



How To Naturally Boost Your Immune System

—by Johan Jacobs

Question: My child has started day care and is constantly sick. How do I naturally boost his immune system?

Answer: The understanding of your immune system and its requirements to function optimally are key.

I describe your immune system as your own internal bodyguard, or even better the hero 'Rambo', because he is always, or should I rather say, he should always be on the winning side. Everyone's immune system is similar as we are superiorly

designed and equipped by our Creator with many various mechanisms and powerful 'weaponry' to successfully overpower, protect, and safeguard one's body against the onslaught of dangerous invaders, such as viruses, bacteria, parasites, toxins, and other unnatural environmental factors. The "Rambo" (immune system) lives to serve its master (the body).

One's immune system needs to be continuously empowered to function as it was originally designed. Every day, every second, the body's 'Rambo' uses immune system ammunition (antioxidants). Once this ammunition has been used it needs to be replaced. The ammunition is contained in the food that we eat.

The body's 'Rambo' is sufficiently equipped for its protective role when a complete natural, fresh, unprocessed, vine-ripened, non-genetically modified (GM) whole food diet is followed.

The Antioxidants in our food is only but one type of ammunition needed by the

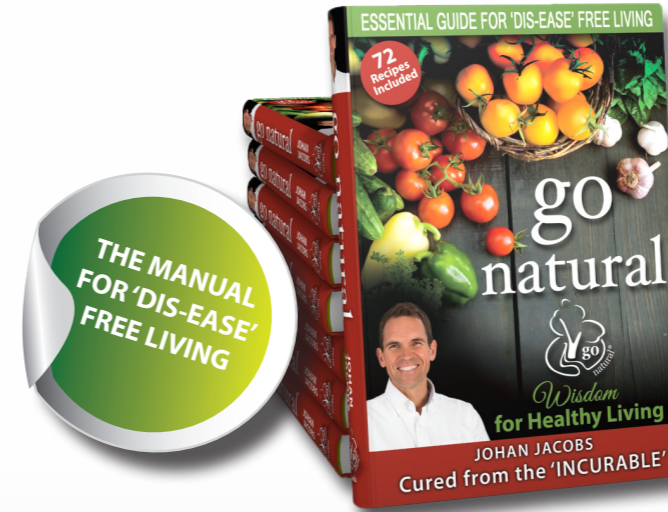
Your immune system needs to be empowered to function as it was originally designed.

body's 'Rambo'. There are a host of different types of antioxidants in the food chain, such as water-soluble as well as fat-soluble antioxidants.

These are needed in balance and in ample quantities. Processed foods in boxes, packets, cans, and bottles contain substandard and too little ammunition. These should be avoided at all times, as it is not natural and as a matter of fact could contain harmful toxins.

The double-edged sword against the body's 'Rambo'

There are two major threats that work against the body's 'Rambo' or immune system's ability to do its job.



JOHAN JACOBS is the founder and author of Go Natural.

1. Toxicity – the Invisible Dragon

Every time we expose our 'Rambo' to these unnecessary toxic loads, we demand it to defend an unnecessary onslaught and in the process places additional stress on our immune system, rendering it weaker and less effective.

Imagine your immune system carrying all the 'Rambo's' weapons and ammunition to protect you, yet every time you expose yourself to another toxic modern modality, you pick up another railway sleeper and you demand that your 'Rambo' carry it for you.

With the ever-increasing number of sleepers on your 'Rambo's' shoulders, it becomes literally overloaded, slow, and ineffective. It then ceases to shield your body from onslaughts.

As a result of the modern, industrialised, polluted environment that we inhabit – there is a penalty to be paid. Nowadays people are exposed to levels of free radicals and foreign toxins unknown to previous generations.

The body's 'Rambo' has never encountered this before, and is not equipped to deal with such a vast numbers of invaders. Because many of these enemies/toxins are completely foreign, and 'Rambo' struggles to deal with them.

Some of these foreign invaders include:

- Toxic preservatives in the food chain, for example Mono Sodium Glutamate (MSG)
- Chlorine in the drinking water
- Pesticides and herbicides in food
- Air pollution due to modern transport mechanisms

- Mercury in vaccinations
- Fluoride in tooth paste
- Xeno-estrogens: hormone mimickers in plastics
- Electro-magnetic forces (EMFs) in Cell phone and wireless industry
- Wood preservatives
- Paint and nail polish solvents, the list is almost endless.

Our GO NATURAL book exposes more of these dangerous and deceptive products.

2. The 'NO-AMMO' dilemma

When being attacked by harmful bacteria or a virus, the body's 'Rambo' aims at the

God made us perfectly – we are strong enough to live lives without disease.

enemy and pulls the trigger. In order for the bullet to hit its mark and destroy the enemy, it needs to have the right ammunition. The body's 'Rambo' is rendered impotent if it isn't provided with ammunition. If we consider the above mentioned, it becomes obvious why so many people suffer from poor immune system related conditions.

What is the natural and sustainable alternative?

Let's go back to our roots and adopt the nutrient-rich *Go Natural* diet and life-style that we were created to enjoy. This will ensure that your immune system functions on full capacity. Our book explains in detail how modern man can live naturally again.

Additional suggestions:

1. Detox the kitchen and GO NATURAL
2. Get agreement and unity in your new diet. When there is unity, God demands a blessing
3. Make your juicer your drugstore. Drink a daily vegetable juice and boost your body and its immune system with mega doses of antioxidants.
4. Every morning our family starts the day with a Vitamin C cocktail (tastes like home-made lemonade).
5. When your immune system is under stress with an infection, cold, or flu, give it more ammunition. It is then that I take the Vitamin C cocktail 2-3 times a day and a vegetable juice twice a day.

I believe our creator God made the immune system perfect. It is strong enough to protect and empower us to live a quality life without disease: But we must be wise as we live in our modern changed environment to side step the double-edged sword.

The dilemma is that most of us were born and raised in a sea of unnatural processed foods. This has wrongly shaped our perceptions of what is healthy and in the process we have lost discernment. Allow nature to do its job. ■

To order his book: 021-8522 744 or visit:

www.gonatural.co.za

