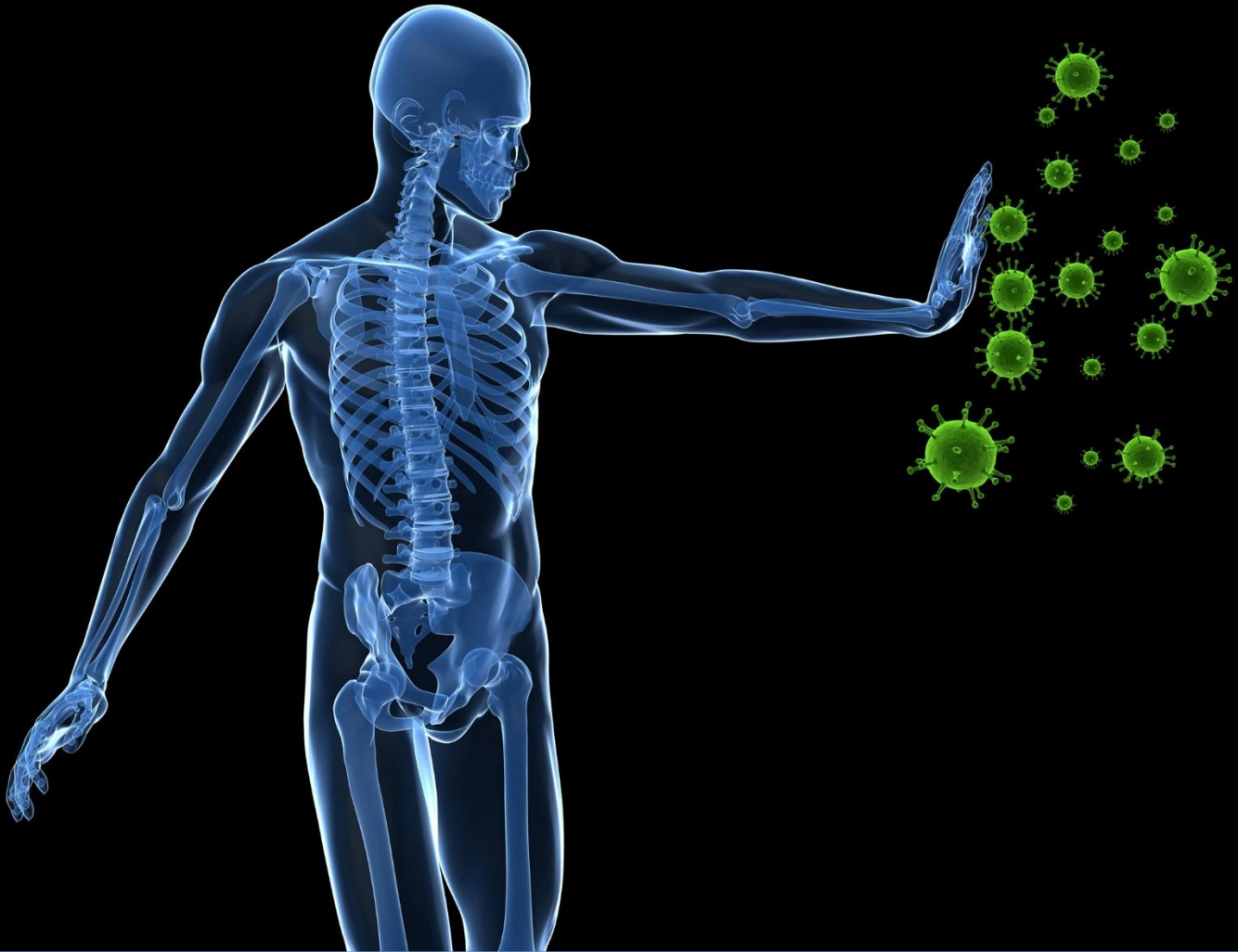


Natural Immunity

10 Ways to Boost Your Immune System Without Vaccinations



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Natural Immunity:

10 Ways to Boost Your Immune System Without Vaccinations

The primary purpose of vaccinations is to strengthen the immune system.

At least that is what Big Pharma and their puppet medical doctors would like us to believe. Nothing could be further from the truth.

You see, the immune system consists of cells, tissues and organs in your body that work together to fight off disease. Millions of years of evolution have created all the defense we need against bugs. The host (us) is everything. The bug is nothing.

The skin is our first barrier to infection. When the skin is damaged from trauma or burns, bacteria can take advantage and cause disease. It is the injected vaccine that violates this first line of defense. Our lungs and intestines have ways to defend against viral, bacterial, and parasitic organisms. All of these can be lumped into a category called, pathogens.

If a pathogen breaches the physical barriers of skin, lungs, and intestinal lining, we have two systems ready for the challenge: the innate and the adaptive. The innate provides an immediate response. A type of cell known as the macrophage is the key component of the innate system. All plants and animals have an innate defense. The next phase of defense is the adaptive, a system found in most animals. Adaptive helps in the kill process for the current situation AND leads to memory of the invader. When we encounter the pathogen again, the adaptive system is fighting ready. That is why we don't get the chicken pox twice.

Vaccines inject small doses of a particular pathogen into your body. The hope is that the body will develop an adaptive response to fight off the pathogen in the future. Take the influenza vaccine. Some of the "flu" will be injected into the body in hope that the immune system will develop a response to protect us from symptomatic flu.

Vaccines Do More Harm Than Good

It's highly questionable if vaccines even work.

Look at the flu vaccine as an example. Every year scientists speculate about the viral strain they will use in the vaccine. This is done many months in advance of flu season. What if their guess is wrong (as it often is)?

As a medical resident and young cardiologist, I saw the same thing year after year. People get the flu vaccine and then get the flu anyway. Viruses are smart. They change and they adapt. In short, science tells us the flu vaccine often is ineffective. Same thing with many of the other vaccines.

Now look at the chemicals and toxins injected into us AND our children. Aluminum, mercury, formaldehyde, animal tissue, human tissue...the list goes on. Over 150 different additives can be found

in the vaccine schedule. All of these toxins damage our body and damage the immune system. The Center for Disease Control lists the [dangerous substances](#) that are in vaccines.

The only ones who have immunity in this story are the vaccine manufacturers and the doctors who inject the poison. Thanks to a federal law in 1986, an injured person cannot sue for the damages. Why would vaccine makers push for safety and efficacy data when they cannot be held accountable for their errors?

THERE IS NO EVIDENCE 74 doses of 17 vaccines is safe versus placebo. No trial exists. There will never be one. One particular study concluded the MMR vaccine does not cause autism. First off, this is a study on only three of the 17 vaccines in the schedule. Secondly, the study only looked for autism, not other side effects. There were many other faults of this often-quoted trial by the vaccine propagandists.

But here is the kicker. The lead author of this study is a wanted fugitive of the US government. Yes, Paul Thorsen MD stole over 1 million dollars from the CDC. They want their money back.

Neil Miller wrote a fantastic book of 400 vaccine studies proving that vaccines can injure and kill. [128 studies have shown a link between vaccine/autism causation](#). As a holistic cardiologist, I seek to find the cause of illness. For any illness, I often uncover a link to disease and a vaccine. If doctors don't ask the questions, they will not find the answers. Cardiovascular disease is a disease of the immune system. Most cardiologists do not realize this. The smart ones do. What leads to a dysfunctional immune system? Vaccines. It is pretty simple.

One last thing. What if getting these benign childhood infections actually prevented disease down the road? Many studies have found measles and mumps prevent cancer down the road. As a cardiologist, I was excited to learn that childhood infections decrease the risk of cardiovascular disease. My prediction is that as doctors and their Big Pharma masters try to sterilize the world, disease rates will explode. Hard to believe sickness can be worse than it is now, but it will.

And Big Pharma will be happy. They profit off us from cradle to grave. The same companies that make the vaccines make the drugs for cancer, heart, and autoimmune disease.

BUT now is the time to take back our health. We do not need their drugs. Please follow these 10 steps toward boosting your immune system naturally. The Drs. Wolfson are about building the body up with nutrition and natural living, not tearing it down with injected toxins.

Natural Ways to Boost Your Immune System

The best way to avoid disease is to have a healthy, thriving immune system. Your immune system was designed to protect you against disease. Let's give it the tools it needs.

1. Eat Organic Paleo Foods

Car mechanics understand that what goes through the car (like the gas and oil) determines how well it will run.

Your body is the same way. What you put into your body determines how well it will function.

You should only put high-quality foods in your body. Quality foods are a great way to boost your immune system.

The best foods you can eat are part of a Paleo diet. My patients have experienced weight loss, reduced inflammation, healthier bodies and more energy when eating Paleo-only foods.

Paleo foods are the foods our ancestors ate. These are the foods engineered by nature for healthy humans. If a caveman didn't eat it, neither should you.

Examples of Paleo foods include meats, fish, nuts, leafy greens, vegetables and seeds. Some of my favorites are avocado, olives, and coconut. I've put together a Paleo Shopping Guide to help you get the foods you need. [Find it here](#).

It's very important that your Paleo foods contain no additives, preservatives or chemicals. Go organic and you are ensuring the highest quality.

Man has modified foods in ways to grow more (GMOs), and has dusted foods with poisonous chemicals. If pesticides kill bugs, they will kill us. Pesticides and herbicides are highly toxic, and contaminated sewage sludge is often used in the growing process. Learn more about the dangers of [non-organic foods](#).

In conventional farming practices, animals are given growth hormones and antibiotics. Studies have shown that these hormones and antibiotics are harmful to your body. Europe outlawed hormone-treated meats way back in 1989, although it is still allowed in America. What do the Europeans know about hormone treated meats that Americans don't? It's simple. Conventionally raised meats, poultry and dairy (which is not Paleo) are full of cancer causing hormones and immune suppressing antibiotics.

Why is this allowed? Because food processors and governments have put profits over people. Using chemicals means more crops, more meat and higher profits.

Always eat organic-only foods. That's the best way to maintain proper health and to boost your immune system. Eat meat products that are organic and grass-fed, and it's important that the animals have free range, outdoor access to graze.

All of this is explained in our Paleo Shopping guide. [Get it here](#).

2. Get Sunshine

Our rescue dog Sal lays on our patio every day, soaking in the sun. He's like a beach-goer lounging and relaxing. Sal instinctively knows that sunshine is good for his body, just like it is for yours.

Sunshine lowers the risk of most cancers. Sunshine leads to vitamin D, a major factor in the immune system. Those who get the most sun have the lowest risk of heart attack and stroke. Our body harnesses the energy of the sun to do great things. Embrace the sunshine.

Morning, noon, and afternoon sun is great. Let it shine into your eyes without glasses. Sunburn is bad. Sunshine is good. Again, the healthiest people get the most amount of sun. Our ancestors have been in the sun for millions (billions?) of years. Learn from their wisdom.

3. Get Sleep

Adequate sleep is a key component of a healthy immune system. It benefits your heart, mind, weight and more.

The [Mayo Clinic cites studies](#) that show a lack of sleep makes you more likely to get a virus, like the common cold. Lack of sleep also contributes to how fast your body recovers when exposed to a virus.

Your body needs sleep to fight infectious diseases.

Adults should get 8-9 hours of sleep each day. Teens need 9-10 hours while younger kids need 10 or more. Our ancestors went to sleep with the sundown and awoke with the sunrise. It is pretty simple. Animals do it, so should we.

4. Exercise

In all our years as doctors, every single one of our patients knew that regular exercise was crucial to their overall well-being.

So, we're not going to list all the benefits of exercise. You most likely know them.

Instead, let's focus on the types and amount of exercise you should be doing to boost your immune system.

[Watch this short video](#). In it, you'll see and discover some of the best exercises for overall immune system health.

Exercise should be fun and enjoyable. Look for outdoor activities like walking, biking, swimming, hiking or playing sports.

Find exercises you enjoy that work different parts of your body each day. Focus on core activities one day, legs the next day, arms the next.

Burst activity, often called interval training, is a great way to exercise. Interval exercises involve a series of low- to high-intensity exercises interspersed with rest or relief periods. An example would be running up the stairs, and then walking back down. You can find lots of easy-to-do burst activity exercises on YouTube.

Your goal should be 30 minutes of exercise each day, with one day per week of rest.

5. Get Regular Adjustments from a Chiropractor

Chiropractors use hands-on spinal manipulations and other treatments to properly align the body's musculoskeletal structure. This allows the body to protect and heal itself without medications or surgery. Chiropractic is proven to boost immune health.

Modern day living can negatively impact the body. If you've played sports, fallen out of bed, taken a jolt to the body or been in a car accident, your spine is misaligned.

Here's a blog post we wrote about the [health benefits of chiropractic care](#).

Go to an online review site like Yelp. Research consumer comments about chiropractors in your area. Then pick one and make an appointment. They'll custom-design a treatment program that's perfect for you. If you need more assistance, email us and we will be happy to find a DC for your needs.

6. Get Away from Chemicals and Environmental Toxins

The cleaning and personal care products in most homes today are destroying your immune system and your overall health.

Again, this is a case of governments and business putting profits before people.

Here is an [outstanding article](#) from Dr. Joe Mercola. It outlines the health and immune system hazards of toxic chemicals in your home. Most importantly, it provides 19 great tips on how to remove chemicals from your home and personal care products.

The facts are clear - avoid chemicals for better health.

Environmental toxins are also chemicals that harm our health. A great example of environmental toxins occurred recently in Flint, Michigan. The drinking water for the community was contaminated with lead, causing sickness and illness that will impact generations of people. Precision Nutrition wrote a great article about how to protect you and your family from environmental toxins. We recommend you [read it](#).

7. Stay Relaxed

In this dog-eat-dog world we sometimes live in, it's hard to minimize stress and stay relaxed.

Yet, avoiding stress and staying relaxed is exactly what we need for a healthy immune system.

The [American Psychological Association](#) cites study after study outlining the negative impacts to the immune system caused by stress.

The evidence is clear...minimize stress for a healthy immune system. In fact, mental health is so important I dedicated an entire chapter of my [book](#) to raise awareness.

How do you do that? We like exercise, meditation, yoga and spiritual practices to relieve stress. We invite you to make a conscious decision to enjoy stress-relieving practices in your daily routine. Doing so promotes a strong immune system, better health and a happier you.

8. Get Hydrated with Quality Water

Quality water means no tap water (we already talked about tap water lead poisoning in Flint, Michigan) and none of the off-brand water you find privately labeled by most grocery stores. These water sources are considered poor quality, and may be full of contaminants.

Instead, buy water from trusted sources or use a [home water filtration system](#). Investing in quality water is paramount. Fill a glass bottle and head out on your way.

You also must drink an adequate supply of water each day for immune system health. Too little water leads to dehydration. Dehydration results in elevated blood pressure. It causes the immune system to be in a weakened state making you more susceptible to a virus.

The amount of water you should drink each day varies depending upon your location, activity level, age and other factors. We recommend about 2 quarts per day.

9. Use Supplements Such as Vitamins A, C, D and Zinc

One of the most common questions we are asked by patients concerns the use of supplements. People want to know why they need supplements for a healthy immune system, especially when they are following all of the practices we've already discussed.

Due to soil deterioration, tainted water and polluted air, it's impossible today to get the basic daily supply of all the necessary raw materials for our bodies to run as designed. We simply can't get the nutrients we need from food and water.

Given our environment and our personal history of not following the above health tenets, we need supplements.

Two supplements are critical for a healthy foundation: the [multivitamin](#) and [probiotics](#). Don't worry, we've got you covered with the best.

A, C, D, and zinc all have solid evidence of immune support. Another product called [Immune Boost](#) is also fantastic for staying healthy, any time of year.

You should also get your blood tested and results analyzed by a competent holistic physician. There are thousands of chiropractors and other natural providers ready to assist you. They'll be able to tell you what other supplements your body needs for optimal immune system health.

Keep in mind that not all supplements are created equal. You want to use supplements that contain no GMOs, are soy free, gluten free, organic and contain no fillers. We have an [excellent line of supplements](#) available that meet these criteria.

10. Use Silver Hydrosol for Immediate Immune System Support

Silver is an element that contains antimicrobial properties. Silver hydrosol is silver particles suspended in water. Silver hydrosol boosts your immune system. It's effective at fighting viruses, bacteria and fungi. We like it for battling the common cold and just about everything else.

Just a few drops each day brings great benefit to your immune system. Never take it for more than 14 consecutive days and always consult your holistic naturopathic physician for recommended dosage.

We have done the research and you can find the [best brand in world on our site](#). We have seen the miracles of Argentyn silver.

Conclusion

The human body is designed to be strong, vibrant, and healthy. We have a complex immune system to protect us from pathogens. The Drs. Wolfson believe in building the body up with food, a healthy lifestyle, and evidence-based supplements. Health is not found at the tip of a needle, the bottom of a pill bottle, or at the hand of a surgeon. Vaccines contain harmful, damaging toxins and will never be the answer. There is a better way.

Meet The Drs. Wolfson



The Drs. Wolfson are doctors who have emerged as two of the world's leading natural health physicians. Their natural health approaches have been featured on NBC and CNN, and in publications like the USA Today and The Wall Street Journal. They are amongst the most followed natural health doctors on [Facebook](#). Tens of thousands [watch their videos](#), hundreds of thousands read their posts each week, and more than 100,000 doctors and people like you have attended their training. For these results, Natural Awakenings Magazine named Dr. Jack Wolfson its Natural Choice Award Winner in the Holistic MD category.

Dr. Jack Wolfson is a board-certified cardiologist and author of the Amazon #1 best-selling book, [The Paleo Cardiologist: The Natural Way to Heart Health](#). Dr. Heather Wolfson is a chiropractor. Together, this husband and wife team are The Drs. Wolfson.