

Resources for Immune Health

You can support healthy hydrochloric acid production for optimal food disinfections and breakdown by making sure you are getting in:

- Zinc <https://amzn.to/2NOprXR> folate, B1, B6, B12 (b vitamins, zinc come from meat)
- Drinking nutrient dense water with electrolytes
- Using digestive bitters; <https://amzn.to/3tmYA5o>

To support healthy liver and gallbladder function for optimal protein production, energy production and elimination of waste:

- Zinc, magnesium, iron (meat), vitamin c (berries, peppers), b vitamins
- Omega 3 Fatty Acids, <https://amzn.to/36zWyFE>
- if you don't like salmon, use 2 tsp cod liver oil; <https://amzn.to/3cAkH2j>
- Amino acids like taurine and glycine
- Liver supportive plants like digestive bitters, milk thistle, dandelion root

Resources for more information:

1. <https://healthygut.com/articles/dr-siebecker-explains-the-art-and-science-of-the-fodmap-diet-podcast-45/>
2. Oxalates: <https://pubmed.ncbi.nlm.nih.gov/24393738/>
3. Fatty Acids and Inflammation: <https://pubmed.ncbi.nlm.nih.gov/21816146/>
4. Impact of the Microbiome on Immunity: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7362776/>
5. Free radicals, antioxidants and functional foods: <https://pubmed.ncbi.nlm.nih.gov/22228951/>
6. Antioxidants in food, content, measurement, significance, action, caution, caveats, and research needs. <https://pubmed.ncbi.nlm.nih.gov/24484938/>
7. The autoimmune protocol: <https://www.thepaleomom.com/start-here/the-autoimmune-protocol/>
8. Nightshades: <https://www.marksdailyapple.com/nightshades/>
9. Food sensitivity explained: <https://www.everlywell.com/food-sensitivity-explained/>
10. Histamine Intolerance: <https://drbeckycampbell.com/histamine-intolerance-101/>