

IMMUNITY

YOUR GUIDE TO IMMUNITY



Recommendations for a Healthy Immune System

Discover the keys to managing
infections, autoimmunity
and inflammation.



Metagenics

Genetic Potential Through Nutrition

CONTENTS

Your Guide to Immunity

Your Guide to Healthy Immunity.....	3
Inflammation	6
Managing Inflammation Naturally.....	11
Management of Immune Conditions.....	19
Infections.....	21
Autoimmunity	30
Allergy.....	36

Treating What Makes You Susceptible..... 40

Stress.....	41
Overweight	46
Toxicity	48
Exercise.....	51
Hormonal balance.....	53

Maintenance of Immune System Health 55

YOUR GUIDE TO HEALTHY IMMUNITY

Your Practitioner has passed this booklet on to you to assist you in understanding and managing your immune system health. Problems with the immune system take many forms and some of them can be quite serious, painful and debilitating. Often patients are unsure of what to expect and what they can do to help themselves with their condition. This booklet is designed to give you the information you need to understand your treatment program and to make the dietary and lifestyle changes that can help rebalance your immune system.

The good news is that most immune problems can be successfully managed, and many cured altogether with the use of natural medicines. These medications are very safe to use and usually can be taken in conjunction with any prescriptions that your regular doctor has made for you. Your Practitioner will take your individual circumstances into account when making recommendations for your treatment.

If you have any questions regarding the recommendations in this booklet, please discuss them with your Practitioner. They will be able to advise you of the best course of action and effectively monitor your progress.

INTRODUCING YOUR IMMUNE SYSTEM

Inside your body there is an amazing system of immune cells and tissues that have the purpose of defending you against invasion by bacteria, viruses, toxins and parasites. Collectively, this is called your immune system and it is like having your own private army.

When your army is working well, then you hardly even notice that they are there. You feel healthy, you have low levels of inflammation, and you are resistant to infections. However, when the army becomes disorganised, confused or overworked, then you start to notice signs that all is not right.



INFLAMMATION

The most obvious signs of immune activity are those of the inflammatory response. These include heat, redness, swelling and pain. If you imagine a person with arthritis, that has swollen, red and painful joints, then this gives you a picture of what inflammation may look like.

Sometimes inflammation is not restricted to one spot, but is spread throughout the body. An example of this is someone who has the 'flu. They often ache all over, have a fever, are exhausted and have no appetite. These are the symptoms of systemic inflammation.

SHORT-TERM INFLAMMATION IS HELPFUL, LONG-TERM IS NOT

You may wonder why your immune system would make you feel so bad when it is activated? This is because inflammation allows your body to focus its energies on killing the infecting organism or repairing the injured tissues. In the short-term, inflammation speeds up the repair process and makes bacteria easier to kill.

If the immune system is not able to resolve the problem, then the inflammation can become chronic (long-term). This leads to tissue damage, long-term pain, fatigue and disability. Most diseases of the immune system are

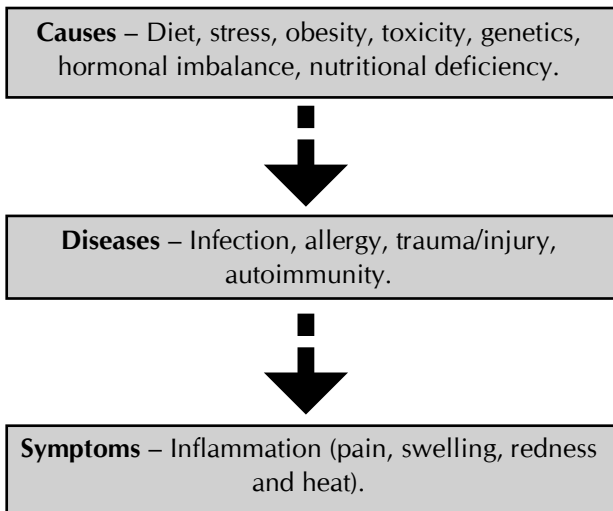
characterised by long-term, unresolved inflammation. At this point your immune system needs assistance to get back into balance and resolve the problem. Dietary and lifestyle changes, natural medicines and supplements may be useful to help restore balance.

TREATING THE CAUSE

If inflammation is the symptom of immune activation, what is the cause? It appears that there are many possible causes, and part of your Practitioner's job is to try and find out which ones are affecting you. Figure 1, on page 8, shows an overview of the immune system and lists a number of possible triggering factors for immune system problems, such as nutritional deficiency, toxicity and stress.

The first part of this booklet, starting on page 11, is devoted to discussing the management of the symptoms of inflammation, and the second part to managing the cause(s). Your Practitioner can tell you which of these causes is likely to be a factor in your individual case.

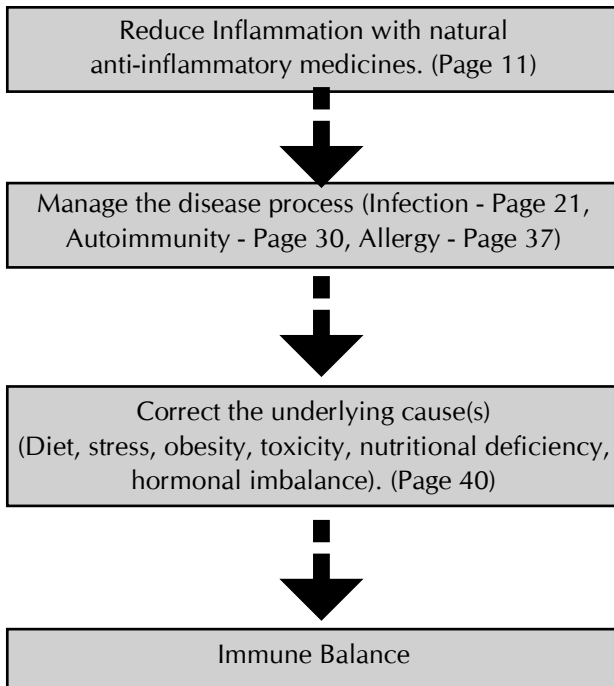
Figure 1 – The Causes and Symptoms of Immune Imbalance.



The treatment recommendations for:

- Infection begin on page 21;
- Autoimmunity being on page 30, and
- Allergy begin on page 37.

Figure 2 – The Management Strategy for Healthy Immune Function.



PHARMACEUTICAL TREATMENTS MAY BE HARMFUL

When we are in pain, the first thing we think of is pain relief. Unfortunately, many commonly used pharmaceutical treatments, whilst very effective, are also associated with significant risks of side-effects.

Non steroidal anti-inflammatory drugs are the most commonly used anti-inflammatory drugs. However, their use is associated with stomach bleeding, kidney damage and increased risk of heart disease. Long-term use is particularly harmful, but some of the side-effects can start to occur within 72 hours. Pain killers like paracetamol are safer for the stomach, but are associated with increased risks for hypertension and liver damage. Finally, steroidal anti-inflammatories, which may be injected directly into inflamed tissues, often lead to weakening of tissue and further risk of injury.

The good news is that there is a safe, natural alternative. Scientific research has uncovered natural anti-inflammatory pain relievers which provide rapid relief but are safe for the stomach, kidneys, liver, heart and joints – even with long-term use.

MANAGING INFLAMMATION NATURALLY

Management of inflammation requires the immediate removal of any obvious causes, along with the use of a combination of natural anti-inflammatory compounds. One of the most inflammatory things most people are exposed to is the average diet, and your Practitioner may request that you make dietary changes very early in your treatment program. It is very difficult to reduce the inflammation and help you feel better while you are still consuming irritating foods.

FOOD HAS THE POWER TO PRODUCE OR REDUCE INFLAMMATION

Anti-inflammatory

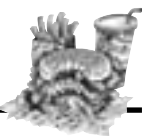


Fruit and vegetables
Herbs and spices
Good fats from fish,
nuts, olive oil
Organic food
Red wine in moderation

?



Pro-inflammatory



High sugar intake
Trans and saturated fats
Artificial colours, flavours
and preservatives
Lack of nutrients
Excess alcohol and caffeine

Research has shown that there are several dietary components that consistently reduce inflammation. These include fruits and vegetables, and good fats from fish and nuts. Foods that increase inflammation include high sugar foods, heavily processed foods that are high in colours, flavours and other artificial ingredients, and foods that are high in certain fats, such as margarine.

PEOPLE ARE INDIVIDUALS

You are an individual and your immune system will respond in unique ways to your diet. This is why your Practitioner is trained to assess your diet and may make different or additional dietary recommendations to those that are suggested here. Make sure that you discuss your diet with your Practitioner and understand what it is they recommend specifically for you.

THE WELLNESS PYRAMID

To help achieve Wellness there are 8 simple dietary and lifestyle targets you need to aim for.

Take a Multivitamin, Omega-3 fatty acid and Antioxidant daily

Keep high glycaemic load foods (potato, bread, pasta and rice) to a minimum

Include nuts and seeds and healthy oils in your diet

Fruit two pieces or one cup daily if you are trying to lose weight

Protein rich foods with each meal or snack

Fresh vegetables, a minimum of three cups daily

Water minimum eight glasses daily (drink alcohol in moderation)

Regular exercise, minimum 30 min most days



IMMUNE BOOSTING DRINKS

Flu Fighter Tea

This tea is fantastic to drink when you have a cold or 'flu. It is very warming and soothing for a cough or sore throat and can help to support your immune system.

Method

Bring 1 litre of water to the boil and add:

1 tablespoon of honey

2 teaspoons of fresh grated ginger

1 lemon sliced (leave skin on)

1 cinnamon stick or

half a teaspoon of cinnamon powder

6 cloves

1 clove of garlic

¼ teaspoon of fresh chopped chilli

Continue to boil for 1 minute. Allow to cool slightly and drink the warm tea freely throughout the day.

Immune Juice

This juice provides an excellent combination of vitamins, minerals and antioxidants which may help to support your wellbeing and assist in keeping you healthy.

Method

½ to 1 inch piece of ginger

½ lemon

2 apples

2 carrots

1 fresh beetroot

Process in a juicer and drink fresh for maximum benefit.

In addition to previous recommendations, your Practitioner may recommend some of the following supplements to support the ability of your immune system to fight infection.

NATURAL ANTI-INFLAMMATORY MEDICINE

Kaprex

Kaprex is a powerful natural anti-inflammatory medicine. It contains a combination of herbs which have been shown to reduce the symptoms of inflammation, such as pain and swelling. The formula contains ingredients which are suitable for long-term use and have been shown not to have undesirable effects on cardiovascular, digestive and kidney health. It may provide rapid relief for inflammatory symptoms, wherever they occur in the body.



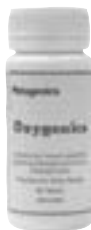
Inflavonoid Intensive Care

Inflavonoid Intensive Care is an effective anti-inflammatory solution which is ideal for short-term use and acute injuries. It provides a range of herbal medicines which have been traditionally used to alleviate pain, swelling and discomfort in the joints and muscles.



Oxygenics

Allergy is a troubling and persistent source of inflammation for many people. Nutrients such as quercetin have been shown to have a natural anti-histamine activity and reduce allergic symptoms. Oxygenics combines a range of natural medicines which can help to reduce inflammation associated with allergy.



Meta EPA / DHA

Meta EPA / DHA is a concentrated omega-3 fish oil supplement which may be useful for reducing inflammation of the joints or skin in conditions such as allergy and autoimmunity. It is a long-term treatment and is often combined with other, fast-acting remedies.



INFLAMMATION OF THE DIGESTIVE SYSTEM

Probex

Probex contains a type of good bacteria (*Lactobacillus plantarum 299v*) that prevents and helps manage inflammation of the bowel and lower digestive system. The bacteria create a home in the bowel and are able to reduce inflammation over an extended period of time.



Gastro Aid

Inflammation and infection of the upper digestive system can be managed through the use of Gastro Aid powder. This contains a special blend of soy protein, licorice and zinc which have been shown to assist with healing the lining of the upper digestive system and relieving symptoms of heartburn, reflux and gastritis.



UltraInflamX

UltraInflamX is a medical food, which can be used to support the health of the digestive system. It contains a range of nutrients that are beneficial for normal, healthy digestion and immune function.



MANAGEMENT OF IMMUNE CONDITIONS

This next section of this booklet discusses some different types of immune problems and explains how your Practitioner can best treat these problems.

There are three main types of immune problems:

- Infection,
- Autoimmune conditions, and
- Allergy.

In addition to giving you information about immune problems we also discuss solutions. We have provided a list of supplements that your Practitioner may recommend to you. Remember, in order to achieve the best possible outcome for you, your Practitioner will have several treatment priorities. They will want to provide you with treatment for:

- The symptoms of your problem – inflammation.
- The problem itself – infection, autoimmunity or allergy.
- The things making you susceptible to immune problems – diet, stress, digestive problems.

There is a chart at the beginning of each section and your Practitioner will tick the supplements that are the best for you. You can then read about the supplements that they have chosen in the section following the chart to help you to understand your treatment.

The treatment recommendations for:

- Infection begin on page 21;
- Autoimmunity on page 30, and
- Allergy on page 36.

YOUR INFECTION TREATMENT SUMMARY

Treat Specific Infections (Page 22)

- Lung infection – Broncho Tone
- Urinary tract infection – Uroplex
- Digestive infection – Parex
- Infectious diarrhoea - Ultra Flora SB Dysbiosis
- General infection – Costat
-



Boost Immunity (Page 25)

- Ultra Flora Immune
- Coriolus/Grifola Complex
- Andro NK
- Transferon
- Meta Zinc with Vitamin C
-



Chronic Infection (if necessary) (Page 28)

- Immunocare
- Five Mushroom Extract
-



What Makes You Susceptible? (Page 40)

- Stress (Page 41)
- Diet (Page 46)
- Toxicity (Page 48)
-

INFECTION

Most infections are caused by bacteria, viruses or fungi that make it past our physical barriers (such as skin, lungs, digestion) and enter the body. Less common infections can be caused by protozoa or worms. Some infections are self-limiting and people may only require general nutritional support, but other infections can be more serious and may require more active and specific treatment. The type of infection you have will determine how your immune system responds and the type of symptoms that you have. Your Practitioner will select the most appropriate treatment based on what type of infection you have and which part of your body it is affecting.

SPECIFIC ANTIMICROBIAL SUPPORT

Your Practitioner may recommend some of the following supplements to help overcome what is responsible for your infection:

Broncho Tone

Dosage: One tablet three times daily.

Broncho Tone contains herbs that have antibacterial and antiviral actions. The formula also has a decongestant effect and can help to relieve many of the symptoms of respiratory tract infections. It also helps to strengthen the membranes of the respiratory tract, improving protection against infection.



Uroplex

Dosage: Three tablets three times daily.

Uroplex has broad antimicrobial activity and is particularly effective against many of the bacteria that cause urinary tract infections. It also has anti-inflammatory and analgesic effects, helping to reduce the symptoms of urinary tract infections as well as addressing the cause.



Parex

Dosage: One tablet three times daily.

Parex contains powerful herbs and oils that can help to kill bad bacteria, parasites, fungi and worms in the gastrointestinal tract.



Ultra Flora SB Dysbiosis

Dosage: One to two capsules twice daily for the management of infections.

This product contains probiotics (beneficial micro-organisms) which may assist in the relief of diarrhoea. It may also help to reduce the overgrowth of harmful organisms such as yeasts after taking antibiotics.



Costat

Dosage: One tablet three times daily.

Costat is a herbal supplement that has very strong antimicrobial activity and is helpful in assisting treatment of a wide range of infections.



Antibiotics are often prescribed by Medical Practitioners to treat infection and you may have used antibiotics in the past. While antibiotics are effective at killing bacteria, they do not boost your immunity and will not prevent the chance of another infection occurring.

SUPPORTING IMMUNE ACTIVITY

As well as recommending supplements with antimicrobial action, your Practitioner will also provide treatment that helps to increase the activity of your immune system, helping it to fight off or destroy the pathogen itself. Your Practitioner may recommend some of the following supplements to support your immune system in fighting the infection:

Ultra Flora Immune

Dosage: One capsule twice daily with food. Ultra Flora Immune contains special strains of probiotic bacteria that may assist in maintaining healthy immune function and boosting resistance to infection. Beneficial bacteria produce chemicals which support the activities of white blood cells, the defenders of the body.



Coriolis/Grifflola Complex

Dosage: 2 ml (70 drops) three times daily. These mushroom extracts have immune enhancing actions and can stimulate immune cells that help to fight off infections.



Andro NK

Dosage: One tablet three times daily.

Andro NK is a powerful immune enhancing formulation that may assist in reducing the severity and duration of colds by helping to relieve symptoms such as tiredness, sleeplessness, sore throat, nasal secretion, headache, phlegm and persistent coughs.



Transferon

Dosage: 2.5 g (one level metric teaspoon) twice daily.

Transferon is a dairy-based extract that maintains normal healthy immune function by supporting your immune system's response to infections.

(Contains lactose and cow's milk proteins)



Meta Zinc with Vitamin C

Dosage: ½ teaspoon 1-2 times daily added to 200ml of water or juice (with food).

Zinc and Vitamin C are crucial nutrients for normal healthy immune system function.

Not having enough zinc or Vitamin C in your body can reduce the ability of your immune system to do its job effectively. Zinc and

Vitamin C are deficient in many people's diets, and supplementation may help support immune resistance to infection. This orange flavoured powder mixes easily in water or juice and your Practitioner can do a quick Zinc Taste Test in their clinic to assess if you would benefit from taking it.



CHRONIC AND RECURRENT INFECTION

If you have been under considerable stress, eating poorly or are just generally run down, your immune system may not be receiving the nourishment that it needs to effectively protect your body from infection or to fight off an infection once it occurs. When your immune system is in this state, you may get infections more frequently or develop a chronic or long-lasting infection that you just can't shake. If this is the case, your Practitioner will want to provide the nutrients that your immune system needs to work properly as well as stimulating your immune system so that it is once again able to fight off infection.

In addition to previous recommendations, your Practitioner may recommend some of the following supplements to support the ability of your immune system to fight infection:

Immunocare

Dosage: One tablet two to three times daily. The herb Astragalus has been traditionally used for centuries to support healthy immune function. It increases white blood cell count and can help to reduce the severity and duration of colds and other respiratory tract infections. Stress can change the way that your immune system responds to infection. The



phytosterols in Immunocare help to reduce the effect that stress can have on your immune system, allowing it to respond in an appropriate manner.

Five Mushroom Extract

Dosage: 1 ml (35 drops) in water or juice twice daily.

These mushroom extracts have immune enhancing actions and can stimulate immune cells that help to fight off infections.



AUTOIMMUNE TREATMENT SUMMARY

MANAGE INFLAMMATION AND TISSUE DAMAGE

General Inflammation (Page 16)

- Kaprex
- Inflammation Intensive Care
- Oxygenics
- Meta EPA/DHA
-

and/or

Digestive Inflammation (Page 18)

- Probiotics
- Ultra InflammX
- Gastro Aid
-



BALANCE IMMUNE SYSTEM

Type 1 (Page 33)

- Leucostat
- Immunocare
- Meta Zinc with Vitamin C
-

or

Type 2 (Page 34)

- Luteol Plus
- Immunocare
- Meta Zinc with Vitamin C
-

Joint Repair (Page 35)

- Cartrin
- Glucosamine Intensive Care
- Collagenics
-



What Makes You Susceptible? (Page 40)

- Digestive Problems (Page 18)
- Infection (Page 21)
- Stress (Page 41)
- Diet (Page 46)
- Toxicity (Page 48)

AUTOIMMUNITY

Sometimes the immune system becomes confused and instead of only responding to bacteria or viruses, it begins to attack the body itself. This is known as autoimmunity. It is not known exactly what causes the immune system to become confused in this way, but we do know that it is a complex process: infections are thought to be the likely trigger for many autoimmune conditions. The immune system initially responds to overcome the infection, but once it has done this, instead of returning to normal, the cells and chemicals that were fighting the infection begin to attack your body.

The section on treating the causes starting on page 40 contains information on other possible risk factors for autoimmunity.

There are two broad classes of autoimmunity, Type 1 and Type 2, determined by the types of immune cells which attack your body. Your Practitioner will determine which type you have and recommend the correct treatment. Here is a list of some common autoimmune conditions:

Autoimmune Condition	Type of Autoimmunity
Rheumatoid Arthritis	Type 1
Psoriasis	Type 1
Vitiligo	Type 1
Multiple Sclerosis	Type 1
Ankylosing Spondylitis	Type 1
Lupus (SLE)	Type 2
Graves Disease	Type 2
Ulcerative Colitis	Type 2
Scleroderma	Type 2

BALANCING YOUR IMMUNE SYSTEM

The treatment that your Practitioner provides you will be based on the type of autoimmune condition you have and the type of cells that are causing the problem, if this is known. Some of the supplements that your Practitioner may choose are listed below:

Leucostat

Dosage: One capsule twice daily.

Leucostat contains the herb *Polypodium leucotomos* and vitamin D which has been scientifically proven to reduce the activity of Type 1 cells. By reducing the activity of these cells, the risk of tissue damage is also reduced.



Luteol Plus

Dosage: One capsule two to three times daily. The main active ingredient in Luteol Plus is called Luteolin, which is found in Mandarin peel and a herb called Perilla. Luteolin decreases the Type 2 immune response and protects the tissues.



Immunocare

Dosage: One tablet two to three times daily. Immunocare works to stabilise and balance the activity and response of your immune system. Stress can change the way that your immune system responds to infection, however the phytosterols in Immunocare help to reduce the effect that stress can have on your immune system, allowing it to respond in an appropriate manner.



Meta Zinc with Vitamin C

Dosage: ½ teaspoon 1-2 times daily added to 200ml of water or juice (with food). Zinc and Vitamin C are crucial nutrients for normal healthy immune system function. Not having enough zinc or Vitamin C in your body can reduce the ability of your immune system to do its job effectively. This orange flavoured powder mixes easily in water or juice and your Practitioner can do a quick Zinc Taste Test in their clinic to assess if you would benefit from taking it.



JOINT REPAIR

Your Practitioner may also choose supplements that support the healing of tissue damaged by this immune attack and recommend dietary or lifestyle changes to help manage your condition. Supplements your Practitioner may recommend to help with tissue repair include:

Cartrin

Dosage: 5 ml (one metric teaspoon) into fruit or vegetable juice twice daily.

Cartrin is a natural cartilage extract which contains a full spectrum of nutrients for supporting tissue growth and repair.



Glucosamine Intensive Care

Dosage: One tablet three times daily.

Glucosamine Intensive Care provides nutrients for connective tissue repair. It may help to reduce swelling and increase mobility of joints and give temporary relief from arthritic pain.



Collagenics

Dosage: One to three tablets daily.

Collagenics is a combination of herbs and nutrients that is designed to support the maintenance of connective tissue. Connective tissues include skin, cartilage, tendon and bone. This tablet is a great **vegetarian alternative** to Cartrin or Glucosamine Intensive Care.



ALLERGY TREATMENT SUMMARY

Reduce Inflammation (Page 16)

- Oxygenics
- Inflationoid IC
- Kaprex
-



Balance Immune System (Page 37)

- Ultra Flora Immune
- Allergenics
- Luteol Plus
- Immunocare
- Meta Zinc with Vitamin C
-



What Makes You Susceptible? (Page 40)

- Digestive Problems (Page 18)
- Stress (Page 41)
- Diet (Page 46)
- Toxicity (Page 48)
-

ALLERGY

Allergy occurs when your immune system mistakes something that is normally harmless as being a threat to you (for example, pollen). Because your immune system thinks this “thing” is dangerous, it responds by trying to destroy it, causing much inflammation in the process. People can be allergic to many different things, and you may even be allergic to more than one thing.

There are many different types of allergic reactions and the symptoms that you have will often be related to the way you come into contact with your allergen. For example, you may have red and itching skin or hives if you touch something you are allergic to; hay fever or asthma if you breathe in something you are allergic to; tummy pains, vomiting, diarrhoea, itchy skin or hives if you are allergic to a food you have eaten; or you may have a very severe type of allergy called anaphylaxis that affects your whole body.

Your Practitioner may try to help you to work out what it is that you are allergic to if you don't already know. They may ask you to eat different foods for a while or to change other things that you do. Your Practitioner may also recommend certain supplements for you to help control the symptoms of your allergy as well as trying to correct the underlying immune imbalance. Some of the supplements that your Practitioner may recommend include:

Ultra Flora Immune

Dosage: 1 capsule twice daily with food

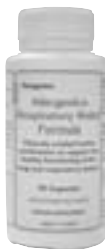
Ultra Flora Immune contains special strains of probiotic bacteria that may assist in maintaining healthy immune function and reducing the symptoms of allergy. The digestive system plays a special role in determining what substances our immune system reacts to, and beneficial bacteria such as those in Ultra Flora Immune are important for the normal function of this digestive immune system.



Allergenic

Dosage: 1-2 capsules three times daily

A combination of herbal medicines that have traditionally been used to reduce the symptoms of allergy such as asthma, eczema and hayfever. This formula provides fast acting relief and is non-sedating.



Luteol Plus

Dosage: One capsule two to three times daily. Luteol Plus contains a combination of herbs that reduce the activity of some of the immune cells that cause the symptoms of allergy. Using Luteol Plus may help to reduce both how bad your reaction is and how long it lasts for.



Immunocare

Dosage: One tablet two to three times daily. Immunocare works to stabilise and balance the activity and response of your immune system. It helps to stabilise the response of cells in your immune system that cause inflammation. Stress can change the way that your immune system responds to infection. The phytosterols in Immunocare help to reduce the effect that stress can have on your immune system, allowing it to respond in an appropriate manner.



Meta Zinc with Vitamin C

Dosage: ½ teaspoon 1-2 times daily added to 200ml of water or juice (with food). Zinc and Vitamin C are crucial nutrients for normal healthy immune system function. Not having enough zinc or vitamin C in your body can reduce the ability of your immune system to do its job effectively. This orange flavoured powder mixes easily in water or juice and your practitioner can do a quick zinc taste test in their clinic to assess if you would benefit from taking it.



TREATING WHAT MAKES YOU SUSCEPTIBLE

Your Practitioner would have asked you a wide range of questions during your visit and determined if there is anything that is making you more susceptible to immune problems and inflammation. What you eat, how effective your digestion is, how your body copes with toxins and how stress affects you can all have an impact on your immune system and how well it works.

If your Practitioner can see that one of these areas is having a negative effect on your immune system they will offer you treatment for that area. This will help you to overcome any immune problem that you have and make you less susceptible to immune problems in the future.

These factors include:

Stress (Page 41)

Diet (Page 46)

Overweight (Page 46)

Toxicity (Page 48)

Lack of exercise (Page 51)

Hormonal balance (Page 53)

Nutrition (Page 55)

IMMUNE SYSTEM PROBLEMS? DON'T STRESS ABOUT IT!

We all have stressful aspects to our lives; from work, family, finances and illness. We get into trouble when the stress that we feel from these issues is not resolved quickly. This is because one of the body's responses to stress is to produce a chemical called cortisol, which directly suppresses immune function. Over time this can lead to increased susceptibility to infection and autoimmunity.

Most experts recommend that you deal with stress in one of two ways. The first is to attempt to resolve the issue that is troubling you. For example, if you are having difficulties with a relationship, then committing to counselling and relationship therapy may lead to a resolution of the issue. If the problem is due to finances, then seeking professional assistance with budgeting and debt management would be recommended. Whilst resolving the situation is the preferable option, it is not always possible. This leaves the second approach, which is stress management.

Stress Management

While recognising that the stress is ongoing, management attempts to limit the impact of the stress on your body, and reduce your exposure to it. One of the keys to managing stress is to understand that the stress response is designed to support physical activity. In our hunter-gatherer past, the major stresses that we faced were being chased and attacked by animals and other people! So when you are stressed, your body is expecting you to do something physical, and it usually responds positively to exercise. Most people find that their stress levels are reduced after they exercise, and exercise helps them to cope. The good news is that any exercise will help, and you only need about 30 minutes a day to achieve a result.

Yoga or Tai Chi

Yoga and Tai Chi are both traditional forms of exercise which also incorporate relaxation and stress management elements. They are slow and gentle, and can be performed by just about anyone. Try attending a class once or twice a week, and then practicing what you have learnt every morning or evening.

Avoid Stimulants or Excess Alcohol

As tempting as it is to drown your stress in alcohol, this is not a long-term solution. Typically it creates a dependence, impairs your judgement and eventually

becomes another source of stress that you need to deal with. Stimulants such as tobacco and caffeine are also problems, as they actually accentuate nervous activity and can make stress symptoms worse. Avoid the temptation to deal with stress via substance abuse. If this is already an issue for you, then discuss it with your Practitioner, who can advise you on the most suitable approach to dealing with the issue.

Choose Your Battles

Often issues that seem to be very important, and require your immediate attention, can resolve themselves without your input. Sometimes not getting involved in every issue can reduce your exposure to stressful situations. Ask yourself whether the current issue would resolve itself eventually if you were not available, and if the answer is yes, then you can choose not to play a role.

Meditation

Meditation uses a wide variety of techniques to clear the mind of stressful outside interferences and create a state of physical and mental relaxation. Practising meditation can have immediate benefits by allowing you time and space away from stressful situations. Practised over longer periods of time, meditation can help you to feel calmer and to bring balance to your life physically, emotionally and spiritually.

Time Management

Feeling like you do not have enough time is one of the most common causes of stress. Actively managing your time can make a world of difference to your level of stress and reduces the impact that urgent tasks can have on your life. By setting priorities and planning your time, you will feel more settled. Your Practitioner may be able to help you with advice or you could make use of one of the many books or courses available on time management.

Improve Communication Skills

Problems with relationships are another common cause of stress, be they work or personal relationships. Often these problems are really the result of poor communication. Developing active listening skills, empathy and an assertive speaking manner improves your ability to communicate with others and reduces the risk of stressful misunderstandings. There are many books and courses available for improving communication skills, or you may prefer to seek one-on-one advice with a counsellor to develop these skills.

Favourite Pastime

Make sure that you create some time for yourself to do some of the things that you really love and are passionate about. It can be anything from fishing to seeing a movie, just as long as you make some time to do it and enjoy it.

If you don't have a favourite pastime, then make some regular time to start trying things you have never done before. You may find something you really enjoy.

Your Practitioner may give you a booklet "Your Guide to Stress Management" which contains plenty of information about stress and how to reduce its impact on your life.



TREATING WITH **BEING OVERWEIGHT IS AN IMMUNE ISSUE**

Most people know that carrying excess body fat can be harmful for the heart and increase the risks of diabetes. Many people are not aware however that fat is a very inflammatory tissue, and higher levels are associated with an increased risk for autoimmune diseases. Additional weight also puts an increased load on your joints and can aggravate conditions like Rheumatoid Arthritis.

Cut the Carbs

A low carbohydrate diet has been shown in many studies to be the fastest and most effective way to successfully lose excess body fat, while preserving vital muscle. Reducing your intake of foods like sugar, bread, pasta and potatoes deprives the body of energy and forces it to burn stored body fat as a fuel. Many of these foods (such as sugar and gluten) are strongly inflammatory, and studies show that reducing these foods also reduces inflammation.

Eat for Quality, Not for Quantity

It is amazing that at a time when people are eating larger and larger portions, they are actually becoming nutrient deficient as well. This is because the processed, refined cereals, sugars and fast foods that make up a large amount of many peoples diets are very low in important nutrients. Aim for high quality foods like

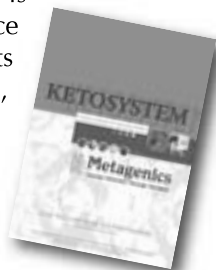
fish, meat, fruits, vegetables and nuts, which are all high in essential nutrients and low in the things that may be aggravating your immune system.

Avoid Emotional Eating

Many people find that stress, loneliness or anger triggers their appetite, especially for sweet or fatty foods. Recognising this response in yourself can be the first step to managing it. Try to find another way to express these feelings, such as through exercise, art, music or a punching bag. Learning to recognise true hunger as opposed to the craving for food in response to stress is an important skill. The next time you are hungry and upset, try going for a long walk while listening to your favourite music. You will find that when you come back, your hunger will have reduced considerably.

The KetoSystem – Safe and Effective Fat Loss

Your Practitioner may recommend a weight loss program called the KetoSystem. This is a low carbohydrate eating plan, which is designed to rapidly and safely reduce excess body fat and the harmful effects that it brings. This includes a diet plan, exercise recommendations and also nutritional supplements designed to support metabolism and reduce appetite. Discuss this with your Practitioner for further information.



DETOX YOUR WAY TO BETTER HEALTH

Our air, water and especially foods are becoming increasingly polluted, contaminated with chemicals and toxic. Scientific research shows that these toxins can be a direct cause of immune system problems and inflammation. There are a number of simple things that you can do to reduce your daily exposure to toxins, and assist your body to remove the ones that are in your system already.

Eat Organically When Possible

Most foods are contaminated with pesticides and other chemicals from the farm. These chemicals can be very harmful to the immune system over time. In addition, most crops are grown in soils which are quite nutrient deficient, leading to foods which may lack the nutrients your body requires for good health. Organic food solves both of these problems, as it is produced without any artificial chemicals, it is grown in soil that is fertilised the old fashioned way, and contains a broad range of nutrients. When possible, purchase organic fruit, vegetables, meats and other foods. If organic is not available, make sure that you peel or wash fruit and vegetables thoroughly.

Drown Your Sorrows – With Water.

Many of the toxins in your body are excreted via your kidneys, and one of the most important things to make

sure that this happens properly is that you consume enough pure water. Most Practitioners recommend at least 1.5 litres per day, adding another litre per hour of exercise. As water can also be polluted, it is a good idea to drink bottled water or purchase a water filter to use on your home supply. Water in coffee, soft drinks and alcohol does not count unfortunately. About the only changes we would suggest would be to add some fresh lemon juice or some organic herbal tea – otherwise just have it straight.

Massage Your Toxins Away

Massage therapy can be a great way to stimulate the removal of toxins from the system. Wastes can build up in the lymphatic system and can be removed by a technique called 'lymphatic drainage massage'. Spa therapies such as marine algae and clay treatments can also assist with detoxifying the body through the skin. Another therapy which you can use at home is to add ½ a packet of Epsom salts to the bath and soak in it for 30 minutes. Speak to your Practitioner about massage and body treatments that they might offer, or other practitioners that they can refer you to.

Juice Your Way to Better Health

Fresh juices are a concentrated source of nutrients with healing potential such as antioxidants, minerals and phytonutrients. Of course, fresh is best, so find a juice bar that makes the juice in front of you, and have one juice per day. Choose from the following ingredients

for maximum benefit, and vary the combinations:

- Fruits: Lemon or lime, pineapple, apple, red and black berries, dark grape, watermelon.
- Vegetables: Carrot, beetroot (fresh not tinned), celery.
- Herbs: Ginger, basil, wheat grass, barley grass, spirulina, coriander.

Undertake a Supervised Detoxification Program

Your Practitioner is trained in the safe and effective detoxification of patients. They have access to a range of herbal and nutritional supplements and meal replacement medical foods which can be used to remove even the most stubborn toxins and improve your immune system health. Detoxification is a serious issue and you should not attempt to do it unsupervised (using a 'detox box' from a health food store or pharmacy). This can lead to a serious aggravation of your condition and delay your treatment. Speak to your Practitioner about "Your Guide to Detox" and how it may be appropriate for your particular situation.

"Your Guide to Detox" contains comprehensive instructions on detoxification, a meal planner and a large amount of nutritious detoxification recipes.



EXERCISE

YOU DON'T HAVE TO TAKE IT SERIOUSLY, JUST REGULARLY

Anyone who has started an exercise program after not doing any physical activity for some time will know that you can feel very stiff and sore a day or two afterwards. Science has discovered however that if you exercise regularly, your levels of inflammation will actually be reduced, not increased. This is a very useful tool that can be used to help reduce the symptoms of autoimmune disease, and also help to prevent loss of muscle and joint function. Depending on your immune condition and your levels of pain and inflammation, different exercises will be more appropriate than others. Discuss your options with your Practitioner, who can give you some specific advice.



How Much Exercise is Enough?

You should aim to do 30 minutes of exercise every day. If you can do more than this and you have the time, then aim to do a little more. If you find 30 minutes is too much to start with, then start with 10 or 15 minutes, and gradually increase the amount. You will also benefit from doing two to three shorter exercise sessions of 10 to 15 minutes if this suits your schedule better.

Strength and Flexibility

One of the main problems with many long-term immune and autoimmune conditions is that you will tend to lose muscle mass and joint mobility over time. Strength and flexibility exercises are ideal to try to prevent this loss from occurring. Some options include yoga, tai chi, pilates, dancing, martial arts, callisthenics and weight training. Make sure that whatever you choose, you have a qualified instructor and they are aware of any limitations in movement that you have because of your condition.

Aerobic Fitness

Aerobic exercise helps to maintain your fitness, the health of your heart, reduce your risk of diabetes and it assists with fat loss. Options include walking, swimming, cycling, rowing and aqua aerobics. It is best to avoid high impact exercises such as jogging and some forms of aerobics classes, which can place excessive strain on the joints.

If you have any questions or concerns about your treatment you should discuss these with your Practitioner and most importantly remember that your Practitioner is there to support you through this process.

BALANCE YOUR HORMONES BALANCE YOUR IMMUNE SYSTEM

One of the things that has for many years puzzled researchers about autoimmune disease is why it is so much more common amongst women. On average, about 3 out of every 4 people that develop autoimmunity are female. It turns out that oestrogen, one of the main female hormones, can be a driver of autoimmunity. It has been shown to increase the activity of the immune system. Elevated oestrogen levels can increase the risk of developing autoimmunity, and the severity of the symptoms.

Estrofactors

Dosage: One capsule three times daily.

Estrofactors is a combination of herbs and nutrients which help to naturally balance oestrogen levels. This is achieved through the content of natural plant oestrogens and other nutrients which may reduce the overactivity of the body's own oestrogens.



Meta I-3-C

Dosage: One capsule three times daily.

Indole-3-Carbinol is a natural compound found in broccoli and Brussels sprouts which has been shown to enhance oestrogen break down. Your Practitioner may recommend this product to you to ensure that your oestrogen



is safely metabolised and does not build up to harmful levels in your system. Even though men generally have much lower levels of total oestrogen, faulty oestrogen metabolism can still be a significant risk factor.

MAINTENANCE OF IMMUNE SYSTEM HEALTH

While it can take some time, most people can get their immune system back into balance with the help of their Practitioner and a few well chosen natural medicines. Your Practitioner may at this point recommend a maintenance program, to help keep things in balance.

Maintain a Healthy Diet

Now that you are eating a healthy diet and your immune system is reaping the benefits, it is important to think about what you will continue to eat. It is almost certain that if you go back to eating a standard Western diet full of sugar, chemicals and other unhealthy ingredients, your immune system will deteriorate and you may experience a relapse. We would generally recommend that you continue to follow the basic dietary principles you have been given in this booklet, and make an effort to stick to this 90% of the time. This means that 1-2 meals per week, you can relax if you want to, but the rest of the time you should follow the program. Try to get used to the idea that you are not 'on a diet', but that the diet you follow now is your new way of eating.

Immunocare

Dosage: One tablet 2-3 times daily.

Immunocare is a herbal formula that is designed to maintain immune balance. It helps to keep the immune system healthy, prevent infection and allergy and reduce the risk of a recurrence of your condition. It is safe to take long-term if recommended by your practitioner.



Multigenics Phyto Plus

Dosage: One tablet daily.

A broad spectrum multivitamin and mineral formula is the basis of good health. It contains a range of nutrients to help maintain general health and immune balance. You should choose a multivitamin that contains nutrients in a biologically compatible form, to ensure optimal absorption and results.



Meta EPA/DHA

Dosage: Two capsules twice daily.

Fish oil has been proven in many studies to be beneficial for reducing inflammation. It is an essential component of healthy cell membranes and assists with the maintenance of a healthy cardiovascular system. Diets that are low in omega-3 fatty acids, like those found in fish oil, are associated with an increased risk of immune and other health problems.



CONGRATULATIONS



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Genetic Potential Through Nutrition

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MET1764 - 01/07 - GTI



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