Introduction to immune confidence

Okay, so we're ready to get started with some immune confidence here. So the past years have really scared everyone when it comes to getting sick and being sick, and how to manage their body's immune system.

And so that's why I called this immune, confidence, because it's really important that I help you to understand how to be confident with how your body's functioning and will function and can function if we allow it to do what it needs to.

Here are some ways that we can go into this feeling a little bit stronger so that, we have a different experience and get stronger instead of weaker in the end.

So, what is the immune system so our body's immune System isn't a single system. It's an entire network of our entire body being able to work together.

and to function as a whole, to be able to communicate together. So anything that disrupts that communication, it could be a disconnect in this area that's leading to a disconnected over here.

It's not, well, my immune system, just that an isolated part wasn't working. a reflection of the system as an overall whole. Being sick is a sign of a working immune system.

The immune system as a whole-body network

That means that it is actually doing its job, it's doing what it needs to do, and I'll explain how that works as we go through. I'm a visual person, so for me, its easier when I picture things.

We're going to start with some pictures. Picture if you're cooking in a really, really messy kitchen and you've got stuff going on everywhere, And all of a sudden, the pot on the stove starts to boil and overflow.

And so you grab that, you put your hand on a pot, on this stove, and then you're trying to read your recipes at the same time. As you try to grab it, then spill something everywhere.

So it's just this chaos, right? And nothing's actually getting accomplished, but there's one heck of mess that's being made. What was the cause of the mess?

Was it the stuff in the pot that caused the mass? No, it was not the staff and the part that cause the math. So the step in part is the mask, but it's not because of them.

This is a great example of how to think about your immune system. The mucus, the germs, whatever it is, that isn't the cars. It is them as it not to cause them mess.

How do we learn how to work with our body in a way to understand what it's trying to say and identify the difference between the cause and the mess and how do address both?

What factors might have been involved in that scenario? Well, the counter wasn't really arranged to avoid spills. That was one problem. Think of that as your terrain.

When you're planting seeds, if you plant those seeds on concrete, you are not really going to grow anything, but if planted on fertile soil, that's where it's going grow.

Same thing whether it is when you come in contact with a toxin or maybe even a germ. The terrain has to be such that that can fester and grow, and the terrain have to such it can expel those things efficiently And that's the terrain.

Mess vs. cause: the messy kitchen analogy

So those are the things that we want to happen. Well, the cook was also preoccupied with way too many things at one time. This is your body's trying to manage your blood pressure.

It's maybe a poor diet or maybe lifestyle factors that are working against you instead of for you. That's when your body's involved in lots of different tasks.

Then it comes down to an overburdened system. Technique. Well, the lid is not going to stop it from overflowing, and that's where allopathic drugs come in.

It's not gonna stop what created that pot to overflow. It may muffle the overflow a little bit, but it's not going to stop, and it certainly not gonna address why it is overflowing and the root cause.

Another factor is that there's just plain old too much stuff in the pot, so our body has to handle that too. There's got too many going on, the resources are spread way too thin.

That could be your diet is a huge factor in that. The more we can clean up our lifestyle, our environment, and our diet, the easier some of these things are going to be for our body to manage.

Heat was also too high. That is our life style. When we're working with a lifestyle that's extremely stressed and your go, go go and it never has the opportunity to rest and to heal, that is the perfect example.

Okay. So what could we have done? Well, we could have added something to try to control the boiling. Okay, that's a possibility. We could've removed the pot from the burner.

That's an idea. we Could have tried that. It could tilt a little bit, maybe release a bit of pressure. Could've lowered the heat. But how many of these options would have really addressed the root cause?

The first one, if we had added, well, it's going to alter the recipe, right? And then we're going have to fix that problem. Fix one to create another.

and we could even ruin the whole pot and it'll just have to be dumped. That's a scenario where when we bring in antibiotics, that's what happens. We alter the entire recipe of the body because it doesn't kill the bad bugs or if it even was a bug, it could have been a toxin or whatever virus, but it only kills the bed bugs.

If it wasn't a bag, now we're killing all of our good bugs and if wasn' even a bad to begin with. So we want to be really careful. We increase our risk of cancer when we take an antibiotic and it could lead to much bigger things down the line.

So that's not really the best solution. Um, we could remove the pot from the burner. Well, if we do that and we remove it from a burner, well, it's going to take a couple of hands, a lot of focus, lot energy.

Terrain, lifestyle, and environmental factors

And then while we're, while all of that is, is focusing on this pot that leaves all these other functions in the body that need to be addressed, that needs to have attention, they need resources, and they're not getting them.

That's a problem. We don't really want to do that. So we want enough so that the bodies can address everything it needs address. Sometimes this is what we're doing too when we have surgery.

When we have surgery, then the body has to focus on healing that and it's using all the resources for healing from the surgery and trying to address whatever we did with that.

It's just leaving a whole lot else that's neglected and lacking of resources. Option C, tilting the lid, turning down the

heat. Well, yeah, that might avoid a big spill.

But the crappy contents are still trapped inside your pot. So it's still just a temporary solution. The root cause is still a problem. What are some possible root causes?

Well, the terrain. We could have strengthened the train a little bit. The terrain, our terrain so that fertile soil is going to determine, well, what determines who gets sick and who doesn't get sick?

You could two people living in the same household, one people get it, catch it and the other person doesn t catch. So we want to make sure that the strain is staying to such that One, if it is a germ or a bug, that there isn't anything for that to feed off of, right?

So it doesn't have this perfect soil to grow in, so we want to make sure that it's unfriendly to those things, but yet very friendly to what we need. And we also want We're managing it in a way so that our body can move through that challenge, okay?

So, the terrain is gonna determine how long we're sick, how severe our symptoms are, and that's gonna make a big difference in what we experience. So we can make sure that our terrain is nice and strong.

So, we do that with what we eat, how we feel our bodies. Our genetics will determine some of that. And now we know so much about epigenetics and we how can manage our genetics.

We used to think that genetics were a death sentence and, well, that's my genetics, those are my genes, and now, otherwise, so now that there's so our lifestyle can make a big impact on our terrain so we can strengthen that terrain, so that it's unfriendly to what we don't want to hang around and it can evacuate and eliminate what, we want, to leave.

And then our environment so it kind of like a fish dying in a, fish tank you know if you have fish die in, a Fish tank and you just take the dead fish out and, you put brand new fish in the same exact fish, tank they're going to die.

So it's still going to be a problem. So making sure that the environment of the fish, the water in the tank, so to speak, your living environment is as clean as we can possibly get it.

Limiting toxins in our life, whether it be chemicals, and this could just be as simple as cleaning products in all these different areas. Making sure we're cleaning up the Because when we do that, there's toxins that are still adding to the pot.

So what are some opportunities that we have? Well, we are opportunities in our air, you know, those filters filtration systems we can get monitoring for molds, making sure that were not mouth breathers or breathing, especially when you sleep at night, sleeping with our mouth open.

That's a problem. Shallow breathing. Our diaphragm is the biggest pump for our lymphatic system, which is our major drainage pathway for these things to drain.

So when we're shallow breathing and we are not fully exercising that diaphragme, that is restrictive on our system.

Symptoms as a healing phase

Technology interferes with our immune system so we want to always look for ways where we can protect ourselves. when it comes to technology, how to minimize technology as much as possible.

And then where we place the technology is really important, like not having a Wi-Fi router in our bedroom, for example, and things like that. Then our water, we want to obviously be drinking it.

We want make sure our daily intake is good, which most people do not have a strong daily and take for water.

Eliminating plastic, if you're drinking out of plastic water bottles, not going to be a ton of help because you are adding a lot of toxins to the system.

with that water, making sure that you have a good filtration system that's actually getting out everything that need to get out of the water. So, when we get sick, we don't realize that those symptoms are actually expressing in that healing phase.

So you see this conflict active phase, and then you a healing face. When the conflict is active is happening, that's when were running from the bear. That's what our body is in survival mode.

It's not until it shuts down and it's done until, okay, were safe, where calm, thats when our symptoms express. So it's after a situation happens that we have the symptoms come about.

So your symptoms is actually a healing phase. Now, if we're always in a heal phase, that's a problem because that means we are stuck there and we aren't actually able to move through.

And if you're never in the healing phases, never getting symptoms, then that mean that you are never actually finishing the conflict. That means that our body is never going to that place where it can heal.

which means that just major things are building up long term. So we don't want to never get sick. And we also want make sure that when we do get stick, that we can move through it quickly and smoothly.

Because if you don t get stuck, your immune system isn't working. It's there because when have that overload, not just an outside invader, because that can show the same immune responses, We want it to be able to manage that.

That's what its job is to keep us alive and to keeps us live and well. And so, that's, what it's going to try to do. So, it got to his job. A burden overload can look like too many chemicals in our life.

It can look like too much technology in our life for that protection. It could look too stressed. A lack of reserves. Maybe it's because of a poor diet or poor lifestyle that we're not ever accumulating those reserves that our body has to rely on.

Building reserves through nutrition and testing

So what is your body trying to say when it gets sick well it's trying say hey there's junk in here and i'd really like to get it out, so I always think of you know the the frozen song let it go let go, let Is it if your body accumulates mucus to expel junk same thing with mold same things with parasites, so that means it's feeding off of something so whatever is feeding of it needs, you need to let it go.

So people will do like a parasite cleanse or they'll do a candida cleanse and they're never addressing what those things were eating. So that's a problem.

We never want to do that before we address what it's eating. So it always best if you're going to a cleanse like that to deal with a professional like myself that can walk you through the whole process and not just kill stuff off.

That's important. Those symptoms could look like vomiting, it could like chronic histamine release, colds and mucus, fevers. Your body uses that the same way that nature uses things like maggots and fungus and termites.

to break down and get rid of dead and things that need to get to be discarded. So 80% of your immune system, your functions are in your gut. It's really important to take care of the entire body.

People don't think of their gut when they think about your system but it's important it all works together. Just like your car runs on gas, you run on fuel.

So garbage in, garbage out. If your body isn't getting any fuel from what you're giving it, it might be hungry all the time. You might have lots of cravings, but that's a great red flag that you are not actually nutritionally satisfied.

So make sure that you're satisfying that fuel, that your actually fueling your body. Think of your food and your lifestyle as a return on investment. So what's the cost of this in order for my body to be able to use it?

Like if you sit down at that ginormous spaghetti dinner with the big ice cream sundae afterward, what is it costing my move all of that through the system and what is it actually getting out of it as far as nutrients.

That's what we try and teach our clients to identify that. It's not to say that there isn't anything that you can never eat anything wasteful, but it means that if that is the exception and not the rule and you're making sure that your feeling intentionally in between, then it's going to be so much of a burden on the the one-off treat, and then there are ways to make treats that are healthier too.

Same thing with lifestyle. If I want to drink that six pack, what's that going to cost me and what that's going look like at the end? So always think of it as a return on investment.

You've heard the saying, ounce of prevention is worth a pound of cure. When it comes to prevention, it's I like to think of it as building up reserves, because prevention is kind of misleading.

It makes us think that in some way, shape, or form, we can prevent our body from coming into contact with toxins and germs and that kind thing. And that's just not the case.

We don't live in the Garden of Eden anymore, and it's not realistic. So we cannot really prevent those experiences, but we what reserves we have on hand for our body to utilize.

So when that happens, it can do it swiftly. It can move through it efficiently, and we can come out of this in a stronger way at the end of it instead of being weaker.

Some of the ways you build up those reserves is fueling well, is getting intentional sleep, hopefully eight hours a night. Managing your stress really well.

Testing your zinc levels. Don't just go supplementing zinc. I know they told people to do that, but if you're over supplemented zinc, that's a problem.

It's just as bad as being deficient in zinc so I recommend a zinc test.

pH balance, minerals, and zinc-copper balance

Really easy to a home. One bottle is good for lots of tests and you can Use that to monitor because in the next slide I'll show you why. We'll talk more about that.

Vitamin D, you want that at 100 minimum. Doctors will say 30 is good when you test your levels and your blood work, but you really want to be at a 100. Mushrooms, mushrooms, mushroom, I have it in my coffee.

I can possibly get it. I have dried mushrooms that when I make a cup of herbal tea, you know, I'll have I stick a piece of the dried mushroom in there.

So any way that you can get any kind of mushroom and your system do it, it's extremely beneficial to your your immune system. Next thing and next way to build up your reserve a great way is to balance your pH, because guess what?

This is going to this is gonna really help limit what your body has to deal with.. So if your saliva, for example, is to outline, then that means that it's not killing off the bugs at that place, it is not breaking down.

So it isn't killing of your bugs where at the first point of contact. That means things are going to get passed there. It means that it's not starting your digestive process in your mouth like it should with breaking down your food, which means the stomach's gonna have to do more work and that's going to be an overburden.

So then you're not going be able to get the nutrients out of your foods in the way that you should. There's all these reasons and then your urine is a reflection of how well you are eliminating.

I think sitting and festering and rotting or are they moving through the system in a nice way. pH can really tell you a lot about your health and give you good picture of what's happening on the inside.

This whole slide is all about copper, so this is a great reason why you don't want to oversupplement zinc. Copper is important for so many functions. It's just huge, and excess zinc will deplete your copper.

Excess iron will also interfere with your absorption of iron. There's all of these things. It's a delicate balance, and you don't want to just, oh, it's just a supplement.

I it'll be fine. it It is not going to hurt anything. i'll just take it. When you have that imbalance between zinc and copper, It can even lead to things like ADD, ADHD, aggressive behavior, that kind of thing.

These minerals all play an important role. So it is important to make sure they are in the right balance. Well, I'm sick. So now what? Meaning that you're starting to express symptoms.

One, you want to open up your drainage pathways. This picture is a great visual of our primary drainage pathway and our secondary drainage path ways. Our secondary pathways are our skin, our sinuses, reproductive organs, are primary, digestion, liver, kidneys, lymph, and lungs.

Drainage pathways and fever support

When something is expressing in your sinuses, for example, you're all stuffy and nasally and there's tons of mucus, it's trying to tell you that there is an overload somewhere deeper.

A lot of times people will be like, oh, can you give me that stuff you gave me? I cleared up my sinus and said, well, that was actually for your liver, but sure, we can do that again.

It's just nutrition for you liver to help clear up that backup to relieve some of the pressure that's coming out in those secondary pathways. So you always want to keep your drainage pathways open.

Even if you kill the bug, you still need to drain it or the body remains toxic. So again, anything that's sitting in the system that can't be used is not a good thing to have laying around.

You want make sure that you're able to move it through. Drainage pathways are really important. Things like fevers. What's my body trying to say? Well, your body brings on a fever when it's It's trying calcium, your body uses calcium to direct your immune system.

So a fever is breaking down bone so that it can release calcium direct to your system, so a shortcut here or I guess a way to support is to supplement calcium lactate is a great supplement here.

And that is gonna give your what it needs to do the immune function that its trying to or manage the immune issue without creating a problem. So when you just take Tylenol, for example, to turn the fever off, well, now your body can't do it by breaking down the bone and you're not giving it what it needed with the calcium.

Now it's just prolonging the agony of whatever it is trying to manage and it just making it a lot harder. We want to speak the language. We want to understand what it's trying to say and if we can support it and give it what is needs to bypass the need for the fever even better.

Herbals. There's lots of herbals, olive leaf, esiac. Esiak is actually a great, there was a nurse that came up with this blend in Canada, and she was actually helping people cure their skin cancer with us.

It's really powerful blend of herbs. Cat's Claw is another one. These are all herbs that I use all the time. So many more, but these are just some ideas.

Homeopathics, energetics has a good line of homeopathic. That I often that I like to have on hand, we may customize homeopathics if you're local to the office you can come in and get a scan.

We can make you a homeopathy specifically for what your body's working through right then and there.

Herbals, homeopathics, and immune kits

But you know it's hard to know which ones do I need when and how much do i need to take. So you can come in and we can do a scan, and it's going to help us to understand what's happening in the body at the time.

We'll do muscle testing. This is a photo of my old office when I was in Jersey. And these are just some ways that your body will talk to you. But there are some general things that I like to tell people to have on hand.

So my full script dispenser, you scan that code and join there. You can go on there and I tell there's an immune kit on their. These are very safe. whole food supplements that you can have on hand and if you start taking them as soon as you just start to feel something, a lot of times that really eliminates the need for anything further.

There's some other samples of some things that I have in the dispensary that are great resources too. So if you're interested, you can always scan that QR code and join the Fullscript Dispensaries and start building up that immune kit.

Start building a medicine cabinet that can really, really help. I'm going to stop recording now and then we're just going continue with the giveaway for those that here in person.

Thank you.