PRIDE OF HEALING

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Homeopath

IMMUNE SUPPORT

IMMUNE SYSTEM
what it is

Conventional Definitions

- Webster's Dictionary describes immunity as:
  - A condition of being able to resist a particular disease, especially through preventing the development of a pathogenic microorganism.
- Wikipedia states that:
  - Immunity is a balanced state of multicellular organisms having adequate biological defenses to fight infection, disease, or unwanted biological invasion.
- Author and director of the 2018 Real Immunity DocuSeries, Cilla Whatcott, Ph.D., shares this:
  - Your innate health and immunity are what keep you healthy long-term and prevent chronic disease.
- Martin J. Blaser, physician and author of the book Missing Microbes, breaks the definition down into the two types of immunity we possess:
  - We are born with innate immunity, a collection of proteins, cells, detergents, and junctions that guard our surfaces based on recognition of structures that are widely shared among classes of microbes.
  - In contrast, we must develop an adaptive immunity that clearly distinguishes self from non-self. Our early life microbes are the first teachers in this process, instructing the developing immune system about what is dangerous and what is not.
  - Blaser explains how critical the early childhood years are in developing immunity: By age three, each of us has acquired our unique foundation of microbes. Those first three years, when the resident microbes are most dynamic, are when the baby is developing metabolically, immunologically, and neurologically. This critical period lays the foundation for all the biological processes that unfold in our childhood, adolescence, adulthood, and old age—unless something comes along to disrupt it.

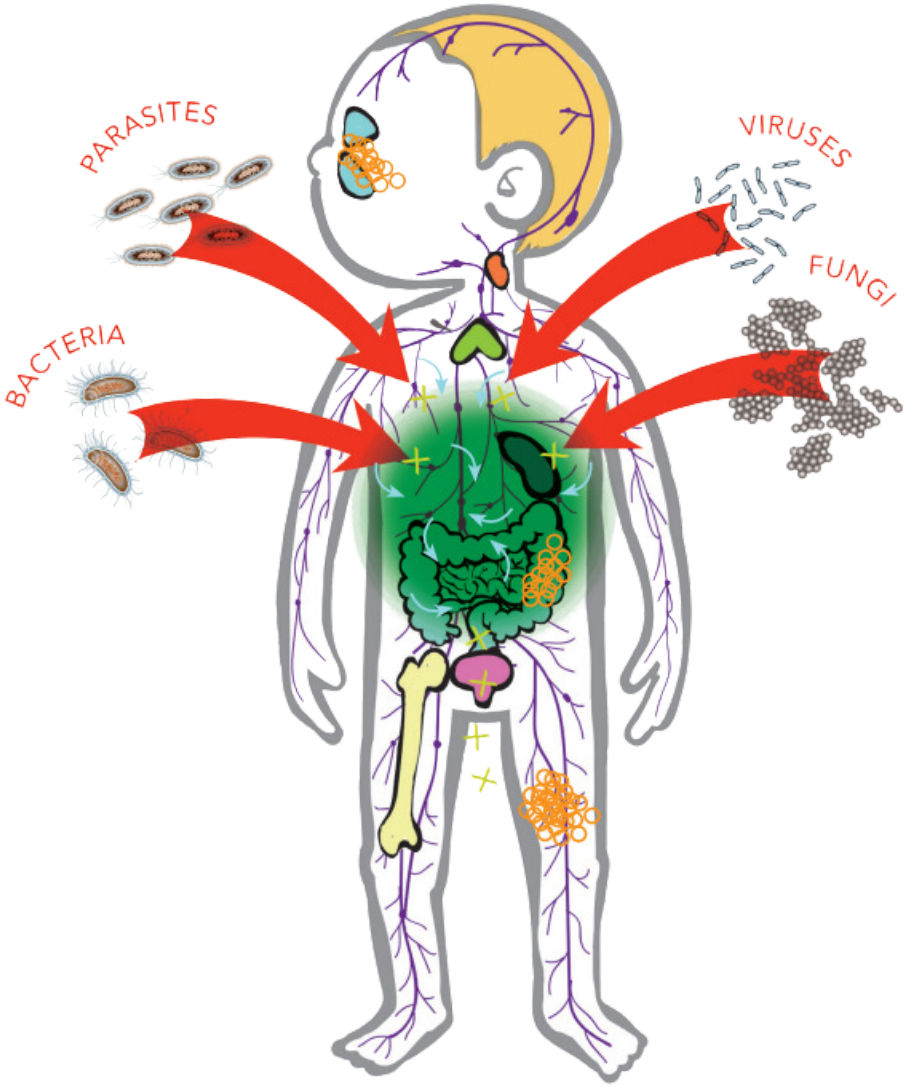
IMMUNE SYSTEM
how it works

Neutralizes and eliminates pathogens like bacteria, viruses, parasites or fungi that have entered the body

OR

integrates pathogens to strengthen immunity.

it builds up as inflammation.



IMMUNE SYSTEM
how it works

Homeopathic perspective

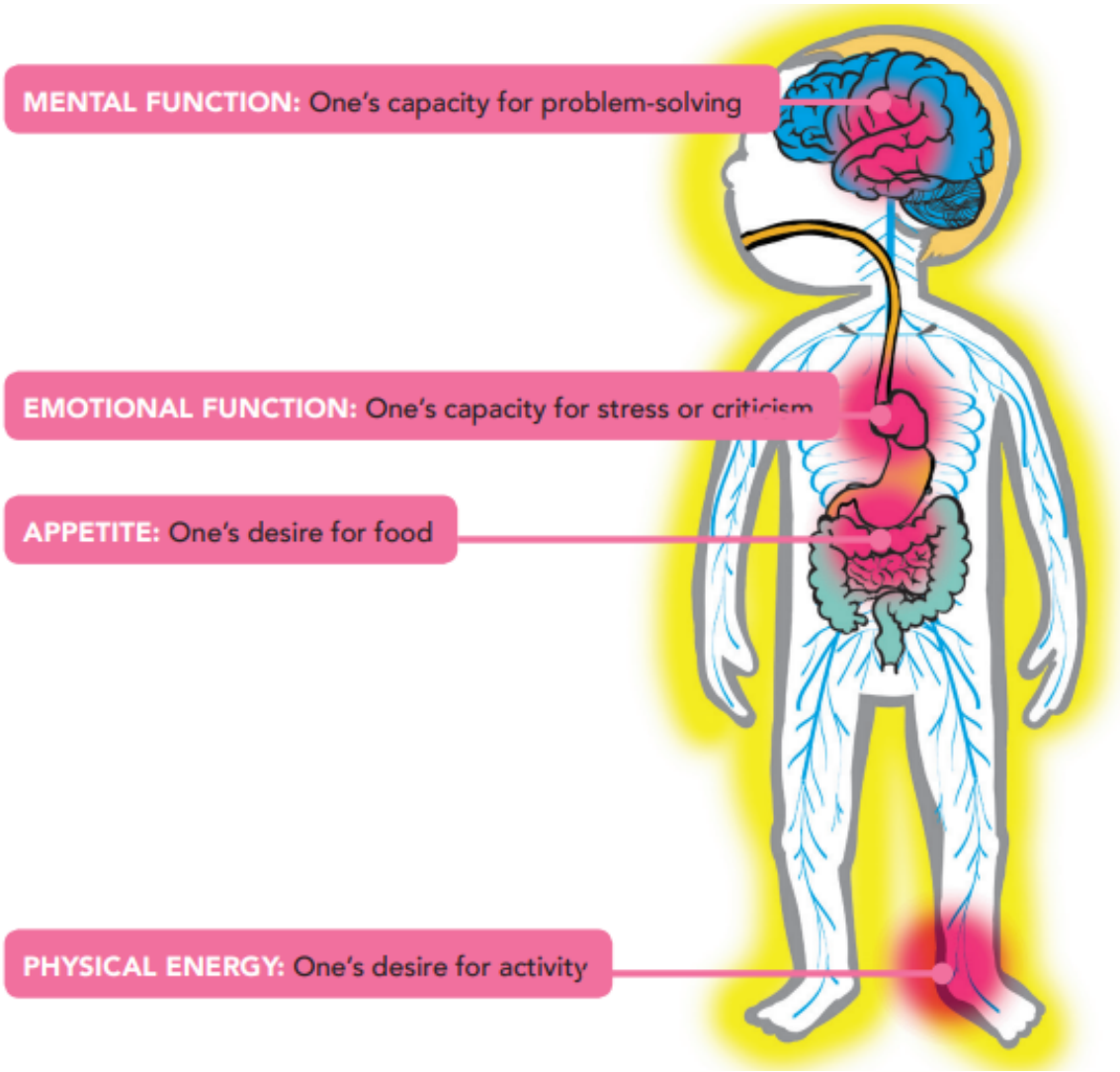
- Contraction of an illness or disease happens inside, not outside. This is why, as contagious as a disease may be, still, not everyone will contract it. This is also why not everyone will display symptoms to the same degree of severity among those who contract a certain disease. This is also why, from the homeopathic or holistic point of view, the idea of being “a-symptomatic” implies you do not have a certain disease.
- The “immune system” is unlike the respiratory system, circulatory system, or any other “systems” conventional medicine has broken the body down into. When looked at for what it is and contains, it also essentially covers the entire body. Indeed, there are some key components, including bone marrow, the thymus, the spleen, lymph nodes, tonsils, and the appendix.
- But basically, just about everything else, in one way or another, affects or is affected by the body when it deems an “immune” reaction appropriate. Nephrologist Dr. Suzanne Humphries points out in her book, Dissolving Illusions that “The more scientists learn about the immune system, the more they realize their profound lack of understanding. . .”

What is Immunity?

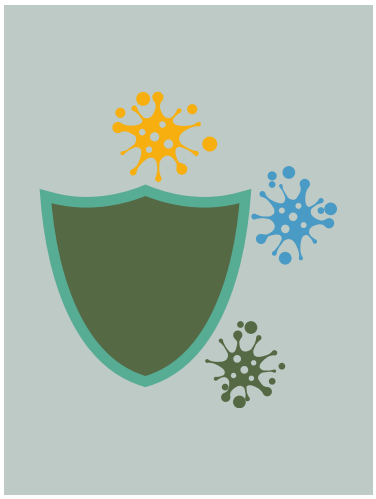
- Our lifestyle can influence our immune response much more than a packet or two of Emergen-C. - Lauren Hubele
- The immune system constantly decides whether it is more beneficial to negotiate, accept, and integrate an element to diversify and strengthen our microbiota or to neutralize and eliminate the element because it is likely harmful.

IMMUNE SYSTEM
how to tell if it is working

- When a healthy immune system is at work, it steals energy from less critical functions.
- This chart shows four easily identified functions as they slow or shut down during the healing process.
- Through the appearance of these symptoms slowing down nonessential functions, the body is asking us to rest.



- The return to normal function serves as a sign that the work of the immune system was successful. As mental and emotional function is restored and appetite and physical energy return, you know you or your child is improving from whatever acute condition was experienced.



IMMUNE SYSTEM
influences

- Good news/bad news
  - The immune system can be influenced to be stronger and more responsive or influenced to be sluggish and lazy.
  - Sleep
    - Without sleep, our bodies cannot heal. The brain is fully washed, and waste is taken away during sleep.
    - Heavily influenced by adrenal glands, nervous, and digestive systems.
  - Daily Movement
    - Research has revealed that a regular, moderately intense exercise program reduces inflammation and enhances immune responses.
    - Depends on the current fitness level.
      - Needs to be enjoyable
      - Try to get outside in the sun (preferably in the morning...extra points for being at sunrise)
  - Diet
    - Zero sugar
      - The body uses insulin to process vitamin C.
    - Find out what the body does not like - start with removing dairy and gluten.
    - Broccoli, brussels sprouts, kale, cauliflower, and cabbage all contain a phytonutrient that our stomach acid transforms into the key that fits into the AH receptor locks. In other words, eating these veggies sustains immunity by unlocking and activating the receptors that are the front-line defense against intestinal pathogens. - Lauren Hubele

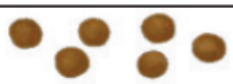
IMMUNE SYSTEM
influences

- Eliminations of Wastes
  - Optimal Bowel Elimination
    - The frequency and consistency of your stool elimination are some of the most telling indications of your health.
    - Under normal conditions, the body was designed to process dietary and metabolic waste products multiple times a day to maintain the alkalized state that is key to healthy cell reproduction and immunity.

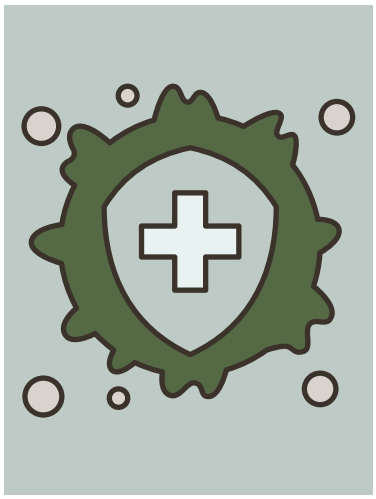
Daily Frequency

WHO	#	TYPE
Breastfed babies	3-4	Soft, never explosive stools throughout the day
Breastfed babies eating fruits and vegetables	2-3	Soft, pain free stools throughout the day
Formula fed babies	2-3	Well formed, pain free stools throughout the day
Children (no longer breastfed)	2-3	Well formed, pain free stools throughout the day
Adults	2-3	Well formed, pain free stools throughout the day

Stool Consistency

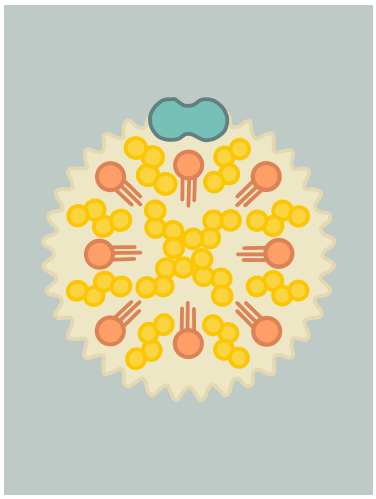
Consistency		Description
Type 1		Separate hard lumps
Type 2		Lump and sausage like
Type 3		Larger sausage shape, minimal cracks
Type 4		Larger sausage shape, smooth, does not break
Type 4.5		Smooth edges that break upon flushing, soft serve ice cream consistency
Type 5		Same consistency as Type 4.5 but in smaller pieces
Type 6		Mushy pieces, ragged edges
Type7		Mushy to liquid

(Adaptation of Bristol Stool Chart)



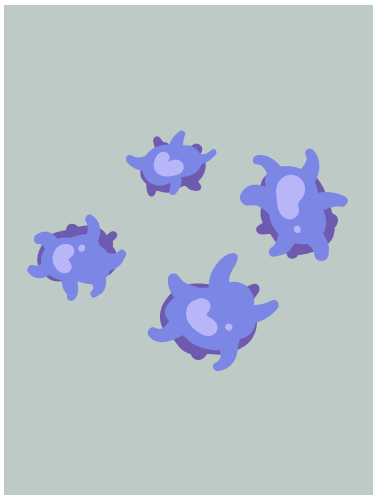
IMMUNE SYSTEM
influences

- Eliminations of Wastes
  - Dry brushing the skin.
    - Helps the lymphatic system to flow.
    - Remove toxins from the skin.
    - Makes your skin glow....so say the online experts!



IMMUNE SYSTEM
influences

- Eliminations of Wastes
  - Lymphatic massage
    - It helps the lymphatic system to flow.
    - The lymph system is the waste management of the body.
    - Has no pump of its own.
    - Helps to reduce inflammation in the body.
    - The Book of Lymph is a great resource.

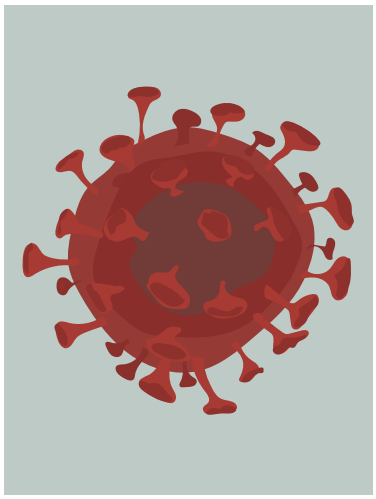


IMMUNE SYSTEM
thymuline

- Where is the Thymus?
  - Behind the sternum
  - In infants, it is an active gland that works to establish an immune system.
  - Reduces function after puberty.
  - In adults, it can be flabby and poorly functioning.
- What does the Thymus do?
  - It is active in the presence of Zinc.
  - Down-regulates inflammation; upregulates immune response.
  - Creates copies of T-cells that are later stored in the tonsils.
- What is Thymuline?
  - Made from a thymus gland peptide
  - A hormone produced by epithelial cells in the thymus gland.
- Thymuline has been used in immune disorders
  - Frequent, repeated illness, especially ENT
  - NBWS viral respiratory infection
  - NBWS vaccination (DTaP, MMR)
  - Repeated infections with e coli
  - Tendency to get colds
  - History of pneumonia
  - Chronic recurrent bronchitis
  - Support immunity when compromised
- Use for prevention in respiratory clients at risk
  - Thymuline 9c weekly during flu season
  - Same for children with frequent colds
  - Take in the morning on an empty stomach for one month, then once a month for 5 months.

IMMUNE SYSTEM
gemmotherapy

- What is Gemmotherapy?
  - Stem cells from the buds of plants are homeopathically prepared into solutions meant to target specific aspects of the body.
  - It can be used as a detox.
  - Regulates the nervous system, building the immune system.



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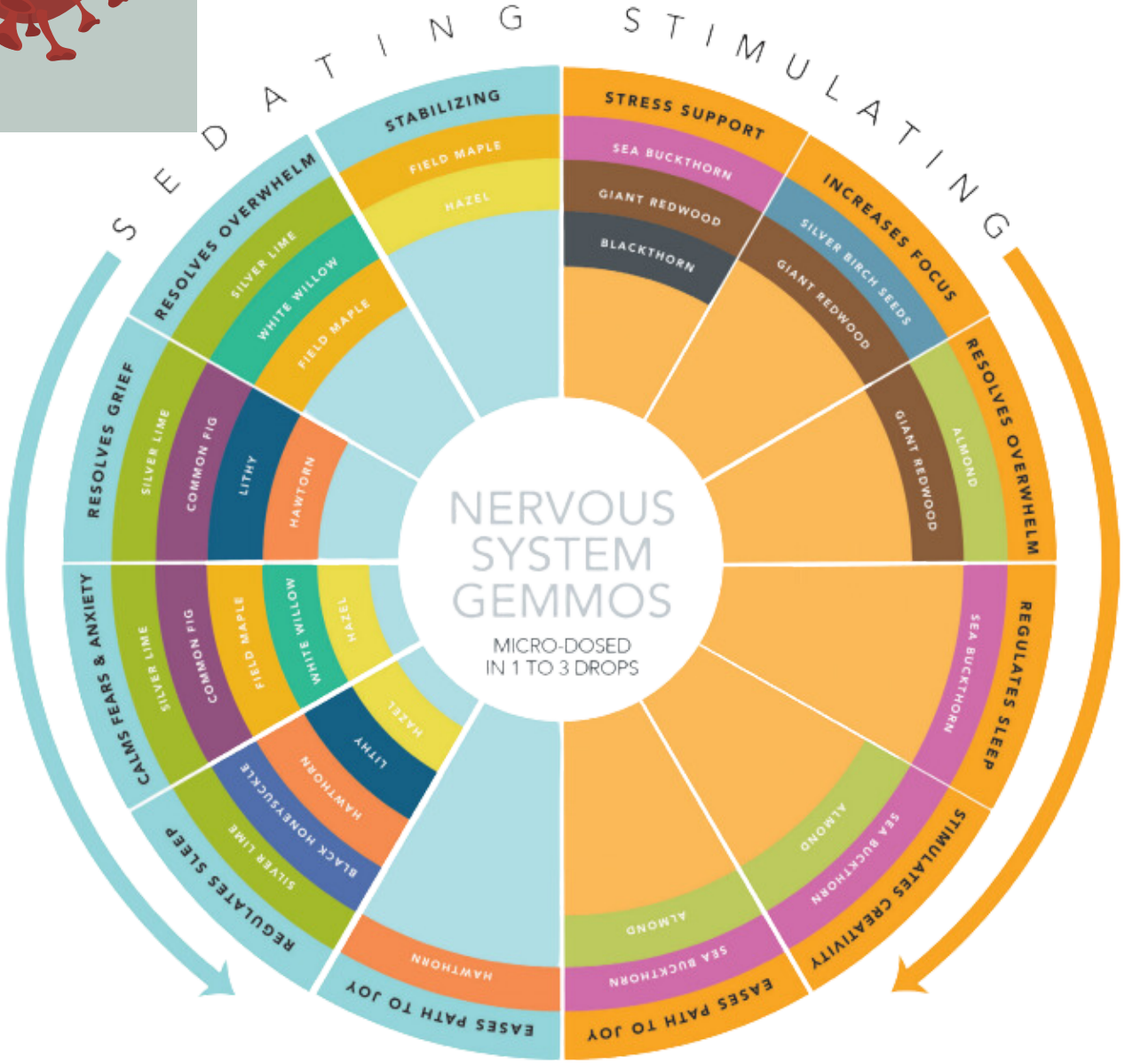
Nervous System Extracts



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Gemmotherapy Dosage Guidelines for Nervous System Extracts

General Dosage:

Nervous System Extract (each morning or evening)

10 yrs to Adult: 1-3 drops per extract

5 to 10 yrs: 1-2 drops per extract

3 to 5 yrs: 1-2 drops per extract

Infants-Toddlers: 1 drop per extract

To Provide Support During Mental-Emotional Stress consider:

Sea Buckthorn: When mental and/or emotional stress is putting a strain on immunity.
Giant Redwood: When stamina and focus is needed to finish the job whether that be mental or physical stamina.
Blackthorn: When there is physical and/or mental exhaustion from prolonged illness or caretaking.

To Help Regulate Sleep consider:

Sea Buckthorn: When there is morning grogginess and/or the circadian rhythms are off for irregular sleep patterns.
Silver Lime: When sleep is disrupted by anxiety, fears or mental restlessness.
Black Honeysuckle: When falling asleep is a challenge and/or there is disruption of sleep between 1 and 3 am.
Hawthorn: When emotional heartache prevents falling asleep or a child 6 years and older can not settle to sleep before 9 pm.
Lithy: When evening restlessness prevents falling asleep and/or sleep is disrupted between 3 and 5 am.
Hazel: When emotional soothing and stability would support falling asleep and/or there are night wakings between 1-5 am.

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To **Help Resolve Grief** consider:

Silver Lime: When grief is accompanied by anxiety, physical or mental restlessness, or sleep disturbances.
Lithy: When sleep disturbances from grief occur between 3-5 am, and/or there are symptoms of anxious breathing day or night.
Common Fig: When the emotion of grief is overwhelming and affects digestion.
Hawthorn: When there is physical heartache from grief.

To **Help Resolve Fear/Anxiety** consider:

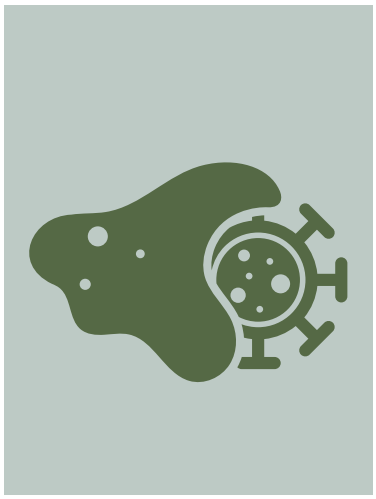
Silver Lime: When anxiety and fears cause physical or mental restlessness, or sleep disturbances.
Common Fig: When anxiety and fears lead to digestive symptoms.
Field Maple: When emotional stability and a sense of being grounded would resolve fear and anxiety.
White Willow: When sedation and grounding is called for to resolve fear and anxiety.
Hazel: When fear and anxiety would respond to soothing and mood stabilizing.

To **Help Stabilize Mood** consider:

Field Maple: When there is ruminating and rethinking of experiences or situation that leads to any level of mood swings.
Hazel: When there is a desire for soothing to stabilize mood.

To **Help Resolve Overwhelm** consider:

Silver Lime: In cases of general overwhelm with restlessness.
White Willow: When overwhelm can be resolved from deep grounding and sedating.
Field Maple: When getting past ruminating thoughts or concerns would resolve the overwhelm.
Giant Redwood: When stamina, focus and taking action would resolve the overwhelm.
Almond: When overwhelm can be resolved with trust in yourself.



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Acute Care

Nervous System:
Silver Lime
Sea Buckthorn
Common Fig
Lithy Tree

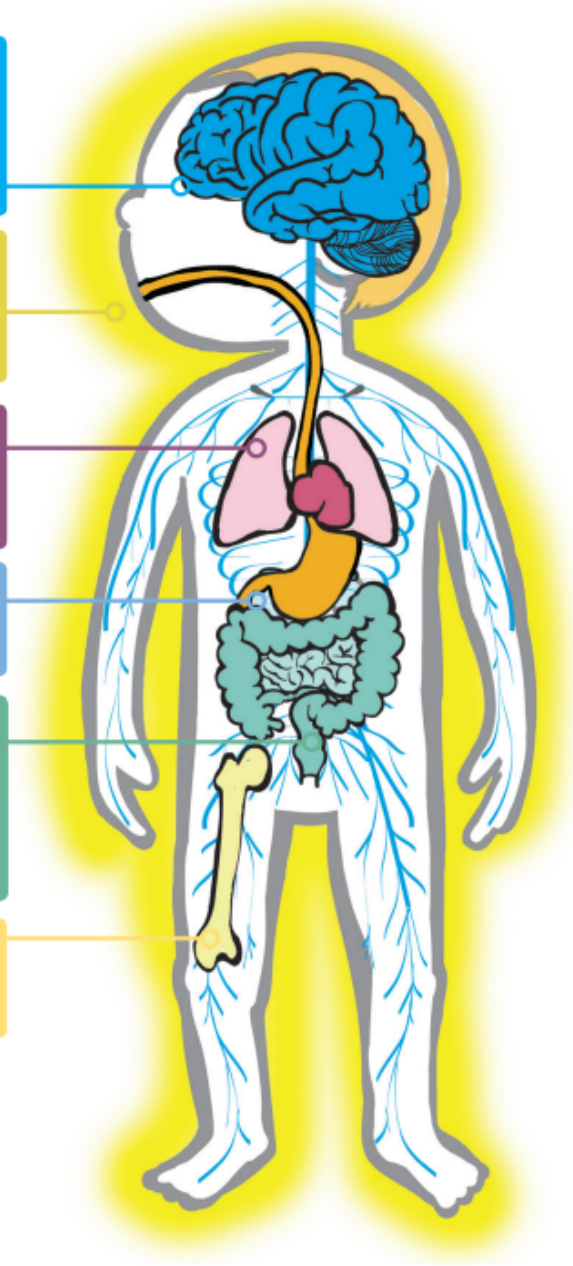
Immune System:
Sea Buckthorn
Silver Lime
Lithy Tree

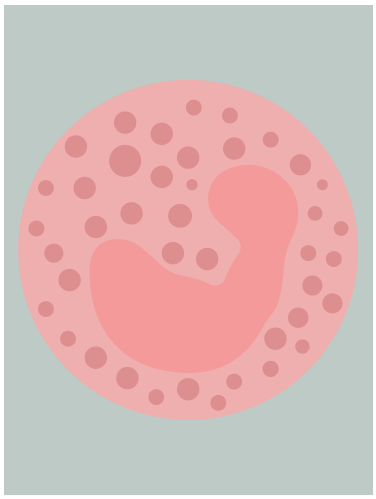
Upper Respiratory:
Black Honeysuckle
Dog Rose
Sea Buckthorn

Adrenals:
Black Currant
Oak

Digestive/Elimination:
Common Fig
Lingonberry
Lithy Tree
Silver Birch Sap
Walnut

Musculoskeletal:
Silver Fir
Giant Redwood





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- Abies Pectinata – associated with bone and growth issues
- Acer Campestre – inhibits viruses (particularly herpes), fatigue, fibromyalgia, gall bladder stones, and hypoglycemia issues.
- Aesculus Hippocastanum – drains venous congestion (ie varicose veins) and hemorrhoids
- Alnus Glutinosa – the top one for heart disease, also inflammatory conditions
- Alnus Incarna – one of the strongest anti-inflammatory and anti-thrombotic
- Ampelopis Weitchii – for regeneration of damage to joints, ligaments, cartilage etc (ie: rheumatoid arthritis)
- Betula Alba – can drain the liver, also used for arthritis, gout, arthrose, and lower cholesterol
- Betula Pubescens – can drain the liver, acts on the immune system, issues with the hip joints
- Betula Verrucosa – can drain the liver and kidneys, anti-inflammatory, can regenerate tissues, nervous system depletion, intellectual exhaustion, early stage kidney disorders
- Carpinus Betula – infections of upper respiratory tract (especially ears, nose, and throat)
- Castanea Sativa/Vesca – help Aesculus Hippo enhance venous circulation, drains lymphatics and vein disorders
- Cedrus Libani – kidney and skin drainer for different types of eczema, dermatitis, allergies, etc
- Cercis Siliquestrum – for arterial circulation due to arteriosclerosis
- Citrus Limonium – depression, migraines, insomnia, spasmodic coughs, etc
- Cornus Sanguinea – drains the endocrine system and thyroid issues
- Corylus Avellana – drains the respiratory system, supports the elasticity of the lungs

IMMUNE SYSTEM

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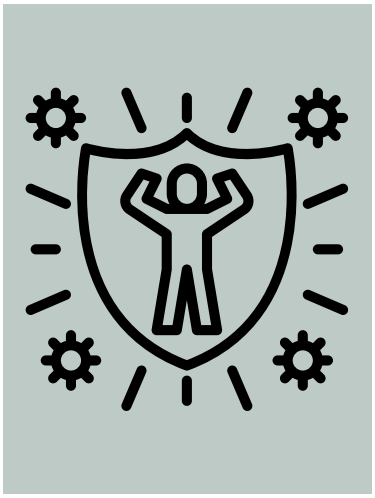
- Crataegus Oxyacantha – known as the “jack of all remedies” for heart issues
- Fagus Sylvatica – for repetitive or terminal infectious diseases
- Ficus Carica – for the digestive system, normalizes gastric juices, heals mucus, ulcers, colitis, etc
- Fraxinus Excelsior -mostly drains the liver but can also help the kidneys
- Gingko Biloba – asthma, Raymaud’s, all issues needing increased blood supply
- Ilex Aquifolium – can complement Fagus Syl for renal insufficiency; Tilia for petit mal epilepsy; Betula Verr for fibrocystic breasts
- Juglans Regia – chronic inflammatory conditions, anti-infectious remedy, pancreatitis, restore gut flora, dysbiosis
- Juniperus Communis – the most potent drainer for the liver and kidneys in chronic conditions (not to be used in healthy people past 5 weeks as it can cause fatigue)
- Ligustrum Vulgare – drains the skin, kidneys, mucus membranes, chronic intestinal issues, colitis, mouth infections, bed sores, leg ulcers
- Lonicera Nigra – drains the liver and kidneys (not as potent as Juniperus) and drains the nervous system producing a calming effect
- Malus Sylvestris – anti-inflammatory, migraines of vascular origin, stimulates the brain with circulation and oxygenation, can help with addictions
- Olea Europea – cleans out the arteries, helpful in Alzheimers – not recommended in cancer (it can potentially break down tumor barriers making it spread)
- Pinus Montana – drains vertebral column, regenerative action on hard tissue, cartilage, ligaments, etc
- Platanus Orientalis – can help vitiligo, malaria, acne



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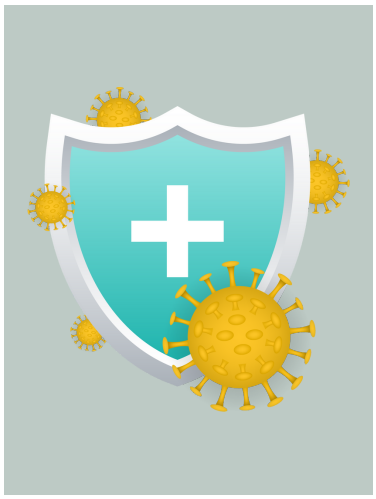
- Populus Nigra – for circulation of the legs and spasms (only to be used 4-5 weeks at a time)Prunus Amygdalus – hypertension, coagulation disorders, nervous phobias, compulsive obsessions
- Quercus Pedonculata – adrenal issues, blood pressure, fatigue, constipation – is said to restore life to the dying.
- Ribes Nigrum – for all allergies, anti-inflammatory, stimulates eosinophile series
- Rosa Canina – strengthens the immune system, migraines, headaches
- Rosmarinus Officinalis – primarily drains the liver and gallbladder, acts slightly on kidneys, prostate issues, women on BC, colitis, Crohn's disease (important to do low doses only)
- Rubus Fructicosus – obstructive respiratory issues, osteoarthritis, stimulates bone tissue
- Rubus Idaeus – for problems in the pelvic region in females with periods and childbirth
- Secale Cereale – restoration of damaged hepatic tissue, hepatitis, jaundice, also dermatitis & and psoriasis
- Sequoia Gigantea – for estrogen deficiency
- Sorbus Domestica – major regulator of venous circulation, lymphatic drainage, brain tumors
- Syringa Vulgaris – coronary vessels of the heart (important to start with a low dose)
- Tamarix Gallica – issues with anemia, viral infections
- Tilia Tomentosa – insomnia, neuralgia, headaches, calms down stressed-out people
- Ulmus Campestre – strong drainer of liver and kidneys, skin metabolic issues
- Vaccinum Vitis Idaea – necrosis of the extremities, postmenopausal issues, aging, decrepitude, repairs intestinal mucosa from colitis, Crohn's, etc



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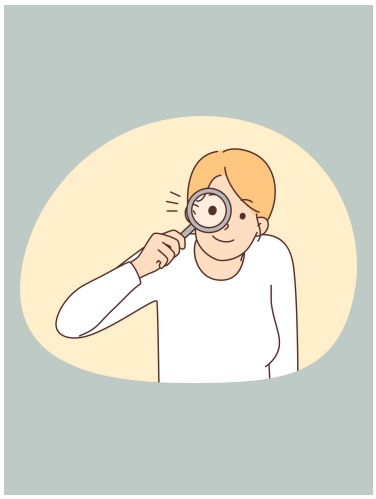
- Viburnum Lantana – chronic allergies, bronchitis, asthma, eczemaViscum Album – any fibrocystic formation of the breast, ovaries, etc; also for scar tissue- to be cautious in those with cancer (it can potentially break down tumor barriers making it spread)
- Vinca Minor – improves blood circulation, brain irrigation, and hypertension.
- Vitis Vinifera – painful deforming rheumatism/arthritis, small articulations of fingers/toe
- Zea Mais – after Ulmus Camp, one of the best liver and kidney drainers, however for inflammation, it is superior (start with low doses)



IMMUNE SUPPORT

resources

Resources for further learning

- Books
  - Restoring Your Immunity - Lauren Hubele
  - The Book of Lymph - Lisa Levit Gainsley, CLT
  - https://www.seroyal.com/media/wysiwyg/seroyal/downloads/Gemmotherapy_Brochure.pdf

- Podcasts
  - Restoring Immunity

- Websites and Articles
  - https://laurenhubele.com/
  - https://hpathy.com/homeopathy-papers/immunity-and-susceptibility-in-homeopathy/
  - https://hpathy.com/homeopathy-papers/natural-immunity-why-you-should-not-vaccinate/
  - https://hpathy.com/homeopathy-papers/using-the-homeopathic-miasms-to-make-sense-of-our-crazy-world/?expand_article=1
  - https://draxe.com/beauty/dry-brushing/
  - https://wellnessmama.com/beauty/dry-brushing-skin/
  - https://www.livestrong.com/article/548758-how-to-increase-the-thymus-function/
  - https://learningandyearning.com/thump-your-thymus/
  - https://www.thehomeomother.com/what-is-gemmotherapy-a-complete-list-of-the-51-remedies/