

Abstract

Image Awareness Wellness Institute Healthletter Overlooked Anti-Microbials October 2009 Volume 5 Issue 10

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It is necessary to have an adequate intake of all essential nutrients in order to have an effectively functioning immune system. There are, however, specific nutrients which have a profound ability to improve resistance to viral, bacterial, and fungal infections. The previous newsletter discussed the importance of vitamins C and D. This newsletter discusses the role that iodine, silver, carotenoids, and vitamin A can play in resistance to communicable diseases.

The effectiveness of iodine against bacterial infection is obvious from its use as a topical application to wounds. Dr. David Derry writes, "Iodine is the most effective broad-spectrum antiseptic with low toxicity." Less well-known is the role of iodine in increasing resistance to viral infections. Iodine solutions of one part per million have demonstrated viral inactivation.

We normally think of iodine as being taken up by the thyroid gland. The mineral is also avidly taken up by salivary glands, mucous membranes, and the lungs where it actively functions in increasing host resistance to microbial diseases.

Unfortunately, our environment is filled with iodine antagonists such as fluoride and bromide. Nitrates also antagonize iodine.

Carotenoids have a powerful impact on lymphocyte proliferation—the process of giving birth to new legions of white blood cells to fend off invading viruses and bacteria. Carotenoids prevent the hardening of the cell membrane from free radical exposures. This hardening slows down the reproductive processes of the immune cells.

Vitamin A is so closely tied to immune function that early investigators gave vitamin A a specific role as a "preventative of all infections." In third world countries massive doses of vitamin A have been observed to cut mortality from measles in half. Supplementation of children in hospitals has reduced mortality by 20-30%.

Silver is not considered an essential nutrient, but the mineral does have powerful anti-microbial properties. Silver radiates energy in very narrow wavelengths between ultra-violet A and ultra-violet B. This wavelength is lethal to a great number of pathogens. Silver can be life saving if the bacteria an individual acquires has developed antibiotic resistance. The nice thing about both silver and iodine is that microbes do not appear to develop resistance so they retain their effectiveness where some of the wonders of modern medicine do not.

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