

Nutritional Program to Rebuild the Immune System

This protocol helps to restore natural systems of immunity that may have been depleted, especially after recurrent antibiotic treatments for sinusitis, children's ear infections, or tonsillitis. It helps stop the cycle of recurrent infections by rebuilding the body's own defense mechanisms, which are categorized below with the specific nutritional recommendation that benefits each.

General health and immune support (nutrient cofactors) multivitamin & mineral {Also helpful to avoid sugar and cow's milk}	B-complex vitamins
Cell-mediated immunity (white blood cell activation)	250 mg Vitamin C 3x day
Gut immunity (normal, friendly bacteria compete against yeast and harmful bacteria)	½ cup yogurt daily or 1-2 capsules probiotic
Humoral immunity (antibody production by thymus gland)	1 tablet calf thymus daily
Secretory immunity (vitamin A, mucosal IgA antibodies)	1 tsp cod liver oil daily