfect example of how too much of one thing can be detrimental to the overall structure. Cancer can be caused by genetics, lack of exercise and nutrition, smoking/drug use, excessive radiation exposure, and a long list of carcinogens.

DNA methylation is another process that can lead to the development of cancer. In normal bodily functions, DNA methylation is key to growing healthy cells and is linked to a variety of processes such as genomic imprinting, carcinogenesis, and the dispelling of repetitive elements. It causes certain genes to be expressed or suppressed over others.

DNA methylation also works to suppress unwanted gene variations that could damage the chemistry of the DNA molecules. If these genes are altered in any way it could lead to cancer. In other words, if the methyl molecule atoms are added or removed from the gene, they could replicate into cancer cells because these atoms interfere with the natural form of cell division. Cancer can start from anywhere in the body and there are hundreds of types. For example, cancer in the blood is called leukemia, bone cancer is called sarcoma, skin and organ cancers are called carcinoma . In 2014, nearly half a million people died in the United States from cancer. Cancer ranks in at a close #2 spot for fatalities in the United States behind heart disease.

## **West Nile Virus**

West Nile Virus is a type of viral infection intercepted by mosquitos. The West Nile Virus first came to attention in the late 1990's and has been a huge problem for the modern world because it is difficult to avoid mosquitos as humans are one of their main hosts.

Symptoms of West Nile Virus can range from fever, skin rashes, headaches, nausea/vomiting, stiffness to some forms of irritability. Most symptoms will be very temporary and should be given adequate time to pass. However, West Nile Virus can affect parts of the brain causing inflammation in the form of meningitis and encephalitis. Both of these can impair cognitive abilities causing stroke and blood clots in the brain. They can also lead to comas in certain people depending on preexisting conditions. Bacterial meningitis is the deadly form of meningitis with a relatively higher mortality rate than the viral form of the disease.

There are some ways to protect yourself from West Nile Virus. Firstly, be sure to use mosquito repellent when in marshy or wet areas outside because they can be breeding grounds for lots of mosquitos. Wear mosquito spray at times of the year when they are most plentiful. We advise that the mosquito spray be organic because commercial brands use harmful toxins.



Mosquitos will generally not come out when it is too cold, so they are less frequent in the winter months and most certainly in areas where there is snow. Dusk and dawn at the hotter parts of the year are when mosquitoes are prominently outside; it would be wise to have more caution during those periods of time to avoid being bitten. Understanding climates and regions where the mosquito species are prevalent would be a good place to start researching for traveling purposes.

Mosquitos are more attracted to certain types of people as well. Mosquitos have biological tendencies to go after people with particular blood types and mosquitos can decipher blood types in the scents you dispel. In fact, up to 85% of the reason people get bitten is entirely up to genetics.

The good news is that there are a lot of natural remedies to keep mosquitoes away. Eating garlic has been known to keep mosquitoes at a distance because they do not like the smell. Crushing up parsley and dipping it into apple cider vinegar can stave off mosquitoes. Rub the solution onto your skin or dip a sweatband into it and wear it. Mosquitoes are attracted to darker colors so lighter clothes should be worn outside to avoid being bit by mosquitoes. Sage and rosemary are two other herbs that can keep mosquitoes away because of the sensitivity to the smell. It is preferable to burn these herbs in a fire to create the aroma to keep mosquitoes away. Mosquitoes are the sole provider for West Nile Virus, so it is important to understand how to protect yourself and use a safe natural way to go about it.

## **SARS (Severe Acute Respiratory Syndrome)**

SARS also known as severe acute respiratory syndrome was first discovered in 2003. At that time, it was feared by the public and thought to become a contagious pandemic much like smallpox or the black plague. Luckily, it did not escalate to the calamity that other devastating diseases of the past have caused. However, this does not mean SARS couldn't mutate into something more harmful in the future.

The first known case of severe acute respiratory syndrome was in a forty-eight year old business man who was traveling throughout Asia. Moment after this event a doctor was infected with the SARS disease. The two people who were first diagnosed with the illness died. This caused a huge amount of anxiety and fear in the public that later spread into a worldwide panic. People were advised to stay home for their own

safety and to quarantine the virus inside respective locations. People were suggested to wash their hands, wear surgical masks if they were to leave the residence and avoid direct contact with others for a fixed duration of time.

In 2003, there were 8,000 cases and 750 deaths which was a relatively low fatality rate for a virus. SARS like many other diseases can kill elderly patients because older people tend to have weaker immune systems. SARS is airborne and can be spread through coughing and sneezing. The droplets accumulated from sneezing and coughing can be inhaled by another person causing the onset of the SARS virus activation.

SARS can also be spread like the common cold where the infected individual touches an object and another person can come into contact with the same object. The new host will then touch his/her face, eyes, nose, mouth and become ill with the disease. SARS has the same symptoms of the flu but differentiates in the respiratory system's breathing malfunctions. SARS was a threat especially to the countries of Asia, in particular, because it is where the onset originated.

## **Autoimmune Disease- A Silent Killer**

Autoimmune diseases can be triggered by the foods we eat or when our bodies do not recognize certain stimuli so it causes an inflammatory attack. Often times when your body sends these inflammatory attacks to cells in the body, the victim already possesses a toxic body to begin with (mainly in the digestive tract). This can become so out of control that the immune system begins attacking objects that aren't necessarily harmful to the body.

Antihistamines are made to combat inflammatory responses because the body's natural form of inflammatory response is sent through the protein L-histidine and transferred to the portion of the body supposedly suffering. In a person who has an autoimmune disease, the immune system is so depleted of energy that it begins attacking normal functioning cells because it cannot find the solution to the problems of our bad eating habits. This is the same scenario in people with allergies.

It is important to take supplements if you are suffering from an autoimmune disease such as omega 3's, multivitamins, anti inflammatory herbal medicines, a high nutrient vegetable diet, methylsulfonylmethane (MSM) and probiotics.

## **Disease Wrap Up**

These diseases have affected our world in many aspects and have been debilitating to the security of personal health. They have changed the way we perceive diseases and effective ways of treatment to prevent and cure them. Modern science has created innovative steps to prevent viruses and bacterial infections through vaccinations but has disregarded the significance of creating an excellent immune system.

There is a considerable amount of importance in building up one's immunity into an ultra immune system to take on a host of diseases. Our body's immune system is the primary defense against illness and must be properly nourished in order to prevent and shorten the duration/severity of diseases. Our goal is to create an ultra immune system that will be able to take on the diseases that are thrown at us on a daily basis.

## **Antioxidants and Free Radical Protection**

Antioxidants give free radicals an extra electron to keep the atoms balanced. If free radicals do not get this extra electron they can cause diseases such as cancer and other diseases because they will keep replicating. It is important to balance out the charges of free radicals or else they will oxidize the body and break down its chemistry. An acidic environment or a low PH balance will cause an onset of free radicals.

Oxidation is a normal process that every organic material on this Earth endures. Antioxidants will slow down the process of this deterioration. Even the very air we breathe will give us some sort of oxidation that breaks down our bodies. These free radicals are highly unstable and can become out of control, especially as we age.

Examples of oxidation would be when fruit begins to rot, acid rain precipitation that falls and accumulates on infrastructure, oils that turn rancid due to short shelf lives etc. We have antioxidant systems in our bodies that combat free radicals but like everything else, they become less effective over the course of time. It is important that we help our body's natural antioxidant mechanisms and supplement them with the proper nutrients to avoid excessive free radical replication.

## **Vitamins and Minerals that Contain Antioxidants**

**Vitamin E-** Is a fat soluble antioxidant which means that it is stored in fat cells so it will combat free radicals that are located in those areas. This would consist of the parts of cells like the cell membranes that are made mostly of fats and jelly-like substances. Sidenote: It is recommended to use fat soluble vitamins with caution because they can be toxic in high amounts and the body does not offer an efficient way to dispel them. Conversely, vitamins B and C can be taken in larger amounts because they are able to be flushed out by the kidneys, processed by the liver, and drained out of the bladder.

**Vitamin C-** Is a water soluble antioxidant which means that it is stored in the liquid areas of your body mostly inside of the cells. It will attack free radicals in those areas and provide them with electrons to achieve stability within the cell walls

**Beta-Carotene-** Is another fat soluble antioxidant that works well in low oxygen areas of the body. This would be areas of the body that have less oxidation and free radical development.

**Selenium, Zinc, and Manganese** are also anti-oxidants that when used in small amounts can be very beneficial to the body. They provide antioxidant enzymes which help in the first line of defense in the destruction of free radicals.

**Coenzyme Q10** has been known to have antioxidant effects and works with the mitochondria of the cell to produce energy. Coenzyme Q10 is one of the stronger and more effective antioxidants.

**Phytochemicals** found in plants have a considerable amount of antioxidants. Often times, people should consume sources of antioxidants from the most natural, nutrient-dense foods. This will ensure that the nutrients being consumed are of the utmost quality and have less susceptibility to being manipulated by the manufacturing process.

# Your Diet is the Ultimate Medicine

Alternative medicine has been around since historical times but now we practice a form of medicine that doesn't treat the underlying issues that cause disease. If you have a healthy body from eating nutrient rich foods, it will prevent issues associated with diseases down the road.

Working towards ultra immunity will shield off harmful bacteria, viruses, pathogens and disease. A lot of diseases happen to people who depend on modern medicines to treat illness. Their immune systems are already compromised and want a fast magic pill to get better.

Remember, modern medicine is targeted to treat the symptoms and not the cause of the problem. This approach really doesn't do anything but postpone the problems to a later date. Don't procrastinate your health because often enough by the time we try to make changes, it is already too late. Take care of your body NOW and it will take care of you!

## Antibiotics and Modern Medicine

Antibiotics can be used to treat bacterial infections in emergency situations and/or normal use. There are some positive uses of antibiotics in modern medicine. For example, if you have flesh eating bacteria and doctors are about to lop off your leg, then by all means please take an antibiotic to prevent this. But why is antibiotics

Nowadays, antibiotics are overprescribed for just about anything and people don't seem to understand the negative consequences of taking antibiotics long term. Long term use of antibiotics can cause an unbalance of bacterial flora in your stomach causing a host of problems.

Antibiotics can kill certain strains of bad bacteria and pathogens but it can also kill the beneficial bacteria such as acidophilus, lactobacillus, bifidobacterium and a lot more. Antibiotics can cause long-term problems and reactions if they are abused or taken when not needed. In fact, 140,000 people are hospitalized each year due to adverse

reactions of antibiotics. Over consumption of antibiotics can increase the risk of breast cancer and developmental issues of newborn infants later in life such as asthma and allergies.

Despite the concerns about antibiotics, it should be used in serious cases of bacterial infections that require immediate medical attention. However, overuse of them have contributed to the problem of bacterial strains that have become resistant to our most potent and powerful drugs. Most importantly, they have become resistant to even our own natural forms of defense, our immune systems.

It is just like the theory of evolution, where the strongest bacteria will survive despite a hectic environment. These super bugs then replicate and create more of the same resistant bacteria. This process leaves scientists behind playing guessing games and trying to figure out the next new /improved formulas for antibiotics to defeat the super bugs instead of adopting a different diet that would avoid these problems altogether. Our bodies naturally have an excellent immune system and when we fuel it with the right foods, a lot of disease can be avoided altogether.

## **The American Diet - The Evil 8**

### **1. Preservatives**

1. Preservatives are a considerable problem with the American diet and can affect our long term health negatively. Their primary role is to keep foods fresh for longer periods of time. Butylated hydroxytoluene (BHT) is a preservative that has been shown to increase certain types of cancer, particularly liver and stomach cancers. BHT has been shown to damage DNA and healthy red blood cells in the body. Sulfites are another form of preservative that have adverse negative reactions particularly in the department of allergies and asthma.

### **2. Food coloring**

There are chemicals in food coloring that we ingest and can be harmful to our bodies. Food coloring can be deceptive because it targets primitive parts of our brain that are attracted to certain types of colors in food representing nutrition. A lot of foods lose their color in the manufacturing process (heating and refining), so these color additives can make them seem more nutritious, visually appealing, and tasteful. Food coloring has been linked to inflammation in the body, dermatitis, and allergic reactions.

### **3. Trans fats**

Trans fats in the American diet are used to keep foods solid at room temperature, enhance taste and texture, and make fats more stable under different conditions. For example, peanut butter in its natural form is very oily. Trans fats are added to thicken up this peanut butter so it is easier to spread and can last longer on store shelves.

How are trans fats created? It is through adding hydrogen molecules to the fats to create a denser fat. When trans fats are eaten, they will be stored immediately as fat because the body does not know what to do with them. Part of the reason for this is because they are a form of fat not found in nature, so it is difficult for the body to digest and absorb.

The Food and Drug Administration ratified a law stating that any food or product containing less than 0.5 grams of trans fats does not have to be labeled. If trans fats are below this 0.5 threshold then they will most likely be considered hydrogenated oils. Hydrogenated oils contain trans fats and it is a way for food corporations to sneak in trans-fats without consumers being aware of it. Trans fats are linked to obesity, heart disease, cardiovascular disease, heightened LDL cholesterol levels, cancer, respiratory illnesses, and Alzheimer's disease.

### **4. Pesticides and Fertilizers**

Pesticides and fertilizers are riddled in the foods we eat and can be extremely toxic to the body. They are used to prevent insects, animals and diseases from disrupting the growth and prosperity of vegetation.

Pesticides and fertilizers have been linked to numerous types of cancers and brain development issues in children known as neurotoxins. Types of pesticides include organophosphates, organochlorines, thiocarbamates and organoarsenic compounds.

It is important to wash your fruits and vegetables thoroughly before consumption and gently scrub them to remove the pesticides. However, in the developmental process of growing crops, some pesticides cannot be extracted from deep within the plants. If they are leafy vegetables, take off the outermost part of the plant and throw it away. We highly recommend purchasing organic fruits and vegetables for consumption to avoid the risk of ingesting pesticides and other harmful chemicals.

## **5. Processed sugar**

The sugar in processed foods can pose a huge problem especially with its high calorie ratio to the amount of nutrition in these processed foods. For example, white flour will have a lot of calories, but offer no nutritional value in the form of fiber, vitamins and minerals, phytochemicals, enzymes and others. These are called empty calories and it is advised to stay away from these foods as they can feed cancer cells, cause rapid weight gain, affect the insulin response leading to type II diabetes, increase triglyceride levels, unbalance hormones, lead to heart disease and many other serious ailments.

## **6. Flavor enhancers**

Flavor enhancers are another component of the American diet and processed foods that must be taken very seriously. Monosodium glutamate also known as MSG and aspartame are the two most widely used flavor enhancers. They are known as excitotoxins and basically tell the brain that whatever the person is eating tastes good. The glutamic acid and aspartic acid literally fires neurons in your brain and overstimulates them to manipulate taste bud receptors. This can cause neurons and brain cells to be overworked and die out.

Flavor enhancers are drugs tricking your brain into a convincing lie that whatever is being eaten tastes good. Flavor enhancers, most notably MSG, have been linked to weight gain by suppressing leptin levels. Leptin is the hormone that signals to the brain that your body is full. Ghrelin levels are the hormones that tell the brain when you are hungry and ready to eat.

Flavor enhancers also can cause a huge insulin response which can lead to type II diabetes. Aspartame has been shown to feed bad bacteria in the gut causing an imbalance in the intestinal flora. A lot of processed foods are also filled with artificial sweeteners such as aspartame which has been shown to be toxic as it increases the amount of methanol and formaldehyde in animal subjects. MSG and aspartame cause inflammation of the liver and kidneys that need to filter these chemicals out of the body and can significantly dehydrate cellular structures. Food corporations have also created names and conditions where they can cover up their use of these flavor enhanced chemicals in our foods. Here are the following “aliases” of aspartame and MSG.



## **Aspartame and Monosodium Glutamate Aliases**

Aspartame: Anything sugar-free, Nutrasweet and Equal, “diet”, methanol, DKP, and formic acid.

### **Monosodium Glutamate:**

There is a huge list of foods that contain this flavor enhancer and the names of monosodium glutamate aliases. Some consist of Hydrolyzed Vegetable Protein, Hydrolyzed Protein, Hydrolyzed Plant Protein, Plant Protein Extract, Sodium Caseinate, Calcium Caseinate, Yeast Extract, Textured Protein (Including TVP), Autolyzed Yeast, Hydrolyzed Oat Flour.

## **7. Salt Intake**

Limit salt intake because it can dehydrate the body robbing the cells of adequate hydration to flourish. High sodium content can cause high blood pressure, kidney and liver problems, stroke and heart disease. It will also cause your body to retain more water which will make you feel bloated and cause swelling of essential organs. It is always good to have regular urination periods so waste is not building up in the body. Urine should be clear when using the bathroom. If it is yellow then it is a signal from the body to drink more fluids.

High salt intake can cause bone density to diminish and become less dense in the form of osteoporosis. Salts will be found in an assortment of processed foods and additives such as MSG. Try to flavor your foods with other condiments like lemon, paprika, cayenne turmeric, and a variety of spices/flavors.

## **8. Copper and Iron Levels**

Copper and iron levels are especially high in meats, multivitamins, and drinking water. They can inhibit the immune system and associate to the accumulation of beta amyloid plaques in the brain. This can lead to cognitive degenerative diseases like dementia and Alzheimer's. Copper and iron are extremely oxidative so they can create free radicals, especially in the brain which utilizes the most oxygen. Aluminum is another metal that has been linked to dementia and consumption of liquids (carbonated more so) in aluminum should be avoided.

# Foods for Ultra Immunity

It is important to adopt a micro-dense diet that consists of foods catered towards ultra immunity and anti-cancer benefits. There are many foods that can help us achieve an ultra immune system and we will touch base on a few important foods that everyone should incorporate into their diet more often. We will look at some of these food families and how they can help us achieve the best possible immune systems and fight off a variety of potential diseases.

The food groups we will discuss in this section are cruciferous vegetables, the allium family, mushrooms, berries, pomegranates, nuts and seeds. They all have their own unique properties and have different components to help humans achieve ultra immunity.

## Cruciferous Vegetables

Cruciferous vegetables prevent cancer and have antiviral/antibacterial properties. Cruciferous vegetables contain isothiocyanates or ITCs to protect cells from serious damage. ITCs come from sulfur compounds in plants and contain immune boosting and anti-cancer properties.

When cruciferous vegetables are cut up in the preparation process for food industries, the sulfur compounds turn into ITCs. This process is caused by chemical reactions from the breaking apart of chemical bonds in the cutting, slicing, chopping, crushing stages of preparation. They have been known to destroy cancer cells and inhibit their replication.

ITCs can also cut off the supply of nutrients to the cancer cells through the blood vessels connected causing them to die off rapidly. ITCs can remove cancer causing agents called carcinogens in the body. Often times these carcinogens will connect to the DNA and the ITCs will stop this process from occurring through complete detoxification from the potent ITCs. Moreover, ITCs can also increase defense systems to combat microbial organisms that have developed a resistance to certain types of antibiotics.

Cruciferous vegetables are to be the most powerful immune boosting plants of all vegetables and can reduce cancer rates up to 40-50% in some cases. They are super foods that can be eaten less frequently than other vegetables because of their high potency of phytochemicals, nutrients, vitamins, and minerals.

Cruciferous and green leafy vegetables' phytochemicals can even activate our body's own antioxidant enzymes by initiating the Nrf2 proteins. The Nrf2 proteins are responsible for inducing gene expressions in cells. The Nrf2 proteins will go into cells in response to the phytochemicals ingested from the cruciferous vegetables and activate our own natural antioxidant enzymes and inflammatory defenses. This is amazing because it shows that our own bodies have a strong antioxidant force and can be even more efficient with the aid of certain nutrients from foods.

When eating cruciferous vegetables, chew thoroughly to crush the cell walls and release more of these beneficial ITCs. As noted before, when preparing these cruciferous vegetables it is essential that you must cut, crush, chop, and blend to break down the enzymes within these vegetables so that they can be cooked without any denigration to the ITCs' properties.

If you prefer not to cook them, eat them raw and chew thoroughly (into a mush if you will) but in order to cook these they must be chopped up to get the enzyme responses. Make sure that you wash and scrub these vegetables before preparing and take the outermost leaves off of the vegetables. Otherwise, we advise to buy completely organic to get the best results towards ultra immunity. Some types of cruciferous vegetables would be foods like kale, cabbage, bok choy, broccoli, radishes, collard greens and many more. We highly recommend eating as many green leafy vegetables as possible as these are some of the best types of food for your body and overall health.

## **Mushrooms**

Mushrooms are another ultra food that can have huge impacts on the immune system. They contain some of the strongest medicinal compounds in the world. Mushrooms are naturally found fungi in the wild and are considered to be the decomposers in forests, marshy regions and other areas. Decomposers break down things such as organisms and are known to be the "maids" of mother nature because they keep the outdoors clean by eating all the leftovers.

Mushrooms can help us effectively fight off bacteria and viruses. They do this by enhancing the natural killer T cells in the body. NKT cells can spot viruses and damaged cells sending killer granules to the abnormal cells in order to destroy them. In addition to this, they have strong anti inflammatory properties as well. They have been found to prevent and treat types of cancers.

Mushrooms can attach themselves through antigen binding lectins to abnormal cells and direct the body's immune system to oust the bad cells that are over replicating usually in the form of cancer cells. The lectins physically enter the abnormal cells and disrupt their abilities to replicate which is another amazing benefit of ingesting these foods.

Mushrooms also contain nutrients called beta glucans that strengthen the NKT cells in the body. With the consumption of beta glucans, NKT cells become more powerful, more active, and more effective at attacking abnormal cell. These are known to have a host of beneficial properties such as, overall health and longevity, stress reduction (much like chamomile), speeds up healing, and resistance to dangerous pathogens, microbes and viruses.

Beta glucans in mushrooms can significantly enhance the immune system, regulate cholesterol and triglyceride levels in the blood. It can aid in chemotherapy for cancers patients and regulate blood sugar levels in those with diabetes. Mushrooms are extremely effective in weight management as well and prevent the onset of obesity. Next we will look into two interesting properties that mushrooms manipulate: Aromatase and Dendritic Cells.

## **Aromatase and Dendritic Cells in Mushrooms**

Aromatase is an enzyme that turns testosterone and progesterone into estrogen. Estrogen has a catabolic effect on the body and increased estrogen levels are more prominent over the course of time. Mushrooms act as an aromatase inhibitor and have been known to considerably reduce the risk of breast cancer.

Aromatase creates an estrogen dominated environment which can lead to breast, uterine, and ovarian cancers in women. In men, aromatase can lead to prostate, colon and pectoral cancers. Foods that can prevent this are the ones we stand by in our ultra immunity article such as mushrooms, cruciferous vegetables, omega-3 fatty acids, the

allium family, antioxidant rich foods, fermented foods, phytochemicals, fruits and green leafy vegetables.

Ultra immunity also promotes the body's production and maturation of dendritic cells. The dendritic cells are the detectors of maligned and abnormal cells for the immune system to attack. Dendritic cells are immune cells that detect enemy pathogens in order for the immune system to destroy when activated. Mushrooms have been known to increase the replication of these cells along with green leafy vegetables.

## **Angiogenesis**

Angiogenesis is the process of the body supplying cells with nutrients and circulation by expanding blood vessels to those areas to help them prosper. It is a natural process that the body uses to promote cell growth. This can be in the form of wound healing after a bad cut and the activation of new skin cells.

On the other hand, angiogenesis can be detrimental to health when it provides nourishment to tumors and cancer cells. The body can lose control of how much angiogenesis takes place and give too much circulation to cells that are harmful to the body. This will cause the tumor to grow and replicate cancer cells further destroying the body. Angiogenesis can also give nutrients and circulation to fat cells leading to drastic weight gain and obesity. Angiogenesis is an essential part of cultivating cells but can be just as deadly when it stimulates the growth of bad cells.

There are prescriptions to stop angiogenesis but most of them are not regulated by the Food and Drug Administration and can be potentially dangerous. Likewise, there are many natural foods that can combat angiogenesis and we recommend them for effective treatment. Some would consist of green tea, berries, oranges, grapefruit, lemons, apples, pineapple, cherries, red grapes, red wine, bok choy, kale, soy beans, ginseng, maitake, mushrooms, licorice, turmeric, cinnamon, nutmeg, artichokes, lavender, pumpkin seeds, cucumber, tuna, parsley, garlic, tomato, olive oil, grapeseed oil, dark chocolate, pomegranate and many more. Berries, onions and mushrooms are the most notable candidates for inhibiting the anti-angiogenesis process.

## **The Allium Family, Pomegranates and Berries**

Allium foods are known to have a lot of beneficial nutrients in their chemistry. Some of these allium foods would include onions, garlic, chives, scallions, leeks, shallots etc. They prevent cancer, have antioxidant properties, and can get rid of stubborn inflammation of the body.

Very similar to how the cruciferous vegetables work, the cell walls must be chopped, crushed, and chewed thoroughly to gain the lasting benefits of these super foods. The enzymes that are ingested can target carcinogens and completely destroy them all together. In addition, allium foods act as anti-angiogenic nutrients to stunt the replication of cancer cells and stop tumors from growing.

Allium foods have been known to significantly prevent types of cancers up to 50+ % percentiles, which is quite miraculous. In addition to this, they have been known to be very beneficial to heart health as well. Pomegranates and berries are high in antioxidants, anti-carcinogenic properties, and can ease inflammation of the body. They contain high amounts of fiber which is good for the digestive system and can feed beneficial bacteria. These fruits can prevent cancers and cardiovascular disease. Pomegranates and berries can also help with neurological problems, mental decline, management of diabetes, weight control and blood pressure.

## **Nuts and Seeds**

Nuts and Seeds have considerable amounts of healthy fat and protein. Unlike animal proteins that can be harmful to your overall health, nuts and seeds are extremely healthy and beneficial to the body. They are one of the few foods with a long shelf life that can be used to achieve ultra immunity.

Nuts and seeds are also the perfect snack for weight control and can be brought just about anywhere for a hearty meal. The reason for this is due to the high density, nutrient- rich, high protein and fiber content in these foods that make us feel full. Nuts and seeds are high in vitamin E and an assortment of other nutrients such as omega-3 fatty acids. Omega-3 fatty acids can be a contributing factor in reducing inflammation.

Nuts and seeds raise HDL cholesterol and lower LDL levels while maintaining a good source of protein for muscle growth. In addition to soy and dairy, nuts and seeds are a primary source of protein for vegetarians to get an adequate supply of muscle fuel.

It is important to get the rawest and most pure form of nuts and seeds. The reason why is because many brands like to increase the sodium levels for taste which could raise blood pressure and hypertension. Another reason is because a lot of the oils that nuts and seeds are cooked in contain unhealthy fats and should be avoided altogether.

A good idea in the preparation process of seeds or nuts is to soak them in purified water overnight. Seeds and nuts have inhibitors and toxic properties to protect them from environments that do not provide adequate living conditions. When the nuts and seeds are exposed to water, more nutrients become available for consumption. For example, Sesame seeds have more calcium nutrients than any other food and a high potency of vitamin E. They are also rich in manganese, vitamin B, selenium, zinc, and iron. Pumpkin seeds have a great source of phytochemicals and are rich in calcium, iron and zinc. Make nuts and seeds a priority in your diet and you will make considerable progress towards ultra immunity.

# The Common Cold and Flu

## Facts about The Common Cold

Seasonal flu, the flu bug, catching a flu. These are all common terms that most of us have to deal with, especially when it is near the winter season. Children and infants are more at risk to the common cold because of their underdeveloped immune systems. People with immunodeficiency disorders also have a higher chance of catching the cold or flu because of the diminishment of their immune system capabilities to protect them from harmful viruses and bacterial infections. Elderly people have both a tolerance to specific strains of viruses because they have built up immunities to certain one's that they have encountered in the past.

However, as time goes on and the body's immune system naturally declines, the body's defense system is severely inhibited. Smoking cigarettes or any kind of drug use can negatively affect the human body and must be avoided at all costs for the betterment your health status. There are plenty of chemicals and carcinogens in cigarettes such as ammonia, arsenic, carbon monoxide, formaldehyde, acetal and a host of other debilitating toxins.

The common cold is transmitted primarily from hand to hand contact and followed by the action of touching one's face, eyes, nose, mouth and other orifices. It is important to wash your hands regularly to reduce the risk of catching the common cold and to take care of your body through the proper nutrition to reduce the duration that the cold will last.

Eating unhealthy foods with refined sugars and processed unnatural foods will also suppress the immune system making it more vulnerable for attacks, such as the common cold. Having a compromised immune system has become the norm in the United States and the benefits of a healthy, immune boosting diet has long been forgotten.

There are many foods that can prevent one from catching the common cold virus and improve the body to possess an ultra immune system. In addition, there are many supplements that can achieve similar results. We recommend that most of your nutrition



come from whole organic nutrient-rich foods because they provide the purest forms of nourishment. Make sure you get your immune system in peak shape so that you will not have to rely on modern medical treatments. Doing this can lower the duration of the sickness, avoid any potential illnesses in the process and will be an overall more effective fighting strategy.

## **Combating the Common Cold**

### **Zinc**

Zinc can effectively lower the duration of the common cold and flu. It also works in conjunction to reduce the severity of the cold virus and can be used for preventative purposes as well. Zinc can be found in meats such as beef, seafood, broccoli, tahini, shiitake mushrooms and many more. It is often hard to get adequate amounts of zinc, so it would be wise to take a daily supplement of the nutrient to maintain proper levels. While we do recommend that nutrients come from healthy foods, there are certain nutrients that need supplementation.

### **Vitamin D**

Vitamin D can only be activated with a certain amount of sunlight to the body. Vitamin D is often called the “sunshine vitamin”. During the winter the body does not get enough sunlight and it could be part of the reason why we get sick in these months. During this time there are smaller dosages of vitamin D in the bloodstream to be expended.

Vitamin D enhances the immune system, provides support for our bones, and keeps the heart healthy. You want to have good levels of vitamin D all year round and keep this nutrient to optimum levels. This does not mean bake in the sun and it is always important to use protection from both UVA and UVB light. We also do not recommend tanning beds as they have been linked to dangerous skin cancers such as melanoma. Just make sure you can get some sunlight each day and in the winter months stay outside a little longer than you would in the summertime. Doing this will compensate for the amount of sun you are actually losing due to the seasonal changes.

### **Elderberry Extract**

Elderberry extract has been known to treat the common cold and the flu. It is usually ingested in the form of juice but can also be eaten whole. Much like zinc, it can shorten the duration time of illnesses by strengthening the body’s defense systems towards

attacks. Elderberry extract increases the number of antibodies that act like our body's soldiers in fighting diseases. The flavonoids can cut off access of the viruses to the cell receptors and will inhibit the ability for the virus to take over the host cells and replicate.

## **Vitamin C**

There is conflicting evidence that shows if vitamin C is a viable remedy for the cold virus. Vitamin C does boost the immune system but it is uncertain if it is an effective antidote in preventing a cold. However, vitamin C, much like zinc, has been shown to reduce the duration of a cold by 26-34 hours.

Garlic and Ginseng- Garlic significantly reduces the risk of catching a cold because of its immune boosting properties. Garlic is an antibacterial, antiviral, and antifungal food and when taken in high potency, can be considerably effective in disease prevention. Garlic should be eaten raw and crushed, chopped, and sliced to activate essential enzymes for full benefits. Ginseng is a mild stimulant that can dilate blood vessels and increase blood flow to problem areas of the body. It is an immune system enhancer and works well with supplementation with other herbs and vitamins.

# Macronutrients: Carbohydrates, Fats, and Protein

## Carbohydrates

Common misconceptions about carbs are that they provide energy which is true....to a certain extent. Over time with the exposure to too many simple sugars, our insulin responses become sluggish and cells will not be as receptive to insulin surges. This can lead to problems such as type II diabetes.

In the wild, foods with high sugar content were harder to find and when consumed they would give a huge rush of energy to the organisms. There are trace amounts of carbohydrates in vegetables and that was the main source of foods for cavemen as well as other animals.

The Paleo diet is a great example of a diet that targets foods that our bodies that are biologically meant to eat. Agriculture was formed about 10,000 years ago in the Fertile Crescent (modern day Levant area of the Middle East) to cultivate crops for mass amounts of people. Humans then started harvesting foods that our ancestors, meaning apes, did not eat. Biological evidence shows that we share 99% of our genome with apes. We don't see animals in the wild eating potatoes, bread, rice, and oats. Likewise, we should not expect our bodies to adapt to such food either.

There are very few problems with obesity amongst animals in the wild even with plentiful amounts of food. However, some people would argue that animals get more exercise and that food availability is scarce in natural habitats. Foods like grains, dairy, potatoes and a host of unnatural foods have been processed for our consumption.

Many people nowadays have digestive problems such as inflammatory bowel disease, Crohn's disease, leaky gut syndrome, celiac disease and Candida from yeast overgrowth all due to this style of eating. Our bodies were designed to strictly eat fruits, vegetables, meats, nuts and seeds. Carbohydrates are stored in our muscles as glycogen and work with adenosine triphosphate (ATP) to aid in movement.

It is amazing how much emphasis there is on carbohydrates in order to survive throughout the day. We keep eating more and more because our energy levels are already low from a suppressed immune system. Likewise, we think that we need larger portions of food and carbohydrates in order to fuel the body that's already plummeting. The reality is that the carbohydrates from unnatural foods like wheat is causing the energy depletion, not to mention that any carbohydrate that is not metabolized will be turned into fat.

**Glycemic index (GI)** is an important concept for us to understand. GI is the rate that foods turn into blood sugars. High glycemic index will convert sugar spikes faster than low glycemic levels in the body. High glycemic foods are linked to certain cancers, diabetes, heart disease and a long list of illnesses.

Most of your diet should come from low glycemic foods but there is also a debate that even though foods are high glycemic, they are consumed naturally in the wild and can have health benefits. Examples of this are bananas and dates which score really high on the glycemic index but provide a host of vitamins and minerals.

**Complex carbohydrates or starchy carbs** (found in potatoes, wheat, barley, corn, dairy etc.) can be eaten by bacteria and ferment in the body causing digestive problems. Simple carbs are usually predigested so that there is no sugar getting to the harmful bacteria or yeast causing reproduction and compromised gut health. There is a lot of controversy on what are the best types of GI carbohydrates because they affect people differently on a case to case basis.

Acceptable carbohydrates would be fruits (check GI index), vegetables and carbs in the form of soluble and insoluble fiber. Unacceptable would be refined flours, sweets and desserts, sweetened beverages, processed carbohydrates and starches. The more processed things are the less nutrients, the more chemicals, and empty calories they have that will negatively affect your immune system.

## Fats

Fats are beneficial for the body and should not be overlooked. Good fats can adjust LDL/HDL levels, HDL are the good kinds of cholesterol and LDL are the bad types. In addition, good fats have properties to lower triglyceride levels in the blood. If

triglyceride levels are too high they can block blood vessels and arteries to areas such as the heart and brain.

We need to implement more Omega-3 and omega-6 fatty acids into our diets to have an ultra immune system. Omega-3 fatty acids can inhibit cancers, work against inflammation, is healthy for the heart and can help the circulatory systems of the body. There are many foods that contain omega-3's such as nuts, oils, seafood, and green leafy vegetables. Good fats can keep hormones in balance; most notably testosterone and estrogen levels in the body.

Fats have their own anti-cancer properties and can aid in immune functionality. They can improve muscle mass and prevent the onset of osteoporosis in the bones. Testosterone is known to increase to healthy levels if you eat good fats. The fats that are in nuts and seeds are beneficial to the body and have anti-inflammatory properties, immune boosting functions, and cholesterol regulation. Fatty oil is an extracted food much like fruit juice is and it is highly concentrated, which is not always a good thing. It has a high caloric content, almost all fat, and no nutritional value. Nuts and seeds have the nutrients and vitamins that the oils do not. Nuts and seeds are low in calories but high in nutritional fat and can also make you feel full faster which is a good snack for losing weight. When you eat these high fat foods they absorb the other phytochemicals and nutrients of foods you are ingesting.

## **Animal and Plant Proteins**

Animal proteins are complete proteins with all the essential and nonessential amino acids. Plant proteins vary in how much essential and nonessential amino acids they have, but soy is the only protein that is considered a complete plant protein. Soy protein can be a great substitute to animal products for bodybuilders and athletes who endure rigorous everyday activity.

Protein can aid in weight loss because it takes more energy for the body to break down these foods and it is a denser form of food, keeping you full longer. Protein has the ability to reconstruct the body by feeding muscles and other cells nutrients to rebuild from the strains of day to day life. Even something as simple as walking will break down cellular structure and protein molecules must be in reserve to aid in recovery. It is ideal to increase the amount of protein from natural plant foods and decrease the amount of animal based proteins.

There are adequate amounts of protein in vegetables to fulfill the daily requirements of protein consumption, although this is relative from person to person, how much they weigh altogether, and the amount of daily physical performance.

High protein consumption can be both taxing to the liver and the kidneys in the long term. The liver and kidneys basically have to filter out all that comes into the body and proteins are heavy objects for the body to handle. It is good to practice moderation of proteins and athletes will have to take in slightly more protein to adjust to the environmental stresses that takes a toll on the physical body.

It is also good to drink a lot of water to aid in the digestive process and help the kidneys and liver filter out excessive proteins. Unlike animal proteins, zinc, vitamin B12, and vitamin D are harder to find in plants but can be taken with supplementation or moderate eating of lean fish. Be careful not to overdose on certain vitamins or minerals and always manage dosages to keep track of progress towards ultra immunity.

Animal proteins are acidic to our body or low pH which literally dissolves the cellular structure of the body. Eating animal meats have been linked to certain types of diseases but a lot of it has to do with what the farmers and manufacturers are doing to the meat in the first place. Farmers and food manufacturers generally use antibiotics in the livestock to kill off bacteria, harmful hormones, feed the livestock with unnatural foods and cure the meats with excessive salts to expel any remaining bacteria and viruses.

Vegetables are alkaline with a high pH level and buffer acids harmful to cells that lead to the production of free radicals. High animal protein consumption can clog arteries and tax your cardiovascular system. Warning: Don't participate in diets just because they have miraculous claims that they can help you lose weight because it could negatively affect your overall health. For example, the Atkin's Diet claims that carbohydrates are the villain in the quest for the perfect weight loss diet. The Atkin's Diet encourages a high consumption of meats to account for the energy lost from carbs. We are so focused on looking good and being toned to worry about our own immune systems that could end a host of problems. Being skinny and toned does not mean that you are a healthier overall person than anyone else that does not consume meats. Consuming only proteins and removing any source of carbohydrates is also dangerous.

## **Insulin-Like Growth Factor (IGF-1) and The Soy Dilemma**

IGF-1 is commonly found in livestock and is injected into animals to make them bigger, more meaty and produce more byproducts such as milk. We are the only species on the planet that drinks milk from anyone other than their mother. It is not only weird, it is highly unnatural and we do not have the same enzymes that we had when we were babies to break down lactose. This is why 85% of people have some sort of lactose intolerance.

IGF-1 is very similar to human growth hormone commonly known as HGH. It is used for anabolic effects in both humans and animals. The IGF-1 hormone is generally most prevalent in youth and adolescence. If these levels are high into adulthood it can increase the production of free radicals, cause premature aging, cancer and hormone imbalances. It can also cause cognitive disabilities such as dementia and deterioration of brain cells. IGF-1 can be found in the liver and it is a very important hormone for muscle, bone and organ growth throughout the body.

Vegans tend to have lower levels of IGF-1 as opposed to people that regularly ingest meat protein. If you are going to eat meats make sure they are fish without the toxic levels of mercury and other chemicals and lean meat that is grass fed. Soy is a good substitute for animal products as it gives one all of the essential and nonessential proteins for muscles. However, it is linked to certain cancers and hormonal imbalances. Soy protein is one of the few plant proteins that can increase the presence of IGF-1. On the other hand, during childhood and adolescence soy can prevent breast cancer. It does this by regulating estrogen levels that can increase the likelihood of developing tumors in the breast tissue.

# **Making Good Food Choices**

## **Transition to Fewer Animal Products**

The best way to eat fewer animal products is to simply avoid them in stages or completely take them out of your diet altogether. Remind yourself of the potential health problems you will have both physically and mentally if you continue to eat animal products. Likewise, think about how your life will change if they are taken out of your diet.

Try cutting animal products out of your diet for a week and write down how you feel. Keep track of what you are eating, rewarding yourself as you are following the plan accordingly. It takes about a month to implement a habit, the first week will be the toughest; the second you will want to cheat and start to fall back into old routines and by the third and fourth weeks you will have implemented the habit into your daily routine.

It will be a detoxification process in order to transfer from eating meat to vegetables. The body will have withdrawals much like it has with drugs because of the chemicals the body releases when eating animal meats. Anything that is routine in your habit will be hard to break but with enough willpower and knowing the possible benefits of changing the habits, it can be simple. There will be signs of headaches and fatigue in the body from not getting what it is used to ingesting, that is completely normal.

With this transition, you will be exposed to more soluble and insoluble fiber from fruits and vegetables which will create frequent stools, stomach aches, gas and bloating. The water from the fruits and vegetables will cause you to go to urinate more as well. Frequent urination is a result of all the stored up water from high salt intake in cured meats and salt additives. The transition will be strange at first but must be implemented to gain progress towards ultra immunity.

## **Purchasing Organic, Exercise and Probiotics**

### **Importance of Exercise**



Exercise is significant for all parts of the body to work cohesively together. Exercise is good to keep metabolism under control and in a fat burning state. When you build muscle it will require more energy so muscle tissue is constantly burning the surrounding fat cells.

Exercise is good for your brain and has been linked to preventing forms of dementia by giving the brain an adequate supply of oxygen and blood flow. Frequent exercise provides the body with better circulation to organs and other parts of the body as well, including the heart and lungs.

Exercise is also an effective way to cleanse the body through perspiration in its biggest organ called the epidermis. Exercise can speed up bowel movements, cleanse the kidneys and liver through urination, and be an effective overall body purifier. Make sure you drink enough filtered water to really get the cleansing benefits of exercise. Exercise is a mood stabilizer that releases chemicals such as endorphins, dopamine, and serotonin to reduce stress that can lead to weight gain in the form of cortisol. It also has been linked to a rapid increase in brain cell development, prominently in the hippocampus region that stores memory.

## **Buying organic**

Pesticides are usually sprayed on fruits and vegetables to both preserve plants and act as a defense shield to predators such as animals and insects who can destroy the crops. However, even though pesticides work to preserve the fruits and vegetables does not mean that they are in any ways safer. Washing fruits and vegetables does not ensure that all the pesticides are off them and could lead to a lot of complications from excessive exposure. There are pesticides that can increase the likelihood of neurological disorders such as Parkinson's disease. Other debilitating diseases caused by pesticides are cancer, leukemia, lymphoma, autoimmune disease, and others.

The nutrients of organic foods are more prevalent because the process of manufacturing these foods are natural and have no potential risks to the people consuming them. Organic is almost always recommended over conventional produce. However, we understand that not everyone has access to organic foods ,so we will provide a list of what to buy organic and what to buy conventionally based on pesticide levels.

**Highest in Pesticides, Buy Organically if Possible**

Celery, peaches, strawberries, apples, blueberries, nectarines, bell peppers, spinach, kale, cherries, potatoes and grapes.

**Foods Lowest in Pesticides, Buy Organic or Conventional**

Onions, avocados, corn, pineapple, mangos, sweet peas, asparagus, kiwi, cabbage, eggplant, cantaloupe, watermelon, grapefruit, sweet potatoes, and honeydew melons.

**Probiotics- The Alternative**

Probiotics are the healthy bacteria in the intestinal gut for regulating the balance between good and bad bacteria. They can be found in fermented foods like yogurt, kefir, sauerkraut, kimchi, miso and probiotic supplements. Probiotics are a huge factor in the digestive process of the human body and other mammals. These good bacteria use enzymes to break down foods and other products passing through the intestines.

Probiotics will also fight off the bad bacteria and other harmful viruses from affecting the body. Probiotics can create a better environment for nutrients to be absorbed effectively by the body rather than casted off to harmful yeast cells such as candida and other bad bacteria. Eating nutrient rich foods with fiber can feed the good bacteria in the stomach.

Probiotics can increase the metabolic rate in humans and help with weight management. Bad bacteria can create toxicity in the body and other byproducts that can be linked to several types of cancers. Bad bacteria can cause stomach and digestive problems such as ulcerative colitis, irritable bowel syndrome, a host of inflammatory diseases and many more. In addition to this, bad bacteria can cause further complications such as eczema, arthritis, hormone changes, stomach and colon cancer. When the digestive system is at a good balance most of the symptoms of bad bacteria will subside.

## THE ULTRA CONCLUSION

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The human body has the unique ability to fight off diseases and cancers but we are not giving it the correct types of nourishment to act properly. It is a lot like a premium fueled car trying to run on truck diesel fuel, it will not function. It is important to have a healthy environment in the body so that when viruses and diseases invade, they have no chance of survival. Look at other areas of the world that are malnourished and how their people are more susceptible to diseases that most privileged people would not think twice of catching. If there are deficiencies in vitamins and minerals that you need, there will be vulnerabilities in the body, much like soft patches under the armour. We need to think of how we eat as a preventative medicine to cure future problems down the road. As said before, if you take care of your body, it will take care of you. Why is internal medicine and nutrition being shunned and ignored when it could hold the key to a more prosperous future for the world? We spend more and more money in a health care system to treat misfortunes that should have been avoided altogether. We are provided prescriptions to regulate blood pressure, fight cancers, control diabetes, lose fat, LITERALLY EVERYTHING. This approach of modern medicine gives people the unwarranted choice to stay unhealthy by providing ineffective treatment options on top of their poor eating and exercise habits to combat their illnesses. Likewise, the illness will continue to worsen because there is no foundational cures stemming from modern medicinal treatments. It is like a soft eggshell that will eventually break if the behavioral patterns are not corrected.

People must be educated to better their overall health because it does not only affect themselves but their work, financial situation, family, and the world around them. These lifestyle habits are becoming the norm and are ingrained into our youth. Our health systems are focused on the treatment of disease and not the cure. If they found the cure then pharmaceutical companies would lose a lot of money invested in the products and research. Medications are not the answer to a neglected body and it will catch up to the person using them. Pharmaceuticals and treatment options are not in tune with our physiological and chemical structures, healthy eating is. This is often the reason why there are so many side effects that come with prescriptions and miniscule long term benefits to this practice of medicine. There are obviously situations where you need to seek a physician and there are always exceptions to the rule. The point we are trying to drive home is that a lot of these illnesses can be avoided by the alteration of lifestyle choices and nutrition. There would be no need for extreme medical intervention because

healthy foods themselves are the answer. We hope that after reading the evidence people can make a more informed decision about their approach to achieve a heightened status of overall health.