



# Ten Immune Boosting *Foods*

By  
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**Got the sniffles? Tired? Need a boost of energy?**



I am passionate about nutrition and natural remedies/alternative medicine. I believe God provided an abundance of natural agents in plants, herbs, and foods for us to use for our health and even for treatment of different ailments. I want to specifically mention that God is the only healer and I do not claim that a sickness can be treated only with natural remedies. When healing takes place, it is a result of God's mercy and healing touch through prayer and/or medical attention or natural treatment. So I am not giving advice here, just sharing some neat information about the amazing resources God gave us for our benefit!

In this little magazine/leaflet, I made a collection of info about natural ways to boost your immune system or treat different problems like a cold, fatigue, and a variety of other things. I created it for enjoyment and education. I wanted to put it in an easy to read and appealing format. Please note, that not all the writing in there is mine. Some is, some is not. I did research on many different websites and put together the information I found to create this packet for you so you have it all in one place!

Often, people classify natural remedies as "ineffective", "overrated" or "wives tales" because they do not take the time to try them out, or if they have, they did not apply them for the right amount of time for it to have an effect. They expect instant results, when in reality, results come after constant application. What most people don't understand is that it's a process. Just like building muscle or exercising is a process, so is this, but it is SO worthwhile.

**Disclaimer:** The information included in this pamphlet is for educational purposes only. It is not intended nor implied to be a substitute for professional medical advice. The reader should always consult his or her healthcare provider to determine the appropriateness of the information for their own situation or if they have any questions regarding a medical condition or treatment plan. I am not liable or responsible for any advice, course of treatment, diagnosis or any other information, services or product you obtain by reading this. The precautions listed in the pages below are general, not exhaustive. Contact your physician for advice.

# No. 1



Royal Jelly

**What is it?** A milky substance that is secreted by working honey bees. It is the food of queen bees and queen larvae. It is a substance that cannot be recreated by humans synthetically! It can be found at health food stores as a supplement, in liquid form mixed with honey, or as capsules. It is taken 1 tablespoon a day, or a capsule a day.

## Good stuff inside:

More than 20 amino acids, Vitamins: A, C, D, E, K. Vitamins B6 (for health of red blood cells), and B5 (for metabolism of fat, protein, carbs). Acetylcholine (a neurotransmitter). Has all 8 essential amino acids. Contains aspartic acid, needed for cell regeneration, muscle and tissue growth. Reduces allergic symptoms. Can alleviate side effects of chemotherapy.

**How it helps you:** Provides energy boost, may heal chronic fatigue, enhances immune system, helps lower cholesterol, is a yeast inhibitor, is anti-inflammatory, antibiotic, may prevent Alzheimers and Parkinsons. Rejuvenates hair, skin, nails. Can help with diabetes, arthritis, hormonal regulation, and weight loss. Research showed it can decrease size of tumors in mice.

**Precautions:** Not recommended if you are allergic to bees, honey, or have asthma. Pregnant and breastfeeding women, and small children should talk to doctor before taking.

# No. 2



Bee Pollen

**What is it?** Granular flower pollen mixed with bee secretions. A *super food* that working bees eat. Can be found at health food stores or farmers markets. Pollen from Northern Canada or New Zealand are higher quality, less likely to have industrial contaminants. Heated/pasteurized pollen loses its nutritional benefits. Bee pollen is taken as a supplement, 1 tablespoon daily or can be blended together in a fruit smoothie.

**Good stuff inside:** Contains over 96 nutrients! It has all the nutrients needed by human beings to live on! It has low calories, has Phenylalanine (appetite suppressor), Lecithin (dissolves fat), carotenoids, bioflavinoids and 11 active enzymes or co-enzymes that can prevent cancer and heal wounds. Contains 40% protein, Vitamins: A, B-1, B-3, B-5, B-6, B-12, C, and D and E, Essential fatty acids: 14 including omega 3 and omega 6,

**How it helps you:** It is anti-viral, anti-bacterial, helps digestive system, antioxidants it contains protects and cleanses radiation in body. Increases energy level, helps stimulate renewal of cells which makes it great supplement for skin and hair, and treats acne. Can help with memory. Helps with weight control. It is brain food, and can treat neurological, muscular and epilepsy conditions.

**Precautions:** Those allergic to bees, honey, or have asthma, or pregnant and breastfeeding women, and small children should talk to doctor before taking.

# No. 3



Propolis Extract



**What is it?** Propolis is a sticky, greenish-brown, aromatic natural resin-like material that is collected by the honeybees from the buds of poplar and cone-bearing trees to strengthen their hives. It's called "bee glue". Propolis extract can be found at health food stores, it also comes in capsules and as propolis chewing gum. Look up [P Bee products](#) for their propolis gum.

**Good stuff inside:** It contains amino acid, minerals, ethanol, vitamin A, B complex, E, pollen and highly active ingredients known as flavonoids or bioflavonoids.

**How it helps you:** Propolis helps promote oral health, it has cavity preventing agents. It is very antimicrobial, and helps with respiratory tract infections. Has antioxidants, Propolis may even play a role in stomach ulcer prevention. Helps with ear infections, is antifungal, treats giardia infection, may treat gout, skin warts. It boosts the immune system.

**Precautions:** Those allergic to bees, honey, or have asthma, or pregnant and breastfeeding women, and small children should talk to doctor before taking.

# No. 4



Spirulina

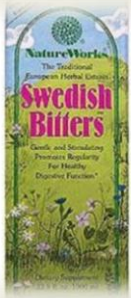
**What is it?** Spirulina is an algae. The name "spirulina" is derived from the Latin word for "helix" or "spiral"; denoting the physical configuration of the organism when it forms swirling, microscopic strands. This ability of Spirulina to grow in hot and alkaline environments ensures its hygienic status, as no other organisms can survive to pollute the waters in which this algae thrives. Unlike the stereotypical association of microorganisms with "germs" and "scum", Spirulina is in fact one of the cleanest, most naturally sterile foods found in nature. It can be found in pill or powder form at health food stores.

**Good stuff inside:** Spirulina is 65 to 71 percent complete protein, with all essential amino acids in perfect balance. In comparison, beef is only 22 percent protein. It contains a wide range of minerals (including Iron, Potassium, Magnesium Sodium, Phosphorus, Calcium etc.), a high volume of Beta- carotene which protects cells (5 time more than carrots, 40 time more than spinach), high volumes of gamma-Linolein acid (which can reduce cholesterol and prevent heart disease). Further, Spirulina contains Phycocyanin which can only be found in Spirulina.

**How it helps you:** Helps prevent or treat the following: ARMD (Age-related macular degeneration), Type 2 Diabetes, Cardiovascular disease, including hypertension, Liver health and decreased damage from heavy metal exposure , Cerebrovascular disease (including stroke) Nutritional diseases, such as iron deficiency anemia, pernicious anemia (B12 deficiency), vitamin A deficiency, and kwashiorkor, Neurodegenerative disorders such as Parkinson's and Alzheimer's, Protection from HIV and other viruses, Reduced allergy symptoms, Cancer protection, Radiation protection, Bone marrow and blood health , Strengthening immune defenses and modulating inflammatory response, inhibiting prostaglandins, reducing arthritis symptoms, protection from the damage of ionizing radiation.

**Precautions:** People with hyperparathyroidism, serious allergies to seafood or seaweed or currently experiencing high fever should not take spirulina. More info [here](#).

# No. 5



Swedish Bitters

**What is it?** A powerful combination of herbs in a tincture which boosts the immune system. Can be ingested internally or applied topically. Found online, or at health food stores.

**Good stuff inside:** A typical mixture of herbs may include aloe ferox, angelica root, myrrh, senna leaves, camphor, Venetian treacle, zedoary root, carline root, manna, rhubarb root, and saffron in a base of 60-proof grain alcohol. (some are in non-alcoholic tinctures).

**How it helps you:** Really helps the digestive system and digestive problems. Gives a boost of energy, and also promotes the immune system. Helps relieve inflammation including any issues commonly associated with inflammation such as sprains, swollen joints, or even arthritis. Can soothe eye strain, improve liver function, help in combating chicken pox. It can soothe insect bites, and improve stubborn throat infections. Can relieve mouth blisters and tooth aches.

**Precautions:** Consult your primary health-care practitioner before use, and do not use Swedish bitters if you are experiencing diarrhea or you are a pregnant or nursing mother.



# No. 6



Kefir

**What is it?** A type of buttermilk or yogurt made by kefir grains. Kefir grains are lactic acid bacteria inside a natural cartilage/gelatinous capsule they form of polysaccharides and yeast. It's better than buttermilk. Kefir grains can be bought online or from health food stores. You pour milk (cow, goat, soy, coconut) over the grains and let it sit 18-24 hours to ferment, then strain out the milk and drink it! Kefir means "feel good" in Turkish.

**Good stuff inside:** 10% of recommended value of Vitamin A, 25% of Vitamin D, and 8-11 grams of protein per cup of kefir milk. Contains vitamins K and B12. Has tryptophan, which is an amino acid that calms the nervous system.

**How it helps you:** It restores the intestinal flora of those with stomach problems or who have taken antibiotics. Helps in healthy immune function. Remedies digestive problems and is useful for those with lactose intolerance. Beneficial for expectant mothers who have morning sickness and can't eat other foods. Helps with allergies, some forms of cancer, osteoporosis, hypertension, tuberculosis, candidiasis and more. It is also an effective remedy for gallstones, liver diseases, kidney stones, high cholesterol, ulcers, pancreatitis, gout and rheumatism.

**Precautions:** If taking immunosuppressant medication, ask doctor before use.

# No. 7



Aloe Vera

**What is it?** A desert plant which is a member of the lily family. One of the greatest natural blessings the Lord provided among herbs and plants. It is one of the most ancient medicinal plants, and mentioned in the Bible as “planted by the Lord” (Numbers 24:6). When it is cut, this plant can heal itself by forming a protective film over the wound in a matter of seconds. FYI: Alexander the Great took aloe vera with him in the battlefield because it could heal wounds so quickly and well. Aloe is found in the garden center of stores like Lowes and Home Depot, or sold as a gel in health food stores, but it’s better to have it as a houseplant. Is used topically on skin for cuts, wounds, burns, bites. And internally for a variety of things. (Add it in a smoothie!).

**Good stuff inside:** Aloe contains *acemannan* which is a phytonutrient that is a natural immune booster. A high amount of polysaccharides and over 75 active vitamins and minerals, including amino acids and enzymes. It has 6 antiseptic agents, which makes it effective against bacteria, fungi and viruses.

**How it helps you:** Aloe can penetrate 7 layers of skin deep, it heals wounds, burns and frostbite very well. Stimulates the immune system and helps it produce natural killer cells in the body, which eat up bacteria and tumor cells. Stops inflammation, hydrates, and regenerates skin tissue, stabilizes blood sugar for diabetics, boosts circulation, lowers cholesterol & triglycerides, cures ulcers, Chrons and celiac disease, is an antioxidant, relieves muscle/joint pain, and can destroy cancer/tumor cells. Can even help recover from hemorrhagic shock!

**Precautions:** Some people can be allergic/have rashes. Pregnant + nursing mothers should ask doctor before ingesting internally.

# No. 8



Colloidal Silver

**What is it?** Colloidal silver is made from tiny particles of silver extracted electromagnetically from a larger quantity of pure silver, and then put into distilled water to form something like a tincture. Colloids are the smallest biological form of any matter. They are small enough to pass through membranes and therefore they skip past the digestive process and are easily absorbed by the body. It is a very strong natural antibiotic. Can be found as a tincture at health food stores.

**How it helps you:** It supports the immune system. It can kill up to 650 microorganisms! Please be aware, that this does not mean that taking colloidal silver will cure diseases that can be caused by such germs - the human body is a very complex system which works within a number of different environments and systems. But it can fight against allergies, arthritis, athletes foot, boils, burns, candida, cystitis, diabetes, eczema, hay fever, indigestion, parasitic infections, psoriasis, ringworm, warts and yeast infections. It can be used either orally or topically. When taken orally you can either place droplets directly under the tongue or it can be put into water and drunk. Silver is often used topically by spraying onto cuts, burns, skin infections or acne.

**Precautions:** Do not use if pregnant or lactating. Colloidal silver is not recommended for continual use. Some sources suggest using it for fourteen days, then stopping for seven days, then repeat if necessary. Other sources recommend a maximum of ten days continuous use. Discuss with your doctor or other health practitioner. Do not use in eyes. Keep out of reach of children. Store at room temperature away from electrical appliances, magnets, and direct sunlight.

# No. 9



Garlic

**What is it?** A vegetable belonging to the onion family, used in culinary and medicinal aspects. It may be hated by most Americans, but they don't know what they're missing out on! It is essential for garlic to be eaten in its natural form. Garlic pills are not *the real thing*. FYI: Greek Olympian athletes ate garlic, Romans thought it can be a remedy for poison, and Egyptians worshipped garlic. You can eat garlic in different ways. A raw clove with food, diced and sprinkled in meals, or cooked. Worried about bad breath? Eating an apple or lemon slice can take care of that.

**Good stuff inside:** Contains germanium which is a compound that is anti-cancer. Has more than 100 sulfur compounds, including allicin, which is a strong antibiotic! Has potassium, Vitamin A, C, B, B2, Calcium and zinc.

**How it helps you:** All those sulfur compounds make garlic a strong anti-bacterial, anti-fungal. It is *very* useful in controlling and stabilizing blood pressure and LDL cholesterol. It strengthens the immune system and is a very good blood thinner. Promotes bile production, and reduces fat in the liver. Because of its blood thinning properties, and ability to remove plaque off vessel walls, it is a good preventer of heart attack and stroke. The American National Cancer Institute put garlic as the top cancer preventative food. Other research showed it can hinder cancer cells. Garlic syrup is good for asthma, and garlic itself for many respiratory problems. It can also be applied topically to rashes, wounds, bug bites and acne. These are just some of its many uses.

**Precautions:** Garlic is a good blood thinner, so those with blood disorders, those having surgery, and women in their period should avoid eating garlic. For some people it can cause heartburn (but it won't harm you).

# No. 10



**What is it?** A hot and spicy vegetable used for culinary purposes but also for treatment of certain illnesses. The properties hot peppers contain are also used in creams for topical application to relieve pain of ailments such as osteoarthritis.

**Good stuff inside:** Hot peppers have a chemical called capsaicin which is useful for a lot of things, including congestion, relief of pain, and treat and prevent breast cancer. Contains high amount of Vitamin C, and also contain beta-carotene which can be turned to Vitamin A inside your body! The hotter the pepper, the more capsaicin it contains which is the secret ingredient to its beneficial health properties. Vitamins A, B6, B2, Potassium, Vitamin E.

**How it helps you:** Can destroy cancer cells in lungs, pancreas, and other organs. And AMAZINGLY, it can stop a heart attack in 30 seconds! It stimulates the immune system by boosting circulation. It is the best treatment for hypertension, it cleans your arteries, and lowers cholesterol and triglycerides. Is beneficial for your intestines and stomach and heals lesions and ulcers. Is useful against inflammation. It is an antioxidant which prevents damage by free radicals. Hot peppers can relieve headaches and arthritis pain. It can even help with asthma by dilating the lung sacs.

**Precautions:** Remember to wash your hands after handling hot peppers, so it doesn't get in your eyes. Those allergic to capsaicin should not eat hot peppers. Have a glass of milk on hand if your hot pepper is too spicy.

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