

Good Tree Natural Health

Complete your Wellness Potential with Dr. Carmen Jones

10 Natural Ways to Strengthen Your Immune System

Our immune system is much like an army, with many key players that must work properly in order to protect us from illness. When we get sick, it is an opportunity for our bodies defenses and army to be put to the test. It is important when we fall ill to colds and flu, that we give our immune system a chance to do its job. In order to support our body's troops, we can add these things in to help our immune system, instead of suppress it. Many of the over the counter medications work by suppressing the symptoms and the immune reaction. When we suppress the systems, we are also suppressing part of our immune system.

So, we are essentially telling our body's army that they've been training for this fight, but when a war comes along, that they can't send in their troops. Though we don't usually have the time to be sick, or don't want to experience the symptoms of being sick. It is important that we trust our bodies to take the appropriate action and let our immune army take its course.

We can help support the immune system with the following recommendations:

1.1 PROBIOTICS

Our microbiome is mostly found within the gut, and is responsible for about 70% of our immune system. As the main hub for our immune system, taking probiotics helps to maintain your natural flora balance. Our goal is look for greater than 15 billion CFU and greater than 4 strains of bacteria on the label. For Maintenance take at least 20 billion a day, and for acute illness take 1 capsules 2-3 times a day for 1 week while sick.

1.2 GARLIC



Garlic has allicin, which is a compound that is known to have anti-microbial and immune boosting properties. Allicin stimulates the body's natural killer cells, which are excellent at targeting viral infections. Because of this garlic is considered to have Anti-viral, antibacterial, and anti-fungal properties. Studies show that increasing garlic in the diet or taking a supplement of 2,000-2,500 mg daily can reduce incidence of colds and flum reduce severity of symptoms, and the number of days missed at work/school. Chop garlic and let sit for 5-10 min. The odor will get stronger. Eat something first, then eat the garlic. It is best to mix into a carrier such as honey, pesto, mash potatoes, applesauce, or olive oil. Raw garlic may burn.

Garlic Soup – drink 3-4 cups if acutely ill or recently exposed to illness, or add it to your weekly menu for prevention. * See Recipe below

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1.3 VITAMIN D

Vitamin D deficiency has been linked to increase episodes of chronic illness. Maintaining your vitamin D levels is important. You can get your daily dose of vitamin D by being in the sun for 20 min a day with your arms, legs, and head uncovered. If you live in a colder climate where that is not feasible, or cannot tolerate the sun you can use an oral supplement of Vitamin D3, about 5,000 IU (250 mcg) a day is a good maintenance dose. You can ask your doctor to get your Vitamin D3 levels tested. Optimal range is 60-80 for your Vitamin D3. If you are below this range, then we can increase your dose to 10,000 IU daily, especially if you have a tendency to become ill. For acute illnesses, you can try a Vitamin D3 "Hammer", this is a SHORT dose of 50,000 IU for 3 days to promote the immune system, and lessen the severity and duration of the illness.

1.4 ELDERBERRY

Elderberry has been used in folk medicine for centuries to treat influenza, colds and sinusitis, and has been reported to have antiviral activity against influenza A and B, and herpes simplex. Israeli virologists have found that elderberry extract has proved to be specifically active against the influenza virus by blocking replication very effectively, and reduces fever. At the first sign of illness, take a hot infused homemade tea of elderberry tincture, syrup or glycerite 1-3 tsps. 3x a day

1.5 Echinacea

The herbal medicine Echinacea purpurea, has been widely used to prevent and treat viral respiratory infections, and recent clinical data suggest that it may prevent secondary infection complications as well. Significant findings of Echinacea include: decreasing likelihood of falling ill, reducing duration of a cold, reduce recurrent respiratory infections, and when taken while traveling, reduces risk of falling ill. 2015, Echinacea liquid was found to be as effective as Oseltamivir (Tamiflu) in the early treatment of clinically diagnosed virologically confirmed influenza virus infections with a reduced risk of complications and adverse events. Drink 1-2 cups of tea a day OR Take tincture 5 ml 3 times a day OR Take capsule 1000 mg 3 times a day



1.6 N-acetylcysteine (NAC)

An ester of the amino acid L-cysteine, is a potent antioxidant. It has been used for over 30 years to treat bronchitis and other lung conditions due to its expectorant and mucolytic properties. This means that it makes it easier to thin the mucus and cough up stuff that is causing your symptoms. Studies show the effectiveness as inhibiting virus replication and inflammation. NAC has an affinity for the lungs and the

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detoxification pathways. Aim for 500 mg 3 times a day when acutely ill. You can also take NAC preventatively 1000 mg daily.

1.7 ZINC

Zinc has been shown to reduce the virulence of viruses and reduce entry into the cells. Zinc is a mineral our body needs regularly. Typical daily dosing of zinc is 15mg –30mg daily with lozenges potentially providing direct protective effects in the upper respiratory tract. Maintenance doses of zinc would be 10mg daily. For acute illness you can increase to 30mg daily for 1 week. Take with food, because can cause nausea, when taken too much or on an empty stomach.

1.8 VITAMIN C

We've always heard of the benefits of Vitamin C, especially when we are sick. Vitamin C helps support the immune system, but also support our stress pathways, so when we are sick, our body is experiencing a physical stressor, and the demand for Vitamin C goes up! We've seen high doses of vitamin C successful for preventing and reducing viral illness and cancer! For maintenance, we all need to be taking about 3,000 mg daily. To an acute illness I have people double it to 6,000 mg daily for 1 week.

1.9 ASTRAGALUS

Astragalus has antiviral activity and increases our white blood cells, part of our immune system. In Chinese medicine it is often used as part of herbal mixtures to prevent or treat upper respiratory infections, cold and flu. Historically it has been taken in soups and teas. When you are acutely ill, 500 mg 3 times a day can be helpful.

1.10 MUSHROOMS

Mushrooms are high in polysaccharides, which are known for supporting our immune system. There are several medicinal mushrooms that are helpful in this manner. Some of the most common are Reishi, Maitake, Shiitake, Cordyceps, and even our white button mushrooms have smaller amounts of polysaccharides. Adding mushrooms to your diet on a weekly basis can be very helpful in keeping your immune system running smoothly!

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2 DIET RECOMMENDATIONS

1. Decrease amount of food you eat. Drink clear broths (chicken soup, bone broth, vegetable broth * Recipe below). Giving your digestion a rest will help to increase your immune response to fight against the bug. Fasting for 24-36 hours allows our immune system to entirely reset, so you can mount a stronger response to a bug.
2. Increase water intake to half your body weight in ounces, (Ex: 120lb person drinks 60 oz a day) consider adding a pinch of Himalayan salt or *Concentrace Minerals* or broth to help decrease dehydration.
3. Avoid White Processed Sugar – it suppresses your immune system. ½ tsp of white sugar suppresses the immune system for 6-8 hours.
4. Reduce Dairy --- Dairy products such as milk, yogurt, cheese, and ice cream have a protein called casein. Casein is known to cause inflammation and can stimulate your body to produce more mucus. Sugar is known to paralyze your immune system. 1 teaspoon of sugar can stop your immune system from reacting for up to 8 hours. Avoiding sugar can help ensure your troops can react 100%!

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3 FOOD AS MEDICINE

NATURE'S FLU SHOTS DRINK 1-3 oz a day.

These foods are anti-viral, so they will help combat.

- 8 fresh lemons (1 cup of lemon juice)
- 2 fresh oranges (1/2 cup of Real orange juice)
- 2 cups of 100% pineapple juice (no sugar added)
- 2 TBS Ground ginger fresh or dried
- 1 TBS Apple Cider Vinegar (organic with mother)
- 1/2 tsp Ground Tumeric
- 1/8 tsp Cayenne Powder
- 2 TBS of Raw organic honey
- 1 bulb of garlic raw



Blend all ingredients and store in glass jar. Take 1-3 cups per day until symptoms resolve.

IMMUNE BOOSTING SMOOTHIE

- 1 cup of spinach
 - 1.5 cups of almond milk (or coconut milk)
 - 1.5 cups of pineapple with juice (frozen or canned)
 - 1 tsp ginger grated or 1 TBS dried
 - 1.5 TBS lemon juice (can substitute orange juice if you prefer)
- Blend together and drink up!

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GARLIC SOUP RECIPE

As you hack through the winter wanting relief but not looking for relief in a bottle of antibiotics, garlic soup is one good addition to your arsenal. You can make up a large batch and freeze it, so you have it already made in case you need it. Or add it to your weekly menu.

Ingredients

- 2 whole onions, sliced and caramelized...
- 4 bulbs of garlic, roasted...
- 1/2 gallon broth (chicken, bone, vegetable)
- 1-2 bulbs of raw, thinly sliced, to taste
- salt, to taste
- Options: 1 bay leaf, 1 sprig of rosemary, herbs to taste.



Instructions

1. Roast garlic. Remove from peels.
2. Slice onions and sauté them in a heated skillet that has been warmed with a bit of oil. Cook onions on medium-high heat until they become translucent and begin to caramelize.
3. Remove onions from heat.
4. Heat broth, add onions and roasted garlic.
5. Puree roasted garlic, caramelized onions, raw garlic and broth in a food processor.
6. Place pureed ingredients back to a sauce pan and add herbs to taste: the rosemary and bay leaf. Stir them in, cover, and let the mixture sit for about ten minutes. Remove the herbs. Your garlic soup is ready.
7. Drink 3-4 cups a day until symptoms resolve

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BONE BROTH RECIPE

What you need:

- 2 pounds (or more) of bones from a healthy source (chicken, beef, fish)
- 2 chicken feet for extra gelatin (optional)
- 1 onion
- 2 carrots
- 2 stalks of celery
- 2 tablespoons Apple Cider Vinegar *this dissolves the minerals in the bones, which is easier for us to digest.
- Optional: 1 bunch of parsley or rosemary, 1 tablespoon or more of sea salt, 1 teaspoon peppercorns, additional herbs or spices to taste.
I also add 2 cloves of garlic for the last 30 minutes of cooking.



You'll also need a [large stock pot](#) to cook the broth in and a strainer to remove the pieces when it is done. (If using a crock pot, that's all you need!)

What to do:

The first step in preparing to make broth is to gather high quality bones. Check your local butcher (ask for soup bones), organic roasted chicken, or cold-water fish. I usually aim for 2 pounds of bones per gallon of water. This usually works out to 2-3 full chicken carcasses. If possible, I'll also add 2 chicken feet per gallon of water (completely optional!).

If you are using raw bones, especially beef bones, it improves flavor to roast them in the oven first. I place them in a roasting pan and roast for 30 minutes at 350.

You'll also need some vegetables for flavor. These are actually optional but add extra flavor and nutrition.

I also add, per batch, a bunch of parsley from the garden. Since I make in bulk, I usually use about 4 times the amount of each of these. You can make in any amount, just multiply or divide the recipe up or down.

Then, place the bones in a large stock pot (I use a 5-gallon pot). Pour (filtered) water over the bones and add the vinegar. Let sit for 20-30 minutes in the cool water. The acid helps make the nutrients in the bones more available.

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Rough chop and add the vegetables (except the parsley and garlic, if using) to the pot. Add any salt, pepper, spices or herbs, if using.

Now, bring the broth to a boil. Once it has reached a vigorous boil, reduce to a simmer and simmer until done. These are the times I simmer for:

- Beef broth/stock: Stovetop Simmer 48 hours
 - Instapot: High Pressure for 2 hours
 - CrockPot: 48 hours
- Chicken or poultry broth/stock: Stovetop simmer 24 hours
 - Instapot: High Pressure for 1.5 hours
 - CrockPot: 48 hours
- Fish broth: Stovetop simmer 8 hours
 - Instapot for 1 hour
 - Crockpot for 12 hours

During the first few hours of simmering, you'll need to remove the impurities that float to the surface. A frothy/foamy layer will form and it can be easily scooped off with a big spoon. Throw this part away. I typically check it every 20 minutes for the first 2 hours to remove this. Grass-fed and healthy animals will produce much less of this than conventional animals.

During the last 30 minutes, add the garlic and parsley, if using.

Remove from heat and let cool slightly. Strain using a fine metal strainer to remove all the bits of bone and vegetable. When cool enough, store in a gallon size glass jar in the fridge for up to 5 days, or freeze for later use.

How to Use:

Homemade Broth/Stock can be used as the liquid in making soups, stews, gravies, sauces and reductions. It can also be used to sauté or roast vegetables.

Especially in the fall and winter, we try to drink at least 1 cup per person per day as a health boost. My favorite way is to heat 8-16 ounces with a little salt and sometimes whisk in an egg until cooked (makes a soup like egg-drop soup).

In times of illness we will usually just drink bone broth until we start feeling better as it supports the body but is very easy to digest so the body's energy can go to healing. In cases of stomach bugs or vomiting, bone broth often calms the stomach very quickly and helps shorten the duration of the illness.

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If you aren't already, make bone broth a regular part of your kitchen routine. It's health boosting, inexpensive and easy... you can't afford not to!

4 HOME RECOMMENDATIONS

1. Use a humidifier at night to moisten the mucus membranes increasing your defenses against microbes.
2. Detox bath:
 - 1-2 cups of Epsom salt
 - 1 cup Baking soda
 - 2 TBS of chopped ginger or 4 TBSP dried ginger (more or less depending on your tolerance)
 - Optional: Add essential oils like Tea Tree OR Lavender.

Draw your bath as hot as you can stand it. Pour ingredients into the bath and soak for 40 minutes. The first 20 minutes is to detoxify and the last 20 is so your skin can absorb the minerals. You should be having a good sweat at this time, be sure to hydrate during your bath. Drink two glasses before, one during and two after. When you get out of the tub, do so slowly. You are more than likely to be light headed at this time. Dry off and wrap yourself in a towel and cover in a robe. Bundle up and you will feel very warm and hopefully sweat for at least an hour afterward. You want to keep sweating it out!

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3. MAGIC SOCKS TREATMENT

Magic Socks at bedtime when exposed to viral illness or when you feel run down

The sock treatment is best if repeated for three nights in a row, or as instructed by your physician.

Indications: Sore throat or any inflammation or infection of the throat, neck pain, ear infections, headaches, migraines, nasal congestion, upper respiratory infections, coughs, bronchitis, and sinus infections.

Supplies:

- 1 pair white cotton socks
- 1 pair thick wool socks (or two additional pairs of cotton socks)
- Towel
- Warm bath or warm foot bath

Directions:

1. Take a pair of cotton socks and soak them completely with room temperature water. Be sure to wring the socks out thoroughly so they do not drip.
2. Warm your feet first. This is very important as the treatment will not be as effective and could be harmful if your feet are not warmed first. Warming can be accomplished by soaking your feet in warm water for at least 5-10 minutes or taking a warm bath for 5-10 minutes.
3. Dry off feet and body with a dry towel.
4. Place wet socks on feet. Cover with thick wool socks (or two pairs of cotton socks). Go directly to bed and sleep well covered. Avoid getting chilled.
5. Keep the socks on overnight. You will find that the wet cotton socks will be dry in the morning.

Effects of the Wet Sock Treatment: This treatment acts to reflexively increase the circulation and decrease congestion in the upper respiratory passages, head, and throat. It has a sedating action and many report that they sleep much better during the treatment. This treatment is also effective for pain relief and increases the healing response during acute infections.

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Immune Tonic Recipe aka “ Anti-Plague Tonic”

1. Ingredients:

- 1 TBSP Garlic minced
- 1 TBSP Chives chopped
- 1 TBSP Alfalfa dried
- 1 TBSP oregano
- 1 tsp Horseradish
- ¼ cup of chopped red onion
- 1 cup of organic apple cider vinegar



2. Add: Garlic, chives, medicago (alfalfa for the minerals), oregano, horseradish in equal parts (We will use 1 TBSP today). Then add ¼ cup of Red Onion to the jar. Then add 1 cup of organic apple cider vinegar to the mixture. Let set in the Fridge for 2 weeks for the flavors to blend. Then ready to eat!
3. **Uses: as a pick me up when feeling fatigue, run down, or a cold coming on. Helps to boost the immune system and overall restorative to the body.**
4. Take it straight- 1 tsp to 1 tbsp (Depending on size) 3 to 4 times a day
 - a. If it's too strong, can dilute in 1 oz of water
5. Can put it on a salad, on crackers, or take it straight.
6. Add a little honey for kids
7. Lasts for at least a month in the fridge

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BONUS: OPTIMAL IMMUNE HEALTH MEANS OPTIMAL HEALTH

Incorporating these things into your daily health routine will give your body the best environment in which it can heal.

4.1 REDUCE STRESS

We know stress is a silent killer. Stress directly affects our physical body by reducing our immune reactions and causing illness. The more stress we have, our body increases its production of cortisol. Cortisol naturally suppresses our immune system as a survival mechanism. 'Psychological stress disrupts immune regulation and is specifically associated with increased pro-inflammatory cytokines such as IL-65. Acute stress in mice increases IL-1B via NLRP3 inflammasome activation.' This means that the more inflammation and suppression of our immune reaction opens us up to being more susceptible to illness.

Various mindfulness techniques such as meditation, breathing exercises, guided imagery, etc. reduce stress, reduce activated NFkB, may reduce CRP and do not appear to increase inflammatory cytokines. Find stress relieving activities you enjoy, such as a hobby, or try something new. Then make time for your stress relieving activity every day for at least 10 minutes.

4.2 EXERCISE

We know exercise is always helpful for better health, but how does it help our immune system? When you exercise, you increase your circulation and your blood flow throughout your body. The components of your immune system are also better circulated, which means your immune system has a better chance of finding a microbe (viral, bacterial, or fungal) before it spreads. This includes (but is certainly not limited to) seasonal colds and influenza.

4.3 GET PLENTY OF SLEEP

If you aren't getting enough sleep, or enough restorative sleep, you'll be at increased risk for a hostile viral takeover. Your immune system is also the most effective when you're not sleep-deprived, so the more rested you are the quicker you'll recover.

Shorter sleep duration increases the risk of infectious illness. One study found that less than 5 hours of sleep (monitored over 7 consecutive days) increased the risk of developing rhinovirus associated cold when compared to individuals who slept at least 7 hours per night.

Sleep deprivation increases cytokine production, which increases our risk of an immune overreaction. (This might be a big confusing, but we want our immune system to react appropriately to an infection. If

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there is already a lot of inflammation present in our body, then when we get exposed to a virus, then our immune system may over react, causing things like a cytokine storm)

Adequate sleep also ensures the secretion of melatonin, a molecule which may play a role in reducing virus virulence.

4.4 LAUGHTER IS THE BEST MEDICINE

The saying, “laughter is the best medicine” holds true. Laughing research has been shown to increase white blood cells, which is part of the body’s defense army. So crack up and tell that silly joke to get others around you laughing. Don’t know a funny joke, check out laughing yoga on you tube.

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