



THE ELEMENTS OF HEALING

Dr. George Mandel

Volume 9, No. 2 2020



Susan Guyette, Ph.D.

MORE ON RAISING IMMUNITY

Healing happens on a daily basis, not just when we are sick. We may never have a more opportune time than now to shift our lifestyle to immune boosting and healthy living.

The immune system is complex—an interrelated network¹ of organs, white blood cells and proteins that works to recognize, neutralize and remove harmful substances that enter the body such as bacteria, viruses, parasites and fungi.

While vaccines may help in the short-term, we cannot rely on vaccines alone. As individuals and communities, we can take proactive measures to raise immunity. As long as our bodies have weak immune systems and our environment, Mother Earth is ill—new viruses will continually emerge, the predictions say.



What is the immune system? What lowers it? How do we raise it?

What high nutrient foods support immunity? The most effective approach is not waiting for an outside remedy. The current situation presents the opportunity to bring back the healthier ways that support the immune system. Communities can start raising immunity now.

As we are now experiencing, vaccines take an extended period of time to develop. The time is now to prepare and build strong bodies. Community support will strengthen the network of healthy people, and good health leads to being productive.

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Contact information

George Mandel, DOM
 3600 Cerrillos Rd
 (The Lofts)
 Bldg 5 - Ste. 501B
 Santa Fe, New Mexico 87507
 505-577-6839

www.drqmandel.com

drgeorge@cybermesa.com

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THE IMMUNE SYSTEM

There is a difference between inflammation and chronic inflammation. The immune system addresses a small amount of inflammation with healing powers, as with clearing up an infection or injury. Large amounts of avoidable infection cause the imbalances.



The balance of alkaline/acid within the body, called pH, is key for avoiding inflammation. Optimal pH is alkaline at 7.2. Lower than this number signals an increasingly acidic pH, an environment that invites inflammation and the growth of infection. Feeding inflammation happens with dietary habits and lifestyle factors such as stress and lack of exercise.

What lowers pH? Sugars and refined carbohydrates, such as flour, found in most processed foods make the body pH acid. What raises pH? Greens and the other foods listed in this article. Super immunity is the body's immune system working to its full potential. Recent research estimates that nutritional and lifestyle factors can double or triple the protective power of the immune system.²

HOW IMMUNITY IS AFFECTED

Lowered immunity causes the multiplication of the virus within our bodies, at the core of viral infections.³ The following factors affect everyone.

- **Overuse of antibiotics:** While these drugs are lifesaving for bacterial infections (e.g. pneumonia), they do not work for viruses. Over-prescribing antibiotics is all too common. The impact: antibiotics wipe out the good bacteria in the intestines, leaving room for the bad bacteria to multiply, creating imbalance.
- **Foods we eat:** Diets high in processed foods are deficient in the nutrients needed to build immunity, particularly vitamins and minerals. In particular, sugar feeds the inflammation that makes infection spread. Consider this: a typical 12 oz can of soda contains a whopping 16 teaspoons of sugar.

- **Exposure to environmental toxins:** The less expensive materials used to build houses, off-gas toxic chemicals, e.g. formaldehyde. Pesticide, a poison that kills insects by attacking the nervous system, affects the nervous system of humans as well. Other sources of environmental toxins include: deodorants and perfume; cosmetics and hair color; household and cleaning products.



- **Stress:** Recent studies have shown a connection between the nervous and immune systems and how chronic stress impacts them both. Using ways of reducing stress—such as prayer and meditation—all help raise immune function.



- **Exercise:** Regular exercise keeps the blood flowing to cells, carrying the nutrients to build immunity. Exercise is one of the best ways to detoxify, or release toxins.



WHAT TO EMPHASIZE

Many food and lifestyle options are high in the anti-inflammatory nutrients needed to build immunity. In this list of immune building foods to emphasize,⁴ the locally grown foods are listed first and then the mainstream foods readily available:

Herbs boost immune function. Include sage, elderberry, oregano, osha root, cilantro, parsley, astragalus root, echinacea, ginger root, ginseng, and tumeric.

Seeds contain antioxidants that protect against disease. Eat sunflower seeds, pumpkin seeds, squash seeds, pinon nuts, flax seeds, sesame seeds, and chia seeds.

Alliums reduce infection. Include onions and garlic in your diet.

Beta carotene foods boost immune function. Emphasize pumpkin, squash, chili peppers, spinach, greens, carrots, and sweet potatoes.

Vitamin C foods reduce infection. Eat berries, peppers, cantaloupe, citrus fruits (lemons, limes, oranges), tomatoes, and strawberries.

Vitamin E foods boost immune function. Emphasize pumpkin, red peppers, spinach, sunflower seeds, nuts and greens.

Beans, corn, quinoa, and amaranth are rich in micronutrients (vitamins and minerals) and fiber.

Mushrooms contain disease-fighting compounds that empower the body to react quickly when exposed to viruses and bad bacteria.

Cruciferous vegetables are antiviral and antibacterial. Try watercress, mustard greens, cabbage, broccoli, Brussel sprouts, arugula, and radishes.



Other immune-boosting available foods: Include seaweed, ginger, jicama, sauerkraut, green tea.

Chinese formulas: Include Jade Wind Screen.

Immune system boosters include supplements: probiotics, Vitamin D, quercetin, zinc, and iron.



CREATING BALANCE IN THE BODY

Viruses are not necessarily an enemy. Large populations of bacteria, viruses, and fungi occupy almost every surface of the human body. It is estimated that there are nearly 30 trillion bacterial cells living in or on each human. That is about one bacterium for every cell in the human body! Together, these microbes are collectively known as the microbiome.⁵

Our bodies are sacred and part of a whole, a part of Mother Earth, the larger microbiome. With the newly defined concept of the microbiome, Western science is just catching on to the wisdom contained in Native traditions.

The microbiome of Mother Earth is comprised of an invisible world of microorganisms—including many species of bacteria and fungi⁶ that play fundamental roles in natural processes—from cycling carbon in soil to fermenting food in the mammalian gut for healthy digestion.



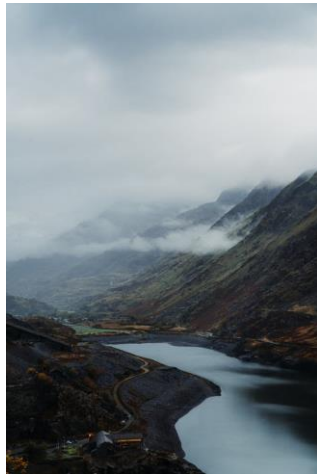
Respect for the body implies good self-care of our personal microbiome. Maintaining good gut health is essential for avoiding disease, as well as building a strong body with a high level of immune function. The balance of good bacteria and bad bacteria affects immunity. When processed foods and sugar are eaten, the bad bacteria multiply, crowding out the good bacteria.

Imbalances in gut bacteria have been linked to several diseases, including: inflammatory bowel disease, irritable bowel syndrome, obesity, type 2 diabetes, and cancer. In addition to digestion, microbes also support immune function, metabolism, and reproduction.

Shifting the way we eat, growing healthy food, and reducing the production of toxic chemicals are essential steps for helping Mother Earth restore balance. How the food is grown has much to do with the nutrient content. Overuse of fertilizers causes the depletion of nutrients in the soil—food grown in that soil has fewer nutrients to nourish the body. Regenerative agriculture brings back the natural fertility of Mother Earth's soil.

The time for awakening is now. Ways to help Mother Earth revive her health include reducing pollution by driving less, avoiding packaged food, using products that do not contain man-made chemicals, and wearing clothes from natural fibers.

Much can be done, both individually and collectively.



Enjoy an adventure on the path to good health! Eat well and be well!

This newsletter is co-authored by Dr. George Mandel and Susan Guyette, Ph.D., Integrative Nutrition Health Coach

Note

1. Murrell, Daniel, M.D. "How the Immune System Works." www.medicalnewstoday.com/articles/320101
2. *New York Times*, April 30, 2020.
3. Fuhrman, Joel, M.D. *Super Immunity*. NY, NY: Harper One, 2011.
4. Blum, Susan. *The Immune System Recovery Plan*. NY, NY: Simon and Shuster, 2013.
5. "The Human Microbiome." www.cancerquest.org.
6. Ibid.

ABOUT DR. GEORGE MANDEL

Dr. Mandel is a National Board-Certified Diplomate, certified by the National Council for the Certification of Acupuncture and Oriental Medicine, and is also a trained detoxification specialist, certified by the National Acupuncture Detoxification Association. George Mandel has practiced as a Reiki master since 1998. He has studied with the late Vera Hirano in Santa Fe, NM, and has worked extensively with clients suffering from anxiety, depression, and muscular and joint injuries. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing and wellness, treating the mind/body/spirit. Benefits of Reiki include feelings of peace, security, and well-being.

Dr. Mandel is a trained practitioner of Traditional Chinese Medicine, and has studied at the International Acupuncture Training Center, located in Beijing, China. He is knowledgeable in a variety of healing modalities that together constitute Oriental Medicine. This includes acupuncture, Chinese and Japanese diagnostic techniques, pulse and tongue assessment, moxibustion, tuina (Chinese medical massage), herbal formulas, and Chinese nutritional therapy.

www.drqmandel.com

ABOUT SUSAN GUYETTE

Susan Guyette, Ph.D., is of Métis heritage (Micmac Indian/Acadian French). She is an Integrative Nutrition Health Coach, has written the newspaper column "Everyday Green" for the *Green Fire Times* for the past ten years, has co-written the medical newsletter "The Elements of Healing (for nine years)," and has five published books. Additionally, she is an experienced trainer, conference speaker, and has 34 years of experience in community planning work—particularly with rural Hispanics and Native American tribes in New Mexico.

sguyette@nets.com

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