

# Strengthening Your Immune System

## *In 13 Easy Ways*

By Morning: spirit: Wolf-D.R.M.

Our immune system is governed by the Pineal gland located in the brain. This once little known gland is, among other things, in charge of the many organs and cells that make up the body's ability to recognize and neutralize harmful pathogens that can threaten our daily health. Pineal hormones direct a myriad of organ functions that work together to both protect us and inspire us.

Our immune organs consist of tonsils, adenoids, appendix, spleen, thymus, bone marrow, and the host of lymph nodes and vessels that are located in the groin, neck, knees, underarms, abdomen, and chest. The network of lymphatic ducts that transport fluid and flush-out waste, pathogens, parasites, and toxic debris perform a daily ritual of sensing invaders, engulfing anti-bodies and histamines, and scavenging them out of the body through our main detoxification channels; lungs, skin, colon and sinuses, and kidneys. It is up to us to make sure that both the pineal gland and its network of immune functions are kept nourished, balanced, unblocked, and detoxified. Here's how:

1. First and foremost, keep stress at a minimum, this maximizes Pineal function. If you experience daily stress make sure you minimize it with adequate B-Complex vitamins that are accompanied by potassium for better absorption. You might also try *Peak Frequency Plant Therapy's* Stress Free Formula (SFF), Letting Go, Moving On, Calm & Collected, Thyme, Safety Net, and Passion. ([www.ineedherbs.com](http://www.ineedherbs.com))
2. The main herb that repairs damage to the pineal gland is mustard; you can either eat it daily (organic yellow or brown prepared mustard) or take it in extract form, which not only improves immunity it also regulates bio-rhythms and slows the aging process. Eating apricots, loaded with vitamin A, will boost Pineal function; apricots, either fresh or dried, will provide loads of energy, nutrition, and improve eye sight and perception. You might also try *Peak Frequency Plant Therapy's* Pineal, Focus, Mustard, Perception, Yam A+D, and Success. ([www.ineedherbs.com](http://www.ineedherbs.com))
3. Keeping your immune system nourished is accomplished through proper digestion and supporting the pancreas by drinking thyme tea or taking its extract, and eating red kidney beans and other nutritious foods provided on the Peak Frequency Foods list. You might also try *Peak Frequency Plant Therapy's* Pancreas, Balance, Thyme, Red Raspberry Leaf, Alfalfa, and Hawthorn Leaf. ([www.ineedherbs.com](http://www.ineedherbs.com))
4. The colon can become the dirtiest part of our body and will support the immune system better when it is clean. Don't forget that 8 varieties of Peak Frequency fruits and eight - 8 ounce glasses of water are nature's housekeeping services. Keeping the colon clean daily by eating red potatoes, 1 medium daily (raw is best), and taking the herb Gotu Kola when it feels bloated, blocked or damaged. Cleansing bi-annually using herbs, clays, seeds, and husks is very valuable, as is

- colonic therapy when needed. You might also try *Peak Frequency Plant Therapy's* Gotu Kola, Thyme, Centaury, Red Raspberry leaf, and Muscle Relaxing. ([www.ineedherbs.com](http://www.ineedherbs.com))
5. Tonsils, which protect the mouth, throat and stomach, and Adenoids which protect the sinuses are repaired with the herbs Blue Flag and Lemon Balm, and are boosted with eating leeks and red onions. If sinuses are blocked or stuffy try marjoram inhalations or neti pot therapy. You might also try *Peak Frequency Plant Therapy's* Blue Flag, Lemon Balm, Marjoram, Colloidal Silver, Centaury, and Alfalfa. ([www.ineedherbs.com](http://www.ineedherbs.com))
  6. Healthy bones grow healthy bone marrow. Bone marrow makes white blood cells called B-cells, part of the “killer cells” of your immune system. To keep bones healthy eat barley regularly, take the herb Marshmallow to repair any damage, and boost bone density with Potassium along with making lemons a daily eating habit. You might also try *Peak Frequency Plant Therapy's* Marshmallow, B-Complex + Potassium, Nettles-Iron & Calcium, Red Clover, Super Minerals, and Alfalfa. ([www.ineedherbs.com](http://www.ineedherbs.com))
  7. Your Thymus, located in the middle of your chest, is governed by the Thyroid. White blood cells, known as T-cells are made in the thymus, which make another kind of “killer cells” for your immunity. Eat lots of Cayenne pepper on your food to keep the thyroid strong, rub 1-3 drops of Rosemary essential oil over your thyroid area (located at the base of the throat) to boost its function, and breathe deeply every day to keep it clear. Other high impact foods for thymus are horseradish, red beets, broccoli, and passion fruit. You might also try *Peak Frequency Plant Therapy's* Thyroid, Self-Identity, Horseradish, Red Beet, Cold & Flu Remedy, and Myrrh. ([www.ineedherbs.com](http://www.ineedherbs.com))
  8. Keep lungs clear and healthy with the herb Yerba Santa, detoxify it with Echinacea and vitamin C and boost its ability to breathe out environmental toxins by eating lots of mandarin oranges or tangerines and blackberries. You might also try *Peak Frequency Plant Therapy's* Yerba Santa, Echinacea, Grass-C, Breathe Easier, Heart Harmony, Motivation, and Mammary. ([www.ineedherbs.com](http://www.ineedherbs.com))
  9. Assist the skin by keeping it hydrated with plenty of water consumption, 8 glasses daily, and protect it with daily applications of extra virgin olive oil, especially after a shower. The herb that repairs skin from the inside out is White Willow and the food that boosts it is pineapple. You might also try *Peak Frequency Plant Therapy's* White Willow, Chard-Zinc, Sarsaparilla, Circulation Improving, and Yam-A + D. ([www.ineedherbs.com](http://www.ineedherbs.com))
  10. Repair kidney damage with Sarsaparilla and eat 1/4-1/2 cup papaya daily to boost the kidney's function. Kidneys pH balances all body fluids, especially the blood (blood pressure), and provides stabilized electrolytes for immune elements to perform their scavenging functions. You might also try *Peak Frequency Plant Therapy's* Sarsaparilla, Kidneys/Adrenals, Relations, Passion Flower, and Chard-Zinc. ([www.ineedherbs.com](http://www.ineedherbs.com))

11. Lymph circulation, pH balance, and detoxification is a key factor in immunity. To repair lymphatic damage use the herb Golden Rod, balance and mineralize its pH and function by drinking 1 cup spring water with ¼ teaspoon of Real Salt™ dissolved in it, and eat 1/2-1 banana daily , after it's been de-gassed in the sun (direct or indirect) for 5 hours. You might also try *Peak Frequency Plant Therapy's* Goldenrod, Circulation Improving, Motivation, Mammary, and Balance. ([www.ineedherbs.com](http://www.ineedherbs.com))
  
12. Your appendix, the immune organ for the colon, makes lots of white blood cells to keep the colon clean, will benefit from the repairing properties of Red Raspberry Leaf and will be boosted by eating kiwi fruit. You might also try *Peak Frequency Plant Therapy's* Red Raspberry Leaf, Balance, Pancreas, Thyme, Gotu Kola, and Grass-C. ([www.ineedherbs.com](http://www.ineedherbs.com))
  
13. Keeping your Spleen healthy requires repairing and restoring its function with the herb Witch Hazel and boosting its function with eating dark grapes. The spleen will remove old red blood cells from circulation, clean up blood debris, and make new red and white blood cells. You might also try *Peak Frequency Plant Therapy's* Witch Hazel, Pituitary, Mind, Alfalfa, Toxin Neutralizing Formula (TNF), and Tissue & Bone Transforming. ([www.ineedherbs.com](http://www.ineedherbs.com))

Immune Organ	Repairing Herb	Boosting Food
Pineal	Mustard	Apricot
Tonsils/Adenoids	Blue Flag, Lemon Balm	Leeks, Red Onion
Pancreas	Thyme	Red Kidney Beans
Colon	Gotu Kola	Red Potato
Spleen	Witch Hazel	Dark Grapes
Skin	White Willow	Pineapple
Appendix	Red Raspberry Leaf	Kiwi
Thymus/Thyroid	Cayenne Pepper	Rosemary
Bones/Bone Marrow	Marshmallow	Barley
Kidneys/Adrenals	Sarsaparilla	Papaya
Lungs	Yerba Santa	Mandarin Orange
Lymph	Golden Rod	Banana

By following these guidelines to strengthen your immune system you will feel alive, happy, and truly healthy.