

Dr. Brimhall's
One More Piece of the Health Puzzle
For Wellness



Total Green Protein and the Immune System:

- by Dr. John Brimhall and Dr. Lynn Toohey

Many nutrients boost the immune system and fight foreign invaders or damaging free radicals. Some strengthen the mucosal immune system, and protect by fortifying our defenses at the gut level. Sometimes just resting the gut with protein drinks can allow energy to be focused on cell recovery (digestion usurps a large amount of ATP!) Some nutrients/herbs facilitate the detoxification of the liver, which clears the body of potential hazards to health. These nutrients, when added to a protein drink, can optimize the immune power of the drink. For instance, the indoles, sulforaphane, and other ingredients in organic sprouts from cruciferous vegetables (found in Total Green Protein by Nutri-West) can super-charge immune power.



Whey protein alone supports the immune system: Whey protein "exhibits anti-carcinogenesis and anticancer activity" according to a report in *Anticancer Research* (Bounous G. Whey protein concentrate (WPC) and glutathione modulation in cancer treatment. *Anticancer Res.* 2000 Nov-Dec; 20(6C): 4785-92.)

Other nutrients (found in Total Green Protein) support the immune system as well:

Spirulina is an algae described as, "effective to treat certain allergies, anemia, cancer, hepatotoxicity, viral and cardiovascular diseases, hyperglycemia, hyperlipidemia, immunodeficiency, and inflammatory processes, among others" (Chamorro G. et al. 2002 Sep; 52(3):232-40.)

Rosemary reduces pathogenic substances such as bacteria, raises detoxification enzymes in the liver, and decreases inflammation and liver cell injury (Ahn J. et al. 2004; Sotelo-Felix JI, et al. 2002).

Beta Sitosterol is a plant sterol possessing "antipyretic (fever-reducing), antineoplastic, and immune-modulating properties, showing promise in normalizing T-cell function, dampening overactive antibody responses (uncontrolled autoimmune response), and normalizing DHEA: cortisol ratios (abnormal ratios can lead to disease) (Bouic PJ et al. 2001).

Cloves possess many medicinal properties, including antibacterial and antimicrobial activity (Bagamboula CF et al. 2001), and "antioxidative, antimutagenic and anticarcinogenic properties" (Sengupta A. et al. 2004).

Total Immune Support Drink

1 cup organic cherry juice
1/2 banana
1/2 cup blueberries
1/2 cup organic yogurt w/ live cultures
ice cubes
1 serving NW Total Green Protein* powder
10 drops NW Total Bac-T* or 2 crushed Total Multimune
Blend well and serve

Any berries, preferably organic, can be used. Dark colored fruits are high in vitamin C, antioxidants, and immune-supporting nutrients. Blueberries are very high in proanthocyanidins.

*Total Green Protein is a whey protein powder high in phytochemicals, bioflavonoids and antioxidants; it contains spirulina, enteric-coated probiotics, rosemary, beta-sitosterol and cloves, all of which have a positive effect on immune support.

*Total Bac-T is a liquid herbal formula containing Cat's Claw extract, Olive Leaf extract, Astragalus extract and Red Clover extract. For a "sooper dooper" immune boost, crush 2 Total Multimune and add to shake.

To your health!

JW Brimhall, DC and the Wellness Team

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