

## Boosting Your Immunity Naturally

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By Dr. Derek Conte

Flu season is here, setting off alarm bells with some people worried that they are at risk for getting sick. The reality is that you can be exposed to the flu virus and not get “sick” or show any symptoms of the flu. Why? Because even though you didn’t realize you had been exposed, your body *did* know it and responded quickly and powerfully, never letting the virus take a hold on you.

Blood tests in research have shown that some people exposed to the flu virus didn’t even know it. Yet sometimes this population is counted in statistics as people who “contracted the flu virus”. This led to reports of 5-20% of people “having the flu” in certain years... crazy, right? In reality, only about 2% become sick from the flu each year. Germs are ubiquitous and we breathe them in every day. They come in through our eyes and our mouths too. Why then are we not always sick from these germs? ...because we have been blessed with this wonderful innate machinery called, “*the immune system*”. Therefore, we should pay attention to what enhances the immune system and what can tear it down.

What builds it up? **Exercise:** Walking in the fresh air is enough if you can’t do more. Just do it. Get some Sun on your face. **Sleep:** Get enough! Go to bed earlier and put the TV and computer in another room! Take a nap if you can when needed. This can work little miracles. **Diet:** Eat cleaner. Increase raw foods like salads and vegetables.

**Supplements:** Vitamins A,C,D,E,B-complex, zinc, selenium, colostrum (antibodies) and Echinacea. **Chlorella:** (a blue-green algae) – possibly the most nutritionally-dense source of vitamins, minerals and protein out there and easy to take with juice or water. Look into HARD RHINO broken-cell/cracked-wall chlorella powder.

What tears the immune system down? **Habits:** Smoke less and drink less. **Diet:** Decrease sugar, reduce grains and avoid nutritionally-empty processed foods, no matter how good they taste! **Stress=Cortisol:** Stress is impossible to avoid in this life, but it must be managed. Let go of what you cannot fix in the moment. Pray to have resentments removed, talk to a friend, take a walk, eat a good, healthy meal, build something... CREATE! It has been proven by the science of psychoneuroimmunology that one’s mood and attitude can powerfully affect their immune system.

**Prevention?** Basics always apply. Wash hands more often and better. Maintain personal and household hygiene.

**If you do get sick:** Try colloidal silver and oregano oil, both known to kill pathogens.

**Vaccines?** This is something that every responsible adult must research these days and make an informed decision based on that research. I haven’t missed a day of classes or work due to illness in over 25 years and I haven’t had a vaccination during that entire period. This is an individual choice I have made and not a suggestion to others.

**Coronavirus?** I thought you’d ask! Right now we have 15 confirmed U.S. cases. All but one are recovering well. Remember, not everyone exposed to the flu virus is getting sick and the best way to protect yourself is to have a very strong and diligently maintained immune system...

Here’s a good article on natural ways to boost immunity from which this article is partially drawn:

<https://vitalitymagazine.com/article/my-top-10-immune-boosting-supplements/>

...and a good article on the broad benefits of chlorella, which I have written about twice previously in my column:

<https://www.healthline.com/nutrition/benefits-of-chlorella#section12>

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