



**IMMUNE SYSTEM**

The Immune system is comprised of a number of defenses that are able to combat the effects of bacteria, viruses & irritant that invades the body.

These defenses include the skin, the mucous membrane lining the nose & throat & acid in the digestive systems.

The Immune system also has at its disposal specialized white blood cells that circulate in body fluids & help to protect the body from infection.

#### Diet & Disease: -

Research indicates that a diet low in Vit-C, beta-carotene & zinc diminishes the Immune system's ability to overcome invasions from hostile organisms. It also appears likely that specific nutrients may be able to reduce the risk of cancer forming.

#### Helping Immunity: -

Avoidance of smoking, lifestyle that is as stress-free as possible, combined with plenty of physical exercise & a diet rich in plant nutrients, is thought to give the system the best chance of working.

#### Top Healing Foods \_\_\_\_\_

1. Broccoli
2. Garlic
3. Sweet Potato
4. Whole Meal Bread
5. Oranges
6. Soya Beans,
7. Onion
8. Carrots

#### Foods To Avoid

1. Red Meat
2. Processed Meat
3. Alcohol
4. Saturated Fats
5. Cigarette