

Immune Boosting

Signs and Symptoms

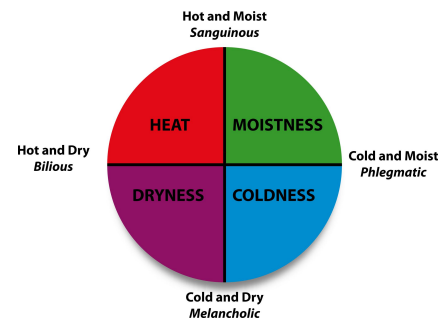
Recurrent infections of the respiratory and gastrointestinal systems; boils and other skin infections; swollen glands in the neck; fevers.

Causes and Risk Factors

The immune response can be suppressed or compromised due to the influence of a number of internal and external factors, such as emotional stress; lack of sleep; excessive physical activity; poor dietary habits (including excessive fat and refined sugar intake, inadequate amounts of dietary fibre, protein and water; alcohol abuse; the use of certain medications like steroids; and exposure to chemicals or radiation.

The Tibb view on Immune Boosting

According to Tibb, a person's temperament determines which signs and symptoms appear as the result of compromised immune system. Ailments such as respiratory infections and swollen glands are linked to **coldness with moistness**. These are associated with a dominant or sub-dominant phlegmatic temperament. Ailments like high fevers, inflammatory disorders and boils are linked with **heat with dryness**. These are associated with a dominant or sub-dominant bilious temperament. All temperamental types can be affected with compromised immune system.



Management of Immune Boosting

Tibb accepts that a person's temperament will determine the outcome of treatment for ailments linked to a compromised immune system. The Tibb approach to boost the immune system is aimed at supporting Physis with appropriate **lifestyle** to maintain homeostasis. Management includes the elimination of toxins from the person's body by means of a detoxification programme. The elimination process is supported by a correct diet. Once the person's body has been effectively cleansed, a specific diet and lifestyle are selected which suites a person's temperament. Special attention should be given to foods with high nutritious value.

Tibb Lifestyle Factors

Food and Drink

- **Phlegmatic temperament** - eat mostly **Hot & Dry foods** - such as garlic, onion, fenugreek and mustard, **followed by Hot & Moist foods** - like mutton, ginger, turmeric and black pepper, and **Cold & Dry foods** - such as citrus fruit, beans, yogurt and mealie meal and the **least amount of Cold & Moist foods** - like milk, rice, cucumber and watermelon.
- **Sanguinous Temperament** - eat mostly **Cold & Dry foods** - such as yogurt, citrus fruit, legumes and basil **followed by Cold & Moist foods** - like coriander, rice, beetroot and broccoli, and **Hot & Dry foods** - such as garlic, onion, chicken and eggs, and the **least amount of Hot & Moist foods** - like white flour products, sugar, cheese and bananas.
- **Melancholic Temperament** - eat mostly **Hot & Moist foods** - such as ginger, olive oil, turmeric and honey, **followed by Hot & Dry foods** - like garlic, onion, chicken and eggs, and **Cold & Moist Foods** - such as coriander, rice, beetroot and broccoli and the **least amount of Cold & Dry foods** - like yogurt, citrus fruit, legumes and tomatoes.
- **Bilious Temperament** - eat mostly **Cold & Moist foods** - such as rice, coriander, cucumber and beetroot, **followed by Cold & Dry foods** - like citrus fruit, beans, yogurt and mealie meal, and **Hot & Moist foods** - such as ginger, olive oil, turmeric and honey, and the **least amount of Hot & Dry foods** - like onion, eggs, alcohol and garlic.

Other Lifestyle Advice

- People with a dominant/sub-dominant phlegmatic/sanguinous temperament should partake in regular moderate physical activity. This increases body heat levels which will counter the build-up of moistness which is responsible for compromising their immunity.
- People with dominant/sub-dominant bilious/melancholic temperament should practice regular mind/body techniques. These reduce stress and tension, which are known to suppress immunity.
- All temperaments should assist elimination by following a suitable detox programme, possibly supported by a mild, gentle laxative.
- People with suppressed immunity should practice sleep hygiene to ensure good quality sleep.

Herbal Remedies

- People with a sanguinous/phlegmatic temperament: 2 grams fenugreek seeds, 1 gram cinnamon, 1 gram cloves, 2 grams fresh ginger. Boil in 2 cups of water until 1 cup remains. Strain and mix 2 tsp of honey and drink. Repeat the same three times a day.
- People with bilious temperaments: recommended to drink a glass of milk daily.
- People with a melancholic temperament: consume ginger and honey tea: Grate 2 cm piece of ginger to a pot of 2 cups of water. Bring ginger and water to a boil. Add 1tbsp of honey and drink while hot.

Hot & Dry Foods

| Meats | Vegetables | Fruits | Nuts | Grains & Seeds | Dairy Products | Oils | Spices & Herbs | Drinks | Flavourants | Condiments & Spreads | Confectionary & Desserts | Cereals | Dishes | |
|---------------------|---------------|---------|------------------|----------------|----------------|-------------|----------------|------------------|--------------------------------|-------------------------|--------------------------|---------|--------------|-----------------|
| all small bird meat | bitter melon | avocado | cashews | celery seeds | eggs | mustard oil | aniseed | alcohol | pungent and bitter flavourants | chilli sauce | | | spicy dishes | |
| | celery | grapes | | hazelnuts | | | chickpeas | cinnamon | | grape juice | | | | mustard sauce |
| | green pepper | | | pecan nuts | | | fennel seeds | cloves, garlic | | herbal teas (see herbs) | | | | peri-peri sauce |
| | leek | | | walnuts | | | gram flour | green/red chilli | | | | | | |
| | onion | | | | | | mustard seeds | fennel | | | | | | |
| | red pepper | | | | | | poppy | lavender | | | | | | |
| | yellow pepper | | | | | | | nutmeg | | | | | | |
| | | | | | | | | oregano | | | | | | |
| | | | | | | | | paprika | | | | | | |
| | | | | parsley | | | | | | | | | | |
| | | | rocket, rosemary | | | | | | | | | | | |
| | | | saffron | | | | | | | | | | | |
| | | | tarragon | | | | | | | | | | | |

Hot & Moist Foods

| Meats | Vegetables | Fruits | Nuts | Grains & Seeds | Dairy Products | Oils | Spices & Herbs | Drinks | Flavourants | Condiments & Spreads | Confectionary & Desserts | Cereals | Dishes | | |
|--------|--------------|---------|-----------------|-----------------|----------------------------|---------------|-----------------|-------------------------|-------------|----------------------|--------------------------|-----------------|--------------|---------------|--------------|
| buck | artichokes | bananas | almonds | bread | clarified butter | castor oil | bay leaves | green tea | honey | mayonnaise | biscuits | all bran flakes | sweet dishes | | |
| goat | asparagus | dates | brazil nuts | bulgar wheat | condensed milk | olive oil | black pepper | hot water | molasses | | cakes | bran | | | |
| goose | olives | guavas | pistachios | flour | cheese | sunflower oil | cayenne pepper | juices (see fruits) | salt | | chocolate | honey smaks | | | |
| lamb | spinach | mangoes | apricot kernels | pasta | cream cheese | | chives | herbal teas (see herbs) | sugar | | liquorice | muesli | | | |
| liver | spring onion | peaches | | rye bread | mother's milk (for babies) | | ginger, fennel | green masala | | | | vermicelli | | nutri-k | |
| mutton | sweet potato | papaya | | sunflower seeds | | | | marjoram | | | | | | | nutrific |
| turkey | turnips | | | wheat | fresh cream | | | mint, sage | | | | | | | oats |
| | | | | macaroni | | | | soya sauce | | | | | | | puffed wheat |
| | | | dill seeds | | | | thyme, turmeric | | | | | | | taystee wheat | |
| | | | | | | | watercress | | | | | | | weetbix | |
| | | | | | | | white pepper | | | | | | | | |