



DR. TAZ <sup>M</sup><sub>D</sub>  
INTEGRATIVE MEDICINE

TOOLS FOR  
SUPPORTING YOUR  
IMMUNE SYSTEM



**DURING THIS COURSE, WE WILL BE BUILDING YOUR IMMUNE TOOLBOX. HERE IS A HANDY CHEAT SHEET TO HELP YOU SUPPORT YOUR AND YOUR FAMILY'S IMMUNE HEALTH.**

*Food*

**High Antioxidant Foods  
(Vitamins A, C, Glutathione)**

Foods high in antioxidants help support the immune system by decreasing viral loads and increasing oxygen delivery to cells. These foods reduce oxidative stress and also decrease inflammation.

Add the following high antioxidant foods to your daily diet.

| <b>FOOD</b>                                | <b>VITAMIN POWER</b> |
|--|----------------------|
| BERRIES                                    | C, A                 |
| CITRUS FRUITS                              | C                    |
| LEAFY GREENS<br><i>(KALE, SPINACH)</i>     | GLUTATHIONE, A, C    |
| BELL PEPPERS                               | A, C                 |
| CARROTS                                    | A                    |
| BEETS                                      | C                    |
| BROCCOLI                                   | C, E                 |
| ASPARAGUS                                  | GLUTATHIONE          |
| OKRA                                       | GLUTATHIONE          |
| LEAN MEATS<br><i>(BEEF, FISH, POULTRY)</i> | GLUTATHION           |

Aim for 1 cup of any of the above fruits and vegetables **2x per day** and 4-6 oz of lean meat **3-4 x per week** to optimize levels of these nutrients.

## High Vitamin D Foods

Vitamin D has been shown in numerous studies to support healthy immune function.

EGGS

SALMON

SMOKED WHITEFISH

SARDINES

FORTIFIED DAIRY

FORTIFIED TOFU

MUSHROOMS

Aim for 4- 5 servings **per week to get 4000- 5000 IU in naturally.**

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## Foods High in Zinc

Zinc thins respiratory secretions and supports the immune system.

MEAT (RED MEAT)

PINE NUTS

OYSTERS

PEANUTS

CRAB

CASHEWS ALMONDS

SHRIMP

CHEESE

HEMP SEEDS

EGGS

PUMPKIN SEEDS

LENTILS (DIFFICULT TO ABSORB ZINC DUE TO PHYTATES)

SESAME SEEDS

Aim for **2-3 servings of any of the above per week.**  
Most fruits and vegetables very poor sources of zinc.



## Foods High In B Vitamins

EGGS

LENTILS

LEAN MEATS

WHOLE GRAINS LEAFY

VEGETABLES (BROCCOLI, SPINACH)

Aim for 2 servings **per day.**

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## Foods High in Omega 3 Fats

Omega 3 fats decrease inflammation and help support immune function.

EGGS

FATTY FISHES (SALMON, TUNA, SARDINES)

ALMONDS

FLAX SEEDS

CHIA SEEDS

WALNUTS

Aim for 3-4 servings of any of the above **per week.**



# Gut Health

I often refer to the gut as ground zero for the immune system- your gut health determines almost 75% of your overall immune health.

## **Microbiome Balance**

Balancing gut bacteria is key to preventing inflammation and supporting overall immune function.

The biggest immune offenders include:

### **Candida**

Bacterial overgrowth- Firmucetes, Citrobacter, Klebsiella (addtl pathogens numerous)  
Fat Malabsorption

### **Protective/ Healthy Gut Bacteria**

These bacteria prevent inflammation and modulate cytokines and the immune response.

Lactobacillus rhamnosus  
Lactobacillus Plantarum  
Lactobacillus Acidolphus  
Lactobacillus grasseri  
Bifido Bacteria (lactis)  
Ruminococcal Bacteria  
Bacteroidetes

### **Leaky Gut/ Malasorption**

Leaky gut or malabsorption triggers nutrient deficiencies. Picture the gut lining with multiple holes and all your healthy food with nutrients and vitamins just leaking out. Who wants that?

## Keep the following on hand to prevent leaky gut:

|   |                           |
|---|---------------------------|
| <b>GLUTAMINE</b><br>AN AMINO ACID THAT<br>REBUILDS THE GUT LINING | 2-3 GRAMS PER DAY         |
| <b>COLLAGEN</b><br>REBUILDS GUT LINING                            | 1 GRAM PER DAY            |
| <b>BONE BROTH</b><br>SUPPORTS A HEALTHY GUT<br>LINING             | 3-4 SERVINGS PER WEEK     |
| <b>DIGESTIVE ENZYMES<br/>WITH LIPASE</b>                          | 1 WITH MEALS 1-2X PER DAY |

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## Gut Balancing Foods- Foods that Increase Lactobacillus Bacteria

BONE BROTH

YOGURT

KEFIR

FERMENTED VEGETABLES

SOURDOUGH BREAD (HOMEMADE)

KOMBUCHA

KIMCHI

## **Foods that Balance Gut Bacteria**

HIGH FIBER FOODS

RASPBERRIES

ARTICHOKES

BROCCOLI

LENTILS

BEANS

WHOLE GRAINS

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## **Foods that Increase Bifido Bacteria (prevents inflammation)**

APPLES

ARTICHOKES

BLUEBERRIES

ALMONDS

PISTACHIOS

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## **Foods that Increase Both Bifido and Lactobacillus bacteria**

FERMENTED SOY

MICRONUTRIENTS

# Supplementation

OFTEN, DESPITE OUR BEST EFFORTS, AND FOOD QUALITY TODAY, IT CAN BE DIFFICULT TO GET THE RIGHT AMOUNT OF KEY NUTRIENTS IN YOUR DIET AND INTO YOUR BLOODSTREAM AND CELLS.

HERE ARE A FEW RECOMMENDATIONS FOR **DAILY** MICRONUTRIENT SUPPLEMENTATION.

| MICRONUTRIENT                          | ADULT                         | CHILD                        |
|--|-------------------------------|------------------------------|
| VITAMIN C                              | 2000 MG                       | 500 MG - 1000 MG             |
| VITAMIN A                              | 5000 IU                       | 1000 IU MAX                  |
| VITAMIN D                              | 2000 IU                       | 400 - 1000 IU                |
| ZINC CHELATE                           | 15-20 MG                      | 5 MG                         |
| OMEGA 3 FATS                           | 2-3 GRAMS                     | 1 GRAM                       |
| B VITAMINS<br>(MULTI B, METHYL)        | 1000 MG B12<br>800 MCG FOLATE | 500 MG B12<br>400 MCG FOLATE |
| GLUTATHIONE NAC<br>(N-ACETYL CYSTEINE) | 1-2 GRAMS PER DAY             | 500 MG                       |

# Homeopathic Remedies

MOST HOMEOPATHIC REMEDIES ARE TAKEN BY TAKING 5-7 PELLETS 3X PER DAY ORALLY.

**ALLIUM CEPA** (FROM GARLIC OR GARDEN ONIONS)  
**OSCILLINIUM** - USED FOR COLDS, FLU, H1,N1



# Herbs

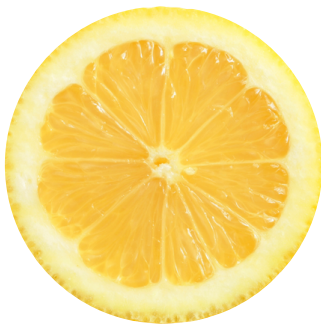
HERBS AND REMEDIES FROM NATURE HAVE PROVIDED MEDICINAL SOLUTIONS FOR THOUSANDS OF YEARS. IN CHINESE AND AYURVEDIC MEDICINE THERE ARE MANY HERBS USED FOR IMMUNE SUPPORT, WHICH WE KNOW TODAY ENHANCES T CELL MEDIATED IMMUNITY AND OUR ADAPTIVE IMMUNITY OVERALL.

THIS HAS BEEN A GAME CHANGER FOR MANY OF MY PATIENTS WHO WERE GETTING SICK ALL THE TIME.

| HERB                  | FUNCTION                                       | DOSING RECOMMENDATION |
|-----------------------|--|-----------------------|
| ASTRAGALUS            | SUPPORTS AND IMPROVES T CELL MEDIATED IMMUNITY | 1 GRAM/DAY            |
| ANDROGRAPHIS          | SUPPORTS T CELL MEDIATED IMMUNITY              | 60 MG                 |
| TRIPHALA              | SUPPORTS GUT- IMMUNE RELATIONSHIP              | 3 GRAMS/DAY           |
| GINGER                | ANTI INFLAMMATORY/<br>GUT ENHANCER             | 500 MG 2-3X/DAY       |
| GARLIC/GARLIC EXTRACT | ANTI VIRAL, T CELL SUPPORT                     | 2-5 GRAMS RAW/500 MG  |
| REISHI                | AID WHITE BLOOD CELL FUNCTION                  | 500 MG 3X PER DAY     |
| TURMERIC              | ANTI INFLAMMATORY/ SUPPORT T CELL FUNCTION     | 2-3 GRAMS PER DAY     |

# Essential Oils

ESSENTIAL OILS CAN BE USED BY INHALING AND PLACING 3-5 DROPS ON THE PALMS, TEMPLES OR SIDE OF THE NOSE. MANY ESSENTIAL OILS ARE ANTI BACTERIAL, ANTI VIRAL, AND ANTI INFLAMMATORY. SOME OF MY FAVORITES ARE LISTED BELOW.



*Lemon*



*Tea Tree Oil*



*Eucalyptus*



*Oregano*



*Rosemary*



*Peppermint*

# *Additional Modalities*



*Exercise*



*Acupuncture*



*Massage*



*Meditation*