FOOD AS MEDICINE!

“The beauty of Food As Medicine is that the choice to heal and promote health can begin as soon as the next meal.”
ABOUT YOUR PRESENTER
TONI ST. CLAIR-FISH

Owner/CEO
TrueSelf TotalHealth
Certified Nutritional Endocrinology Coach and Educator
Certified Digestive Health Coach
Certified Insulin Resistance Coach
Certified Plant Based Nutrition Educator
Certified Raw Vegetarian Chef and Instructor
I am not a licensed practitioner, physician, dietician, nutritionist, nurse or medical professional. This document/course is informational only. Anything you learn here is to be utilized/taught/shared at your own risk. Antoinette (Toni) St. Clair, Health Coach (Functional Nutrition & Life) and Wellness Consultant claims no responsibility to any person or entity for any liability, loss, or damage caused or alleged to be caused directly or indirectly as a result of the use, application, or interpretation of the information presented, suggested or recommended. **It is not intended as medical advice. I am not treating, curing, or diagnosing any condition or illness.** If you have a condition that requires medical attention, I encourage you to make your own health care decisions based on your research and in partnership with a qualified health care practitioner.

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WHAT IS THE ROLE OF THE IMMUNE SYSTEM?

A shield to protect you from **antigens** that can cause discomfort, disease, or even death
WHAT WEAKENS THE IMMUNE SYSTEM?

Compromise of the Immune barriers:

✓ Specific and general nutrient deficiencies
✓ Blood sugar irregularities
✓ Overactive adrenal
✓ Poor diet: heated fats, sugar, gluten
✓ Toxins: i.e. pesticides
✓ Gut infections: i.e. candida
✓ Stress
✓ Food allergens
African Americans and Hispanics are at greater risk of contracting, being hospitalized, or dying from COVID-19

<table>
<thead>
<tr>
<th>Rate ratios compared to White, Non-Hispanic Persons</th>
<th>American Indian or Alaska Native, Non-Hispanic persons</th>
<th>Asian, Non-Hispanic persons</th>
<th>Black or African American, Non-Hispanic persons</th>
<th>Hispanic or Latino persons</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cases</strong>&lt;sup&gt;1&lt;/sup&gt;</td>
<td>2.8x higher</td>
<td>1.1x higher</td>
<td>2.6x higher</td>
<td>2.8x higher</td>
</tr>
<tr>
<td><strong>Hospitalization</strong>&lt;sup&gt;2&lt;/sup&gt;</td>
<td>5.3x higher</td>
<td>1.3x higher</td>
<td>4.7x higher</td>
<td>4.6x higher</td>
</tr>
<tr>
<td><strong>Death</strong>&lt;sup&gt;3&lt;/sup&gt;</td>
<td>1.4x higher</td>
<td>No Increase</td>
<td>2.1x higher</td>
<td>1.1x higher</td>
</tr>
</tbody>
</table>

African Americans and Hispanics are at greater risk of contracting, being hospitalized, or dying from COVID-19.
WHAT YOU WILL LEARN TO REDUCE YOUR RISK

YOU WILL LEARN HOW TO:

- Assess Your Immune System
- Feed Your Immune System
- Detox and Strengthen Your Immune System
- Keep Your Immune System Pumping
ASSESS YOUR IMMUNE SYSTEM

Targeted Questionnaires-Self
  Immune Health Assessment
  Immune Nutrition Assessment

Specialized Labs- Medical
  Complete Metabolic Panel & CBC
  Nutrition Specific Panel
  Immune Health Panel
**FEED YOUR IMMUNE SYSTEM**

*Foods that enhance the immune function*

- Organic, whole, fresh, unprocessed, nutrient dense
- Fruits
- Vegetables
- Greens from land and sea
- Algae
- Mushrooms
- Garlic
- Bell peppers
- Ginger
- Turmeric

Reference: Dr. Ritamarie Loscalzo, Institute of Nutritional Endocrinology
FEED YOUR IMMUNE SYSTEM

Nutrients to protect the immune system

- Zinc
- Selenium
- Vitamin C
- Vitamin A
- Manganese
- Copper
- Sulfur containing Amino Acids
- Vitamin D

Reference: Dr. Ritamarie Loscalzo, Institute of Nutritional Endocrinology
# Feed Your Immune System

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A, C, E</strong></td>
<td>Help to maintain the structure and function of the mucus cells lining the respiratory and digestive tract, acting as a barrier against infections.</td>
</tr>
<tr>
<td><strong>Zinc</strong></td>
<td>Normal development and function of immune cells.</td>
</tr>
<tr>
<td><strong>Selenium</strong></td>
<td>An antioxidant that helps protect the body. Selenium is also vital in the production of the enzyme glutathione peroxidase, which helps detoxify the body.</td>
</tr>
<tr>
<td><strong>Copper</strong></td>
<td>Recent scientific studies have shown that copper deficiency results in an increased susceptibility to infection.</td>
</tr>
<tr>
<td><strong>Iron</strong></td>
<td>Sufficient iron is critical to healthy immune functions and a deficiency has been shown to impair the immune system.</td>
</tr>
<tr>
<td><strong>Manganese</strong></td>
<td>An important trace mineral needed for many vital functions including immune-system defenses.</td>
</tr>
<tr>
<td><strong>Omega 3 Fatty Acids</strong></td>
<td>Essential in reducing inflammation and having a healthy immune system.</td>
</tr>
</tbody>
</table>
## HERBS FOR IMMUNE SUPPORT AT-A-GLANCE

<table>
<thead>
<tr>
<th>HERBAL SOURCE</th>
<th>IMMUNE FUNCTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Andrographis</td>
<td>Stimulate immune function and halts viral growth.</td>
</tr>
<tr>
<td>Sometimes called “Indian</td>
<td></td>
</tr>
<tr>
<td>Echinacea”</td>
<td></td>
</tr>
<tr>
<td>Elderberry</td>
<td>Fights infections including influenza, herpes, viral infections and bacterial infections.</td>
</tr>
<tr>
<td>Echinacea</td>
<td>Inhibits bacteria and viruses from penetrating healthy cells.</td>
</tr>
<tr>
<td>Calendula</td>
<td>This antiviral herb fights viruses, inflammation and bacteria.</td>
</tr>
<tr>
<td>Garlic</td>
<td>It has antiviral properties.</td>
</tr>
<tr>
<td>Astragalus Root</td>
<td>A powerful antiviral herb that boosts the immune system.</td>
</tr>
<tr>
<td>Cat’s Claw</td>
<td>Has antiviral properties. Engulfs and destroys pathogens.</td>
</tr>
</tbody>
</table>
DETOX & STRENGTHEN YOUR IMMUNE SYSTEM

DETOX FOR HEALTH AND A STRONGER IMMUNE SYSTEM!

Reference: Dr. Ritamarie Loscalzo, Institute of Nutritional Endocrinology
WHAT IS A DETOX?

- Detox is something that your body does naturally, but there are certain things you can do to help. That’s what we’re talking about here.
  
- Detox can involve removing certain things from your life (like toxins, negativity, and inflammatory foods)
  
- Detox can involve adding certain things into your life (life whole foods, more water, liver supports, gut supports and stress management techniques)
DETOX & STRENGTHEN YOUR IMMUNE SYSTEM

Detox can help you with the following:

• Develop a STRONGER IMMUNE SYSTEM
• Weight loss
• Skin issues
• Better sleep
• Improved digestion and better bowel movements
• Balanced moods
DETOX & STRENGTHEN YOUR IMMUNE SYSTEM

5 STEPS TO simply and safely DETOX NATURALLY & SUPPORT YOUR IMMUNE SYSTEM

1. Change your diet
2. Cut out toxins
3. Sweat
4. Sleep
5. Manage stress
#1 – CHANGE YOUR DIET

Remove
- processed foods
- added sugar
- gluten
- dairy

Eat
- more organic whole foods
- focus on veggies and greens

Include
- probiotic-rich foods and drinks
- lemon water
REMOVE THE TOP 3 FOODS THAT DAMAGE YOUR GUT AND WEAKEN YOUR IMMUNE SYSTEM

- Sugar and processed foods
- Trans and heated fats
- Allergens, especially gluten

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Probiotics are allies for daily detox!

They improve the balance of good bacteria in the gut AND help us have healthy bowel function

Help balance weight and reduce the risk of metabolic syndrome (overweight people tend to have fewer good bacteria than thinner people)

Improve immunity and immune response while lowering inflammation and overall risk of disease

SOURCES:
probiotic rich foods, drinks, supplements
#2 – REMOVE TOXINS

### Remove
- Plastics
- Personal care products with questionable ingredients
- Artificial fragrances
- Smoking

### Switch
- Store in glass
- Use natural products (check EWG database for good choices)
- Essential oils

### Limit
- Caffeine
- Alcohol
THE REST...

#3 SWEAT
- Skin is a detox organ
- Sauna
- Rebounding
- Exercise stimulates lymph flow

#4 SLEEP
- 7-9 hours of deep sleep
- Restorative naps

#5 Stress Less
- Deeper breathing helps relax the body and reduce stress
- Less stress = better immune response & lower inflammation
KEEP YOUR IMMUNE SYSTEM PUMPING!

SUPPORT YOUR INTERNAL AND EXTERNAL ENVIRONMENTS!

Internal Environment
- Digestive System
- Hydration

External Environment - Indoor Air
Which one feels right for you right now?

**Immune Optimization Guide:**

**Functional Nutrition Self-Assessment Consultation:**

**Functional Health Consultation:**

**Deep Detox** (Contact me)
THANK YOU FOR COMING!

TAKE CONTROL OF YOUR HEALTH NOW!!