



Immunity: Our Health Ally

Holistic Natural Health Experts

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The Immune System

There are several different ways to approach the subject of the immune system. Today, more than ever, the information widely accessible is biased, manipulated, erroneous, misinterpreted and confused, and ultimately the essence of immunity is not understood.

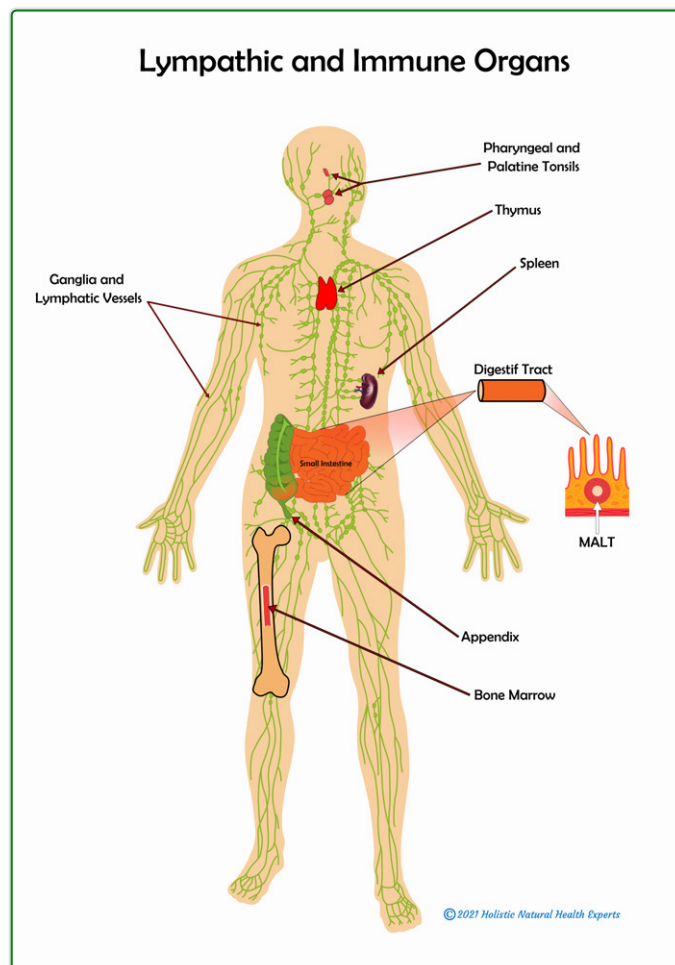
Definition

The immune system is all of the systems, organs, structures, cells, and molecules that identify both SELF and non-SELF.

In order to preserve the individual life of each individual, each body is endowed with an immune system.

In humans, it is made up of the following organs, systems and structures:

- bone marrow
- the spleen
- tonsils
- the appendix
- the lymph nodes and vessels
- the thymus
- lymphoid tissue associated with mucous membranes (MALT Mucosa Associated Lymphoid Tissue)



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For the immune system to work, specialized cells are dedicated to this task: these are the immune cells.

These cells are made in the bone marrow, located inside our bones. They are all derived from stem cells and it is only after multiple divisions that they will become different from each other, hence specialized cells.

The thymus is the key organ that enables T-cell maturation (this is where T cells learn to recognize SELF from non-SELF).

The immune cells are located in:

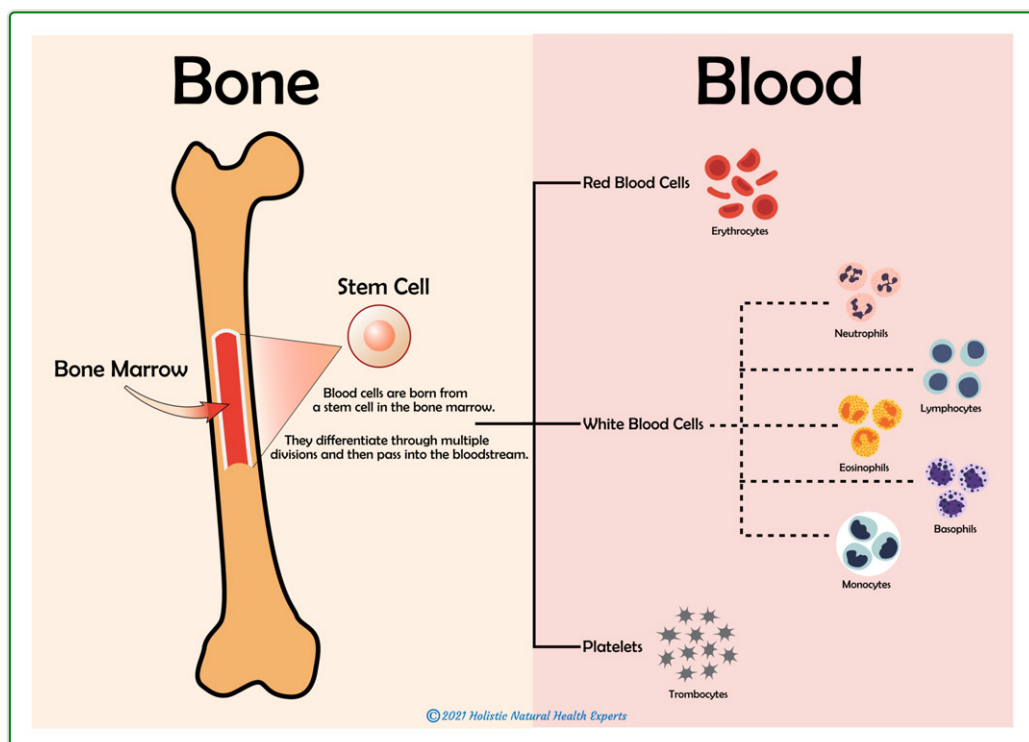
- the blood
- lymphatic vessels and all lymphatic structures, such as lymph nodes
- organs such as the liver, spleen, lungs, etc.
- the digestive and respiratory mucous membranes, etc.
- the skin
- the brain

Some cells are mainly active in the blood, but can escape from the blood in the event of inflammation and infection, to support the immune cells already there.

The majority of these cells are known as white blood cells. As the reality is much more complex, we have decided, in order to simplify our understanding, to group them together under the term immune cells.

Here are a number of these cells:

- macrophages
- monocytes
- the natural killer (NK)
- neutrophils / basophils / eosinophils
- lymphocytes B and T



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Current understanding

Here is what we currently know, with varying degrees of certainty, about the immune system.

The immune system, an incredible army

Think of our body's immune system as the army of a country.

A healthy, uncorrupted army, whose main roles would be not only to protect the country from dangerous intruders, but also to protect all the inhabitants of this country individually, to help their harmonious growth and to preserve the country from degradation and pollution.

This army would also have the role of cleaning the country of the inhabitants become toxic, dangerous and uncontrollable.

This army includes:

- organs, systems and structures as places of birth, training and life of soldiers.
- immune cells as soldiers with action cooperation and a hierarchy of command
- cytokines as weapons, communication, coordination and intelligence tools, enabling the military to function.
- antibodies as special weapons made by some soldiers (B cells).
- lymph nodes as military bases stationed in the path of lymphatic vessels where B lymphocytes settle to make antibodies.

It should be noted that the lymph is a network of vessels which drain excess fluid from the tissues to bring them back to the blood.

The genius of the lymphatic network is that before pouring its content into the blood, this content crosses the lymph nodes very rich in immune cells, in particular T and B lymphocytes, which will detect the antigens or microorganisms present in the lymph which would have escaped non-specific defenses.

Conversely, the blood flows to the lymph nodes, T and B lymphocytes can escape from the blood and settle in the lymph nodes, stay there or circulate in the lymph (this is called lymphocyte recirculation).

The important thing to remember is that at no time are any compartments of our body cut off from each other.

Like an army, soldiers can move from one border to another, move from one military base to another within the country, communicate in real time with everyone and take action where necessary.

This army is itself modulated by two major systems:

- the nervous system
- the endocrine (hormonal) system

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The coordinated and cooperative functioning of the immune system

The response of our immunity to an "antigen" alert is perhaps the best example to understand the importance of joint action.

Alone, there is little a soldier can do, especially since an antigen can circulate throughout the body. Imagine an injury to the hand with pathogenic bacteria that penetrate the deep layers of the skin, lymph and blood. The size of a bacteria can be 10 x smaller (1 micron) than that of a cell (10 microns). Bacterial toxins are measured in nanometers (1 nanometer is a thousand times smaller than 1 micron). We are in the realm of the very very small. The task is complex, one must identify the danger, eliminate it and communicate the information to nearby immune cells while the bacteria multiply and invade the area.

An effective immune response must be multifaceted and coordinated. For this, the immune system must be informed of the exact nature of the danger, in order to have a proportionate response.

Our protective army works in layers, built in an anatomical and physiological hierarchy.

This is how the functioning of the immune system has been classified into non-specific and specific defenses.

Non-specific defenses

The non-specific defenses are:

- natural barriers such as hair, skin, mucous membranes.
- natural reflexes such as shivering, coughing, sneezing, vomiting and diarrhea.
- natural secretions such as saliva, tears, urine.
- cilia of respiratory cells and mucus.
- the good bacteria, viruses and fungi that make up the flora of the skin, mouth, intestines and vagina.
- cells, such as macrophages, which will destroy all germs considered dangerous without distinction (innate immune response)

These non-specific defenses are at the front all the time, and the more effective their actions, the faster the intruders will be eliminated. This will not pose a danger to the whole body.

Indeed, if a problem is resolved at the border of a country, there is no need to mobilize the various army corps and to establish a state of emergency. This is a significant energy saving for the body and minimizes risk taking, because an infection is always a risk.

Specific defenses

The specific defenses (also called adaptive immune response) are:

- the activation of T lymphocytes and their cytotoxic action (directly destroying infected cells), this is called cellular immunity.
- the activation of B lymphocytes (which make antibodies against specific antigens) is called humoral immunity.

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Specific defenses are informed and activated via cytokines secreted by all cells of the immune system.

Cellular immunity:

T lymphocytes are a complex family with very different functions depending on the type of T lymphocyte involved. Here we are focusing on the cytotoxic T lymphocyte, but this is aided in its action by other types of T lymphocytes.

T lymphocytes destroy cells, foreign microorganisms (by recognition of non-SELF) and our cancer cells (by recognition of modified SELF). We will see later what is SELF, non-SELF and modified SELF.

Humoral immunity:

B lymphocytes have the particularity of making specific proteins that are essential in our defense, called antibodies. Antibodies bind to antigens and allow them to be eliminated. We will see later what antigens are.

Our B cells, which make antibodies when stimulated to do so, have already genetically predicted an incredible number of antibodies corresponding to every possible and imaginable antigens we might encounter in our lifetime.

Like an army which, from its birth, knows how to defend its country, knows its borders and what are its potential enemies, present and future.

This absolutely incredible biological phenomenon remains a mystery to this day. It is as if, from the moment you were born, you had in hand all the necessary weapons to fight any potential enemies you might encounter in your life.

When non-specific and specific defenses work TOGETHER, the body is protected and the immune system functions at its best.

The army protects the country, the soldiers defend, all communicate and help each other, and the people help the army's work by providing food and shelter for the soldiers.

Cytokines



For the communication and coordination of the overall functioning of this "army", hundreds of protein molecules are synthesized by these cells and released into the blood and tissues. These molecules belong to various families. To make it easier to understand, we have grouped them together under the name of one family: cytokines.

Cytokines are the means of communication that immune cells use.

The functions of cytokines are numerous, we can mention, among others:

- inform the different cells of immunity
- activate or slow down the cells that need to be
- activate or slow down the production of other cytokines
- promote and amplify inflammation which improves the performance of the immune system
- promote and amplify fever when necessary, which improves the performance of the immune system

Our immune system is both extremely complex and logical in its coordination.

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Immunity and the environment

The functioning of our immune system is intimately linked to our environment, first in the family, then to the ecosystem in which we operate.

When we are born, our immune cells are already informed of the living environment that surrounds us. The first bacteria that will colonize our intestine are those of the maternal vagina, and birth is therefore expected naturally through the vagina. Then the bacteria that pass into breast milk and everything that we put in our mouth will, over many months, complete the natural colonization by microorganisms in our digestive tract.

During the first years of life, it is essential that the child is in contact with the earth, plants and animals. This is the school of life for children and their immune systems.

Destroying ecosystems inevitably weakens our immunity, putting us at risk both in terms of health and the risk of infection.

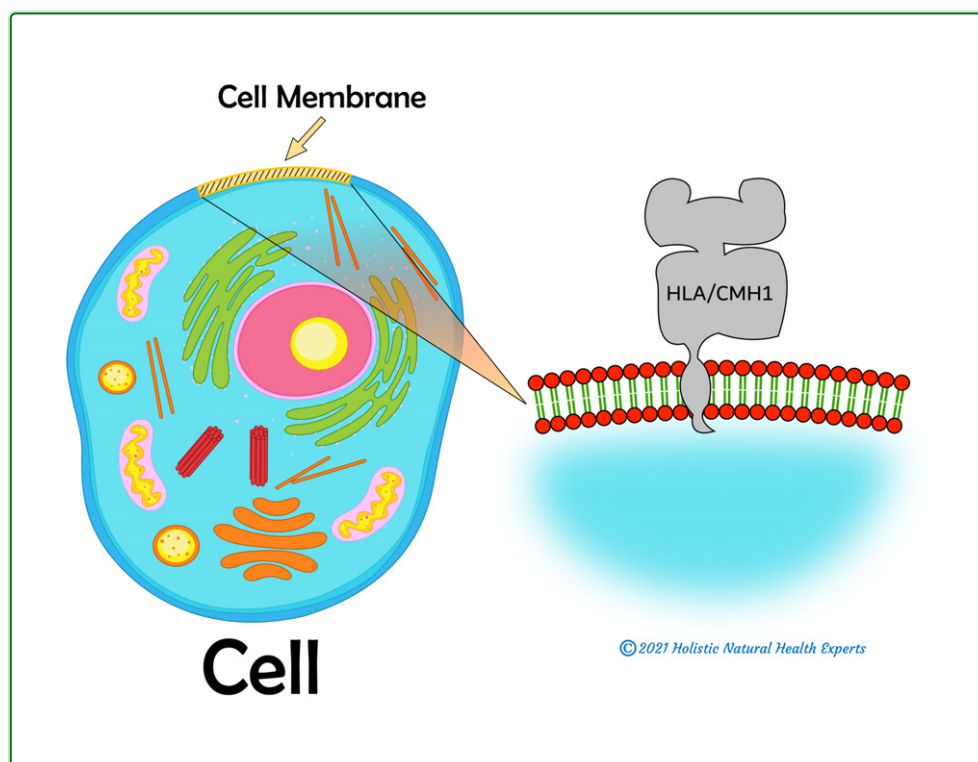
Recognize the SELF and reject the non-SELF

As with the military's concept of "friend or foe" identification to avoid friendly fire, the priority for our immune system is to identify ourselves as SELF, so as not to attack or destroy our own cells and tissues.

How is it?

All cells in our body (except for red blood cells) are identified as ours because they carry a distinctive mark on their surface that identifies them as SELF to our immune cells.

This hallmark is called HLA (human leucocyte antigen), or major histocompatibility class I complex (MHC I).



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This HLA is a protein complex made by the cell itself, according to a unique code defined by its DNA. Genetically unique to every human being, there are no exceptions apart from identical twins who share the same DNA.

Just like the inhabitants of the same country who all have their passports with them, so that they can be checked as indeed citizens of that country.

Why is HLA an antigen?

An antigen is a natural or synthetic substance which, by itself or by binding to another substance, triggers an immune response through the production of antibodies by B lymphocytes (humoral immunity).

But our HLA, introduced into another person's body, will trigger this immune response.

It must therefore be understood that our HLA is only an antigen (not SELF) for others; for us, it identifies us as SELF.

However, a foreign HLA is only one antigen among millions of other possible antigens.

Why produce antibodies?

The antibodies will bind to the antigens, allowing them to be neutralized and eliminated. They are part of humoral specific immunity, but cooperate and need the help of specific cellular immunity (T cells) to be effective.

T cells do not make antibodies, but recognize antigens and destroy the cell or the microorganisms that carry them.

Maturation of T cells

T cells, like all immune cells, develop from a stem cell in the bone marrow. Then they join the thymus via the blood.

The thymus is an immune organ where T lymphocytes are educated not to attack and destroy SELF. T cells that are too belligerent or too shy and all those that do not correctly recognize our own cells (the SELF) are eliminated. Once formed, they return to blood. Selection is ruthless and it is thanks to it that our immune system works.

A crucial step in the functioning of our immunity is this selection and education of immune cells to recognize SELF and to initiate a fight against cells whose SELF is altered.

Maturation of B lymphocytes

B lymphocytes, like all immune cells, develop from a stem cell in the bone marrow. Unlike T cells, B cells are already mature when they leave the bone marrow into the blood.

Transplants



HLA (MHC I) is genetically unique to us. It is therefore unique to each human being, except for identical twins.

This explains our body's natural rejection of any organ or tissue from another person, recognized as non-SELF. The transplants are thus naturally attacked by our immune system.

This is why after a transplant, the transplant patient must take immunosuppressive drugs for life, in order to prevent the cells of the immune system from starting a war, leading to the destruction of the transplanted organ and the patient's death.

However, even when the donor's organ has an HLA (MHC I) that is as "compatible" or "similar" as possible to that of the recipient, even when the recipient is put on immunosuppressive medication, the immune system always wins, and the transplant always ends up being rejected, 5, 10, 15 or 20 years later.

To this problem, we must add that immunosuppressive drugs, by gradually destroying the immune system, will cause serious side effects, such as: an increased risk of cancer and fatal infections.

So you understand why it is vital to preserve your original organs from any preventable damage. Because once the irreversible damage is done, we cannot change parts of our body as we see fit without suffering serious consequences. Our body is our most precious possession, let's take care of it.

Implants

A body implant is a foreign body made up of various materials that is introduced into the body during surgery.

Like any surgery, there is always a risk of infection.

Implants, unlike transplanted tissues and organs, are not living foreign cells but more or less inert materials. They are therefore not recognized as non-SELF and are not naturally rejected by our immune system.



However, whether they are metal, silicone or other materials, our immune system can still identify them as unwanted foreign bodies and try to eliminate them. In this case, a more or less permanent fight of the immune system sets in against a substance that it cannot destroy.

Whether it is a real allergic reaction or chronic inflammation, this situation will lead to general fatigue for the body, a bit like a country in which a region, more or less large, is in permanent conflict.

Symptoms will mainly concern the affected tissues, but can also be more general, such as:

- oxidative stress
- the formation of a capsule around the implant in order to isolate it from the rest of the body (typical of breast implants) with the risk of fibrous degeneration
- healing problems
- pain of all kinds
- disorders of nervous sensitivity
- etc.

We can cite as an example of these disorders:

- the PIP breast implant scandal, where the silicone used for the implant was of poor quality.
<http://paradisfj.info/spip.php?rubrique325&lang=fr>
- the scandal of Essure® implants, used to sterilize women, which were withdrawn from the market for their serious side effects. <https://www.resist-france.org/essure/>
- the scandal of the vaginal mesh implant, vaginal implants against prolapse
<https://www.theguardian.com/society/2017/aug/15/scandal-of-vaginal-mesh-removal-rates-revealed-by-nhs-records>

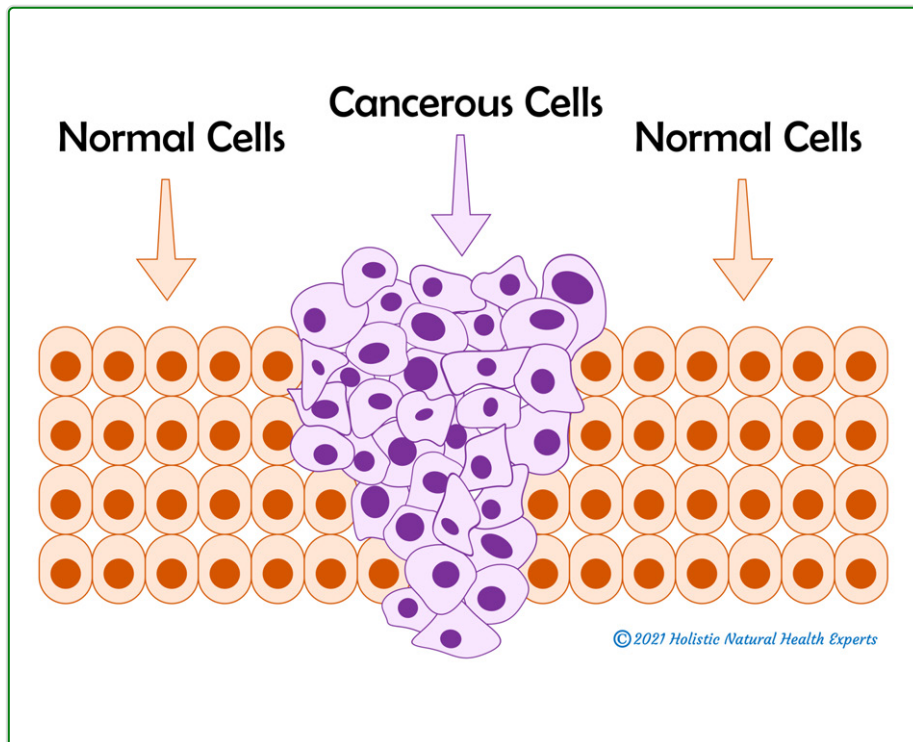
Therefore, we advise you to reserve the use of implants only for a real necessity, and to choose only the most biocompatible materials available, for example for dental implants made of Zirconium instead of Titanium.

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Cancer

Cancer is a disease defined by a number of cells that have become abnormal. Cancer can affect any organ, tissue or type of cell.

These disordered cells can become cancerous and form a lump (tumor) or circulate in the blood (leukemia). Tumors can grow and stay relatively in their place or invade surrounding tissue, or even break away from the tumor and migrate through the blood and lymph to form what are called metastases.



Cancer is a complex disease with so many possibilities for a cell to change shape and behavior.

Cancer and modified SELF

When a cell deviates from its normal structure and function, our soldiers, the immune cells, recognize it as modified SELF and eliminate it.

Let us remember this difference well: a foreign cell is the non-SELF, a cancerous cell in our body is the modified SELF.

Cancer and immunity

We can rejoice in the incredible efficiency of our immune system, because when it is functioning well, it constantly eliminates the dysfunctional cells that can become cancerous.

In the case of cells that have become cancerous, the faster and earlier they are eliminated (before they even organize into a tumor) the more our immune system is able to protect us from cancer.

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Remember that a 1 cm tumor that already contains around 1 billion cancer cells can take several years to develop. Yet it is often at this size that it will be detected in an early diagnosis when it has already escaped the control of the immune system.

You will therefore understand that when cancer is medically detected, the number of cells involved is already very high. You also understand that what conventional medicine calls "prevention" is in fact early detection of cancer.

But how do we imagine the elimination of cancer cells? 2-3 soldiers who act alone, in silent and high-performance commandos?

Well, not at all, because a soldier acting alone cannot assume and organize:

- information and communication, which are essential to coordinate work and receive help from other soldiers, from other army corps.
- the elimination of thousands or even millions of cancer cells, which requires the intervention of thousands of cells of our immune system
- the favorable conditions and the establishment of an often necessary inflammation.
- the control of the fight actions and when to stop them, field cleaning, cell and tissue reconstruction which are part of the cancer cell elimination strategy.

Let us recall here the essential role of cytokines which will enable this incredible work of mutual aid, action and cleaning. If we disrupt the work of cytokines, we disrupt the functioning of the immune system.

Prevent cancer

Since the middle of the 20th century, there has been a dramatic increase in cancer rates (all types included). This is due to two mechanisms:

- the increase in causes and factors favoring cancer
- the increase in causes and factors favoring damage to the immune system

No one wants to "get cancer", and yet ...

In Switzerland alone, almost 50,000 new cases of cancer are reported each year for only 8.5 million inhabitants, or half a million new cancer patients in ten years.

However, cancer is not a fatality, and you can be very active in preventing it.

Among all the possible measures, the most important are:

- a healthy diet
- exclusion of drugs (tobacco, alcohol and other substances)
- sport and regular movement
- restful sleep
- decreased stress and conflicts
- a satisfying personal, social and professional life
- effective and professional management of health problems and regular support of the immune system by experts in natural medicine

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Antigens and Antibodies

Non-SELF as opposed to SELF refers to any foreign cell, and will be rejected as we described above with the example of transplants.

All this is based on the “friend or foe” recognition of the distinctive sign worn by each cell in our body: HLA (MHC I), which represents our own antigens.

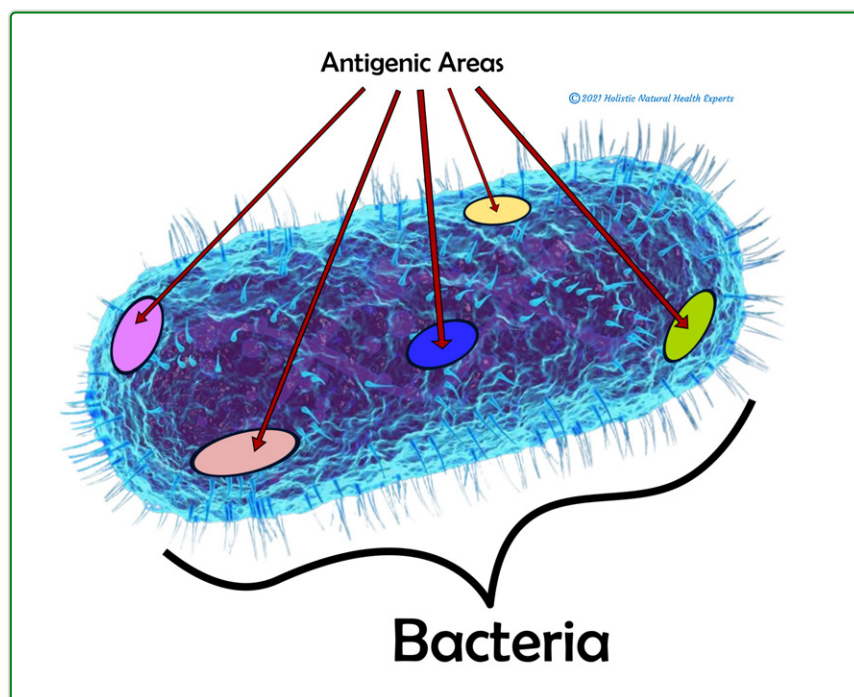
Thanks to this, all foreign HLAs will be quickly identified by our immune cells, just like an army recognizes and identifies enemy soldiers.

As we have seen previously, an antigen is a natural or synthetic substance that triggers an immune response through the production of antibodies by B lymphocytes.

Sometimes a substance too small to be antigenic binds to another substance to become antigenic. This is exactly what happens with the case of penicillin allergy: in fact, it binds to a protein in the blood and thus triggers an activation of the immunity, which recognizes this new molecular association as antigenic. .

It's a bit like an enemy who on his own is not always identified as an enemy because he comes across as insignificant, and then a criminal association reveals the danger and alerts the army.

It is important to visualize that an antigen of a cell, bacteria, virus or other microorganism is always only a small part or several parts of it.



Antigens enter our body through what we eat, drink, breathe and anything that comes into contact with our skin.

This is why we have soldiers stationed around the clock at all points of entry: in our skin, our mouth, our digestive tract, our eyes, our genitals, our nose, our throat, our lungs, etc.

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Note that there was a time, it was the fashion to remove tonsils in a majority of children, as soon as they were considered to bother a little bit. The tonsils are important, and like the appendix in the intestines, they do not have to be removed if it is not absolutely necessary.

When an antigen is detected by immune cells, it is presented to colleagues. Presented how? By specialized cells called antigen presenting cells. They ingest the antigen, fragment it and expose it on their cell membrane accompanied by a class II MHC, another brilliant find that immediately lets you know that you are not in the same situation as the modified SELF! Class II MHCs are therefore only found on the membrane of antigen presenting cells.

Most incredible of all is that this presentation of antigen is unique to each individual and genetically defined. Thus, two humans, subjected to the same antigen of the same virus, will not present the antigen in the same way and therefore will not have the same immune response to the virus.

Our defense against antigens is therefore specific, unique and varies in quality and quantity for each individual!

Among all the cells activated when an antigen enters our body, there are B lymphocytes which, once activated, will transform into large antibody-producing cells: plasma cells. Large amounts of antibodies are produced and released into the blood to bind to the antigen and neutralize it.

When an antigen enters us through normal channels, immunity is activated normally. The first lines of defense, non-specific defenses, immediately attack the antigen and notify the rest of the immune system of its presence. The immune system therefore has time to organize and coordinate its response.

We can imagine the scene like this: the soldier spots the enemy, cuts him up in pieces and presents him to his superiors, as well as to other soldiers, in a special envelope with the color code "danger: antigen". The high command coordinates the response, while the non-specific response is already in action.

Note here that this is not at all how vaccines work. Vaccination consists of injecting directly into our tissues and our blood, without going through normal contamination routes, a soup of artificially prepared antigens containing adjuvants.

Since the antigens prepared in vaccines are approximate, it is necessary to add toxic products to the composition of vaccines such as heavy metals such as aluminum and mercury, lipids such as squalene, other molecules such as calcium phosphate, synthetic DNA and even other pathogens, all in order to sufficiently irritate the immune system and force it to react. These products are these famous adjuvants.

In summary, we must understand that with vaccination, our immune system is betrayed, caught off guard, since it undergoes an intrusion of multiple antigens, without any prior warning, without being able to assess the threat and have time to coordinate the response. .

Consequently, the vaccination triggers a disruption of the immune system which will lead either to a massive and dangerous response, or, on the contrary, to a pathological absence of reaction harmful to the necessary future immune responses.

In the case of vaccines, the most obvious analogy is the Trojan horse technique, which strikes the heart of our immune system by surprise. We are self-inflicting this!

All of this explains in part the dramatic side effects that can follow a vaccination, as well as the lack of post-vaccine reactions which is unfairly considered normal.

The subject of immunity is very complex, so we keep a simplified approach here. You will understand this phenomenon in more detail in The Complete Anatomy-Physio-Pathology Approach.

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Blood Groups

Blood groups are an impressive example of our body's ingenuity in identifying us.

Red blood cells do not have HLA (MHC I) on their membrane.

Why?

Because red blood cells don't have a nucleus! Their main role is the transport of oxygen through hemoglobin and this takes up space, so they lose their nucleus when they pass from the bone marrow where they are born into the blood. However, without a nucleus, there is no DNA, no HLA, because these are proteins encoded from DNA.

Thus, a unique system has been set up: the system of blood groups, classified as ABO (we will not speak here of rhesus, other antigens).

Antigens identifying red blood cells, unlike HLA which offers unique identification, are much simpler and can be classified into 2 types:

- A Antigens
- B Antigens

These antigens are sugars and the cell does not need a nucleus to express them on its membrane.

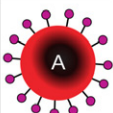
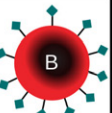
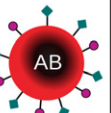
So you can be A or B or both, AB. Group O does not have an antigen.

Obviously, in the blood you will have the antibodies corresponding to the antigens that you do not have:

- if you are in group A, you will have anti B antibodies.
- if you are in group B, you will have anti A antibodies.
- if you are in group AB, you will not get antibodies!
- if you are in group O, you will have anti A and anti B antibodies.

To remember this, just remember that our body does not destroy its own red blood cells, so your antibodies are always directed to red blood cells which do not have the same antigens. In the case of group O, the antibodies are directed towards the 2 antigens.

Even if we take into account the rhesus antigens, which is necessary during a blood transfusion, we find that the antigenic identification of blood is a much simpler system than that of other cells in our body, based on the HLA. Fortunately, by the way, otherwise the transfusions would be impossible!

Blood Type				
	Group A	Group B	Group AB	Group O
Red blood cell type				
Antibodies in plasma	 Anti-B	 Anti-A	None	 Anti-A and Anti-B
Antigens in red blood cell	 A antigen	 B antigen	 A and B antigens	None

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Autoimmune diseases

Misleading likeness

As we have seen, an antigen is a natural or synthetic substance, and it is only a small part or parts of a cell, bacteria, virus or other microorganism.

So it can naturally look like a small part or several parts of our own cells!

If, unfortunately, the immune system gets it wrong, disaster strikes. It will then produce antibodies against this or these similar antigens, and will therefore, by mistake, start to destroy our own body.

It can attack our thyroid, nerves, joints, intestines, or any other part of our body.

It's as if the soldiers are shooting at their own citizens, mistaking them for the enemy.

What needs to be understood is that while theoretically we understand the antigen-antibody reaction relatively well, it is still a complex and delicate system that can easily turn against us.

Today, autoimmune diseases have exploded, affecting more than 10% of the population.

What tricks our immune system

The immune system can be fooled by:

- the introduction into our body of antigens, fragmented in a way that is incompatible with our own genetics
- the introduction into our body of approximate antigens, as is the case for the BCG vaccine (Calmette and Guérin vaccine against tuberculosis), prepared from an attenuated strain of bovine tuberculosis bacillus (*Mycobacterium bovis*) living ! In this vaccine, it is not the bacillus *Mycobacterium tuberculosis* that is introduced into the human body, but that of cow tuberculosis, in the hope that the immune system develops a cross reaction strong enough to react against the germ of human tuberculosis. The purpose of the cross-reaction is to obtain antibodies from the immune system that bind to similar antigens. Obviously, the cross reactions favor autoimmune diseases, by promoting the "misleading similarities" that we have just seen.
- the intrusion of antigens into our bodies, directly into our muscles, blood and deep layers of the skin, when the nonspecific first line of defense has been bypassed.
- introducing toxic adjuvants into our body to inappropriately excite our immune system.
- the simultaneous introduction of dozens of potentially fatal germs, when it would be completely impossible, in a natural way, for our body to be confronted with them at the same time. Imagine having to activate your immunity to defend yourself the same day against: measles, mumps, rubella, diphtheria, tetanus, polio, pertussis, hepatitis B, meningococcus, pneumococcus, varicella- shingles virus (VZV), etc.).

Unfortunately, vaccination brings all these points together and is therefore one of the major causes of immune dysfunction.

Regarding vaccination, it should be understood that the vaccine concept, developed in the 18th and 19th century, is based on an archaic medical understanding of the immune system!

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Back then, medicine knew very little about the immune system. Indeed, the discovery of the structure of antibodies and HLA, as well as of the first cytokine, was only made in the 1960s, and even today, the functioning of the identified cytokines is still not understood in its totality, as well as the interaction of all cytokines with all immune cells.

So you understand that vaccination is an outdated concept, totally unsuited to the physiology of our immune system.

The problem today is that modern medicine cannot interact with our complex and sophisticated army (our immune system) without harming it.

Yet just by observing and studying nature, we already have plenty of solutions to work with our immune system, helping and strengthening it instead of harming it.

Today and depending on the country, 20 to 40% of children already suffer from immune problems such as allergies, eczema, asthma, hay fever, and all autoimmune diseases. It is high time to stop damaging our immune system.

Allergies



Allergy is one of the most common immune pathologies today. It already affects more than 30% of the population against only 3% in the 1960s!

Wrongly trivialized, allergy is an inappropriate reaction of the immune system against an antigen, even in very small quantities. It is manifested by intense and / or dangerous symptoms.

In normal individuals, this same antigen causes no reaction.

Allergies are considered manifestations of immune hypersensitivity.

There are 4 different types depending on the immune response.

The important thing is to understand that no matter what type of allergy you have, it is a sign of an immune system disorder. Like an army dysfunction, where the soldiers, no longer really knowing who the enemy is, set out to fight against false intruders who pose no danger to the country.

Some hypersensitivities are quite recoverable, others may stick around for life, as is often the case with allergies mediated by IgE (antibodies of the Immunoglobulin E group).

Everyone knows this serious form of allergy, it is the one that makes your throat and face swell (angioedema), the one where you risk choking, having a serious asthma attack, have collapse or giant urticaria, or severe anaphylactic shock.

Mechanism

Before you can be allergic to something, it has to be detected as an enemy by the immune system. On first contact with the antigen, the antigen abnormally activates the immune system, which recognizes it as an enemy.

It is on the second contact with this antigen that the allergic reaction is triggered with all the serious symptoms just described, and so on for all future contacts with it.

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The causes

Anything that harms the immune system can directly or indirectly cause an increased risk of allergies.

Among the sources of harm to the immune system, 3 are directly related to the increased risk of allergy:

- eating foods with pesticides, or any other chemical that can cause part of that food to appear antigenic to our immune system
- eat GMO foods, because introducing foreign proteins, genetically modified, can make part of this food appear antigenic to our immune system.
- introduce proteins from this food into our muscles, tissues or blood, without going through the digestive system. For example with peanut oil, which contains traces of peanut protein, which is used as an adjuvant in vaccines.

http://s175833897.onlinehome.fr/wp-content/uploads/2017/04/Huile_arachide.pdf

Remember that in general, the best way to promote the development of allergies and autoimmune diseases is to introduce substances into the blood that have nothing to do with it.

Immunity marker

Allergy is a very important marker of immunity, which indicates how badly our immune system is. In our therapeutic practice, too often we find that most people with allergies do not see themselves as "sick".

However, a person with an allergy already has an abnormal immune system.

Fortunately, there are solutions in natural medicine to treat allergies and the immune system in order to restore healthy immunity as much as possible.

Immunity: Our Health Ally

Our immune system in danger

Pollution



Today our immune system is more at risk than ever. Because of the constant assaults to which it is subjected, it works just like our economy, which is incompatible with efficient long-term operation.

Among the many sources of pollution of our immune system, the main ones are:

- chemicals and synthetics (found everywhere)
- fine particles from industrial pollution and traffic
- chemical drugs
- junk food, GMOs and toxic products used in agriculture
- vaccines
- drugs (tobacco, alcohol, and other harmful substances)
- all other carcinogens and endocrine disruptors that we breathe, touch and eat

Aggression

But our immune system is not only polluted. Being an integral part of our body, it also suffers from what attacks us in general such as:

- tiredness
- the noise
- lack of sleep
- the stress
- lack of essential nutrients
- lack of clean water, clean air, sun, etc.



Note here that when a substance is listed as carcinogenic, it means that it modifies the structure and division of our cells. This is how a cancer cell becomes different, weird, its HLA (MHC I) expresses an modified SELF, and if all goes well, our immune cells, which constantly patrol, detect it and trigger its destruction.

The problem is that this near perfect monitoring and control mechanism can be overwhelmed with the task, and if it does, cancer cells slip through the cracks and form a tumor.

Immunity: Our Health Ally

Bad habits



In addition to being polluted and assaulted, our immune system also suffers from our attitude towards everyday injuries and infectious diseases.

Here are two examples:

- regular intake of medicines such as antihistamines (allergy medicines). They block histamine, a cytokine important for the proper functioning of nonspecific defenses and inflammation.
- taking non-steroidal anti-inflammatory drugs without prior diagnosis, ie all drugs with anti-inflammatory action other than cortisone. They prevent the inflammation which, in an infectious state, is an essential part of the immune response.

Note here that the non-steroidal anti-inflammatory drugs are very numerous. To name just a few: Ibuprofen (Brufen, Algifor, Advil, Nurofen, etc.), Paracetamol (Panadol, Benuron, Dafalgan, etc.), Diclofenac (Voltaren), mefenamic acid (Ponstan), Celecoxib (Celebrex), Rofecoxib (Vioxx) which was withdrawn from the market after causing the death of a few thousand people, etc.

It is often forgotten that the majority of the population takes these drugs very regularly for anything and everything.

It should also be noted that concerning non-steroidal anti-inflammatory drugs, when they are consumed at the start of an infectious disease to reduce fever and pain, their action is deleterious, because they only cut off the body's natural defenses without having anti-infective effect.

Indeed, fever is one of the basic mechanisms of our immune response. By increasing body temperature, harmful viruses and bacteria weaken as the army grows stronger. The immune cells work better, the blood circulation supplies the tissues better, and the cleansing cells rid the body of the waste of battle - the debris of dead cells, microorganisms, plasma, etc.

In addition, fever is an important signal to trigger the other stages of the immune response, so taking anti-inflammatory drugs at the onset of an infectious disease will also disrupt the rest of the immune response.

Exactly like bad communication on the battlefield that can turn out to be disastrous.

In conclusion, what to remember

Our immune system learns how to defend ourselves properly against external pathogens, through experience and training. Blocking its defense mechanisms is the worst thing you can do to it.

It is vital to avoid as much as possible exposing your immune system to the various sources of pollution and aggression that we have just described.

Immunity: Our Health Ally

The solutions

Knowledge, a formidable weapon



Understanding your immune system better is the fundamental basis for starting to improve it. As we have seen, our immune system is a complex and delicate system, and our very first priority should be to not harm it! Rather than an interventionist logic, we must focus more on understanding, prevention and natural treatments, respectful of our body.

As the Hippocratic Oath so aptly states: "Primum non nocere". First, do no harm. Unfortunately, many people

today unknowingly harm their immune system or worse, thinking they are doing the right thing! This is why knowledge and understanding are so important.

Go further

We have explained here, in broad outline, some important points of the functioning of our immune system.

Immune phenomena that one might think separate are in fact intimately linked. This is the case for example: inflammation, scarring, allergy and autoimmunity. Sometimes it takes little to change from a normal physiological process to a pathological one.

Obviously, there is much more to know and understand about our immune system. It is particularly linked to many other functions of our body.

For example, it is linked to digestion. In fact 80% of our immunity is located in our digestive system. It is therefore influenced by our intestinal bacteria, our diet, our emotions, our stress.

It is linked to the regulation of organs, we know that low doses of autoantibodies are produced by our immune system and have a regulatory (and not destructive) action on our organs. It may seem paradoxical with the view of antibodies linked to autoimmune diseases, yet it is not.

It is linked to the brain and behavioral development of children through the gut-brain axis, as well as the thoughts and moods of adults.

It is closely linked to our endocrine (hormonal) system, they influence each other. Cystitis or yeast infection related to hormonal changes in the cycle of women is a perfect example.

Immunity: Our Health Ally

Natural medicines



Natural medicines and mainly herbal medicine have a lot of benefits to offer to our immune system and our body. It is still necessary to be taken care of by competent professionals. Unfortunately, today everyone calls themselves an “expert” in alternative therapies and everyone has their own opinion on the matter.

Because of this, it is very difficult for someone who doesn’t know much about it to talk to the right people. This is why, again, knowledge and understanding of health is fundamental. Everyone should be able to learn it and make it their own, for knowledge and understanding are the pillars of freedom.

To conclude, remember that our immune system is above all an ally for our health. It is not just for fighting dangerous pathogens and defeating the enemy, whether they come from outside or inside.

It also ensures communication and permanent protection of all systems in our body.

Complex and logical, delicate and robust at the same time, there is still much to discover about our magnificent immune system.

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