

Strengthening Your Immune System

and overcoming joint and lower back discomfort.

Have you ever wondered why certain raw foods have gained prominence in the history of mankind for being able to restore health? I certainly have and now I feel I'm much closer to the answer. I'm thinking of foods like; raw garlic, raw onions, cayenne, ginger, and turmeric. I'm also thinking about herbs/oils like; golden seal, clove, eucalyptus, tea tree, astragalus, bloodroot, catnip, and echinacea just to name a few and supplements like acidophilus.

All of these foods/herbs/oils/supplements have proven to be very powerful in helping strengthen the immune system in a majority of people for centuries. Each of these ingredients brings some combination of chemicals to the body that enables it to create the chemicals it needs, and in turn, to create the white blood cells needed to fight off infection. None of these foods/ingredients are extremely popular for a variety of reasons; however, people who do include them in their daily diet seem to have much less illness. My question has always been why?

Example; I've been using mineral ascorbate (a form of vitamin C) for over 40 years. I can vouch for its effectiveness in helping to minimize colds, the flu, muscle aches and pains, etc. This past week I learned that the way mineral ascorbate is able to strengthen the immune system is the fact that it uses the chemicals in the mineral ascorbate to manufacture hydrogen peroxide. My body has the ability to use the hydrogen peroxide in white blood cells. The white blood cells strengthen the immune system and fight off infection. (Note; this is a simplified example of a rather complex process; however, the end results are about the same).

Why am I doing this? Because I know I still have toxins in my body from the years I spent in the steel mill. I want to learn what it feels like to be free of all of them. Have I noticed a difference? Yes, I've gone through another round of detox (Herxheimer Effect). One day I would feel great, and the next day I didn't want to do anything but stay in bed. I'm looking forward to the time feeling good last more than a few days. I've also learned that this oxygen therapy will help to clear up joint and lower back pain when it is administered properly.

Here is another group of people that may be helped by oxygen therapy:

According to a Government-backed Women's health study done in July 2002*:

Women who were taking the estrogen-progestin pills increase their risk of heart disease by 29 per cent higher than expected; breast cancer risk increases by 26 percent.

May 2003: Women who have used Hormone replacement therapy such as estrogen-progestin for more than four years may be double the risk of Alzheimer's or other form of dementia.

June 2003: Breast cancer linked to estrogen-progestin pills may be fast growing and hard to detect.

August 2003: The risk of heart attacks during the first year on the pills is nearly double the expected rate. Risk is also higher than expected for those with elevated levels of bad cholesterol.

*(AP press release filed on 08-06-03)

There are positive indications that oxygen therapy may be able to help reverse the damage done by this therapy. I encourage anyone who has this history to consult with a doctor who is versed in oxygen therapy. You can find contact information in the following article: "The Many Benefits of Hydrogen Peroxide".

This article, with some comments by myself, is by Dr. Williams D.C.

Thank You, Bill Cooper

The information contained herein is for educational purposes only. It is not medical advice and is not intended to replace the advice or attention of health care professionals. Consult your physician before beginning or making changes in your diet, supplements or exercise program.

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