# IMMUNE DEPRESSION
## (General Support)

**1. Pre-Disposing Factors and Clinical Indicators:** Common serum indicators include decreased gamma globulin, decreased immunoglobulin A, E, G and M, increased interleukin 4 and 6, decreased WBC and a shift in the differential to indicate a bacterial problem (neutrophils increased, lymphocytes decreased), or a viral problem (lymphocytes increased, neutrophils decreased).

a. Toxic element exposure.
b. Food and/or environmental sensitivity (can also up-regulate immune function).
c. Diets high in refined carbohydrates, processed foods or hydrogenated fats.
d. Overuse of alcohol, tobacco or recreational drugs.
e. Overuse of prescribed drugs and/or over-the-counter drugs.
f. Viral or bacterial infection.
g. Parasites.
h. Undiagnosed free radical pathology.
i. Physical or psychological stress.

**2. Dietary Suggestions:**

a. Drink at least 8 full glasses of pure water daily (no well water or city water).
b. Eliminate all hydrogenated fats and oils. Increase raw and fresh oils.
c. Avoid dairy products (except butter) and gluten containing grains.
d. Increase raw and fresh foods and quality protein.
e. Eliminate refined carbohydrate, processed foods, alcohol, fried foods and caffeine.

**3. Primary Supplemental Support in order of need:** After the pre-disposing factors indicated above have been addressed, consider the following:

a. **Bio-Immunozyme Forte** - 2 tid.
b. **Cytozyme-THY** – 5 tid.
c. **Dismuzyme Plus Granules** - 1 tablespoon tid.
d. **Mixed EFAs** – 1 tsp tid..
e. **IAG** – 3 teaspoons tid..
f. **Se-Zyme Forte** or **Selenomethionine** – 200 mcg a day.
g. **Iodizyme-HP** – ½ to 1 tablet daily.

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a. **21st Century Homeopathic #2/Lymphatic Drainage** - 1 capful daily.
b. **BioDoph-7 Plus** – 1 capsule twice a day.
e. The primary supplements listed in paragraph 3 are for general immune support. Specific problems that may be present (see Pre-Disposing Factors indicated in paragraph 1), should be investigated and if present, resolved before general support is considered. Information on virus, metals, parasites, etc. can be found in the section of this manual covering those subjects.
f. More than 70 percent of the immune competent cells in the system begin their life cycle in the gut. Therefore, if the secretory IgA is decreased consider **Cytozyme-THY**, **Immuno-gG, IAG** and **BioDoph-7 Plus** as primary supplemental support. This protocol will almost always increase secretory IgA. Further, **GI Resolve** should be considered to tighten gut junctions and help to restore the gut mucous lining.
g. Decreased IgG (serum protein electrophoresis – SPE) is an excellent sign of chromic immune depression.