



## Practitioner Corner:

# One Nutritionist's Perspective

by Rachael Richardson

Is it just me, or has our world become dimmer with more threats of disease and devastation than ever before? Economic depressions, environmental concerns and depleted resources, microbial threats, and chronic disease are all topics that our clients (and ourselves) face every day everywhere we turn. We cannot avoid it if we tried. So let's not avoid them. Let's look for the light at the end of the rainbow, and start shedding that light on our patient's lives. We are the people they look to for hope, a positive outlook, and tools and programs to supersede the masses.

What are you currently doing in your practice to counter all the bad news and provide some encouragement, tools and resources? If we can create a bright light that surrounds ourselves, surely we will touch our patients' lives in ways that even our own individual area of expertise may not be able to accomplish.

Education and resources are keys to providing our patients with a better way to live. My company is beginning a project to start addressing current events and concerns and provide my clients with information and tools. It's a work in progress, and I welcome any thoughts and collaboration from other dedicated practitioners. I simply want to provide another perspective that simplifies the vast array of concerns we're all dealing with and provides an outlet for people to be proactive and take personal responsibility. It's a philosophy of empowerment, and it starts with education from someone who is already a trusted person in their lives, you!

The following is an article that I recently wrote in

response to the Swine Flu that I would like to share with you and hope it may be useful in your practice.

### **Be Proactive: Activate Your Immune System with these 5 Steps**

Your immune system is comprised of T-Cells, B-Cells, Natural Killer cells and other microscopic immune soldiers. Together, they make up your army which protects you from the barrage of microbes that coexist in our habitat. You are the chief commander, and you have the power to provide your immune army with nutrition, rest and proper guidance through imagery and meditation. If you're not sure where to begin with activating your immune system, read on. Supporting your immune system is easier than you may think.

1. Increase Protein — Protein is the main nutrient needed for the immune system. Every time you eat protein, your body triages it like an emergency room would new patients. Your body allocates the protein it has to the most important functions at that moment. Because protein is needed for so many functions including heart, lung, and organ tissue, muscles, energy, enzymes, hormones, neurotransmitters, healing, inflammation, reproduction, and more, if you don't get enough protein, your immune function can suffer. A key to getting enough protein is knowing when you are stressed-psychologically, physically, or





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immunologically. If it's a stressful time (when is it not?), you need to get more protein. Aim for approximately 10 -12 oz daily. Organic poultry, fish, eggs, grass fed beef, and raw cheese are all excellent sources! Avoid cheese and other dairy if you are sensitive, as this can add unneeded stress to your immune system.

Always keep protein powders on hand for convenience meals and snacks.

2. Eat Colorful Foods — Each color of the food rainbow contains a distinct class of nutrients and antioxidants. Make sure that throughout the day you're getting some reds, oranges, greens, blues, purples, yellows and whites. This, along with some other foods and nutrients, will ensure maximum antioxidant support in various tissues in your body. If you're having trouble getting all those colorful foods each day, do what our nutritionist do, and drink your greens and reds powders.
3. Start a Supplement Program — In an ideal world, we'd be able to get our complete nutrient needs met from our food. Yet, with current farming, transport, and processing methods, many of our nutrients are diminished or destroyed along the way. As a result, most people need supplemental nutrition to stay healthy. Therefore, use a good multivitamin with minerals, and essential fatty acids, as the core of your nutrient necessities. Also, Probiotics are a key to immunity, as well as specialized plant compounds which work to activate and motivate our immune cells.

Allium sativum found in garlic, oregano oil, astragalus, Echinacea, colostrum, and AHCC are all outstanding supplements you can add to your basic vitamin/mineral program to ramp up your defense to infection.

4. Use Natural Hand-Washing Products- We've all probably heard by now that hand washing is the CDC's number one flu-prevention tip. While it's true that hand washing is great to kill bacteria, don't forget to protect and replenish your good bacteria lining your body's largest immune organ, your skin! Switch to good bacteria sparing body care products with tea tree oil and other highly effective anti-microbial compounds. This way, you'll kill the bad bacteria but spare your good bacteria which make up your immune system. As well consider adding additional pure tea tree oil to your lotion to add some extra anti-microbial support.
5. Rest and Relax — No matter how wonderful your diet and supplement program is, your body will always function better with adequate rest. Therefore if you're having trouble relaxing or falling asleep, consider additional neurotransmitter and/or mineral support. You can also practice meditation to maximize your restful sleep, and try sleeping with a lavender pillow or rubbing calming oils into your skin before bed.

For more personalized immune support strategies and copies of Newsletter, contact Rachael Richardson, RD, LN at: [Nutrolution@gmail.com](mailto:Nutrolution@gmail.com)