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00:10 Speaker 1: So what is the immune system and what does that system do? The basic definition is that the immune system is just a network of cells, tissues, organs and systems that come together in the body with the main goal of effectively protecting you from potential disease. So they work together to defend your body against anything that might be coming in contact with it, what we call foreign matter, which can mean anything from bacteria, viruses, fungi, parasite and potentially any other pathogens or even chemicals that might get inside your body and cause damage to your system. So it is the body's biological defense system, and its main purpose is actually to identify within you what is supposed to be there versus what's not supposed to be there and then fight whatever it is not supposed to be there, and get it out of your system as quickly as possible. It identifies and defends your body, that's what it does.

01:18 S1: Now, occasionally, the immune system may make a mistake and attack itself, resulting in what we know today as autoimmune disorders. Things like eczema, diabetes or IBS which I suffered from many years ago are examples of those diseases that we know today as autoimmune conditions. There are over 500 known autoimmune conditions that humans suffer from today. When things don't belong inside of you, the body starts a reaction that we know today as inflammation or an inflammatory response, and this response plays a critical role in that process of making you healthy again. So when the tissues are damaged, the inflammatory response is initiated, and then the immune system becomes mobilised. For example, if the damage occurs really close to the surface of your skin, you might see redness and swelling, pain and warmth around the area might also be symptoms of that inflammatory response.

02:23 S1: And just like your skin, many organs in your body can get inflamed. Things that you might not be able to see. The goal of that inflammatory response is to prevent initially the establishment of that particular pathogen becoming an infection and to remove the damaged tissue. So preventing the spread of that infection and then repairing that tissue is its primary focus, and we are all born with the ability to detoxify these substances, and things that are attacking us, viruses, bacteria, and get rid of them. Obviously, as we get older, we develop better systems for this particular healing mechanism and processes.

03:10 S1: Now, when we're looking at the causes of the suppression of this particular system or that self-healing mechanism, there are multiple factors involved. When the body senses foreign substances, we call them antigens, the immune system works to recognise them and then attack them, then our own bodies trigger this other mechanism and start building something called antibodies which usually stay in your body, in the case that in the future, you might come in contact with that same germ again. That's why someone who might get sick with diseases like say chickenpox usually won't get sick from it again. That's also how vaccines work for you as well. These antibodies are actually put inside your body in the case of some diseases to neutralise the toxins or the poisonous substances that are there to make you sick and activate these proteins that help you kill that bacteria, viruses, or whatever infection it might be called.

04:14 S1: So these are specialised cells that are part of your immune system, so they offer another layer of protection. That's how incredible and amazing this system is. And this system is what we call immunity. Human beings have three types of immunity, the innate, the adaptive, and the passive. The innate immunity is something that everyone is born with, it's our natural ability, it's just a type of general protection. For example, your skin adds a barrier to block germs from entering the

body, and that is the first line of immunity. Then there is the adaptive immunity. The adaptive or active immunity develops throughout our lives. For example, when we get our mother's milk or we might develop an immunity when we're exposed to diseases or viruses or bacteria and then we become immunised against them with vaccines for example.

05:15 S1: And the third one is passive immunity. Passive immunity is kind of borrowed immunity or short-term immunity. So it's another source that lasts for a short term. For example, herbal remedies, prescription drugs, and even some foods will offer you temporary immunity to a particular disease or diseases or viruses or bacteria that you might have been exposed to. So when it comes to an adult that is relatively healthy, the most important thing that you can do to protect yourself starts with what you feed yourself. And of course, we know that we feed ourselves not just through our mouths but through our skin, our nose, and our thoughts. We're gonna be talking a lot basically about the gut and the digestive system, and whenever we're talking about immune function or immune function, we always wanna look at the stuff that we can put inside our bodies to protect ourselves. So you're looking at the amount of energy the body takes to fight off a foreign invader and the foods that you might want to take to help your body do that.

06:21 S1: So yes, we'll be talking a ton about foods and about herbs here. When we eat live foods versus dead foods or cooked or processed foods which can actually cause a plethora of issues in the system, it can also or they can all cause a decrease in that self-healing mechanism or a decreased immune response. Now, we know that 70% to 75% of your immune system is located in your gut. So that's the reason I say, heal the gut, heal the body. Yes, if you heal the gut, if you heal that self-healing mechanism or support it, then it's going to be a lot harder for viruses and bacteria to get a hold and actually make you sick. So lots to learn and thank you so much for listening to video number one, and do not delay and check out video number two of this lesson. See you soon.

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