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**life, in balance.**



## **FOOD AS MEDICINE: DETOX FOR IMMUNE HEALTH**

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# 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

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Certified Nutritional Endocrinology  
Coach and Educator

Certified Digestive Health Coach

Certified Insulin Resistance Coach

Certified Plant Based Nutrition  
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# DISCLAIMER

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.

# 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**

# WHY SHOULD YOU CARE ABOUT YOUR IMMUNE HEALTH?

*African Americans and Hispanics are at greater risk of contracting, being hospitalized, or dying from COVID-19*

Rate ratios compared to White, Non-Hispanic Persons	American Indian or Alaska Native, Non-Hispanic persons	Asian, Non-Hispanic persons	Black or African American, Non-Hispanic persons	Hispanic or Latino persons
Cases <sup>1</sup>	2.8x higher	1.1x higher	2.6x higher	2.8x higher
Hospitalization <sup>2</sup>	5.3x higher	1.3x higher	4.7x higher	4.6x higher
Death <sup>3</sup>	1.4x higher	No Increase	2.1x higher	1.1x higher

Reference: <https://www.cdc.gov/coronavirus/2019-ncov/community/health-equity/race-ethnicity.html>

# WHY SHOULD YOU CARE ABOUT YOUR IMMUNE HEALTH?

*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



# FEED YOUR IMMUNE SYSTEM

## *Nutrients to protect the immune system*

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



# FEED YOUR IMMUNE SYSTEM

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

# FEED YOUR IMMUNE SYSTEM

## HERBS FOR IMMUNE SUPPORT AT-A-GLANCE

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

# DETOX & STRENGTHEN YOUR IMMUNE SYSTEM

DETOX FOR  
HEALTH AND A  
STRONGER  
IMMUNE  
SYSTEM!



# DETOX & STRENGTHEN YOUR IMMUNE SYSTEM

## ***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 (like 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

# INCLUDE PROBIOTICS



- 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

# ACTION STEPS

*Which one feels right for you right now?*

## **Immune Optimization Guide:**

<https://www.trueselftotalhealth.com/wp-content/uploads/2020/02/CORONAVIRUS-IMMUNE-SUPPORT-GUIDE.pdf>

## **Functional Nutrition Self-Assessment Consultation:**

<https://www.trueselftotalhealth.com/product/functional-nutrition-self-assessment-consultation/>

## **Functional Health Consultation:**

<https://www.trueselftotalhealth.com/product/functional-health-consultation/>

**Deep Detox** (Contact me)

# THANK YOU FOR COMING!



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## TAKE CONTROL OF YOUR HEALTH NOW!!