

# **Immune Boosting**

### Signs and Symptoms

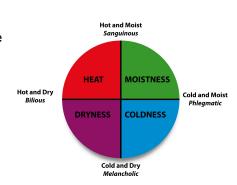
Recurrent infections of the respiratory and gastrointestinal systems; boils and other skin infections; swollen glands in the neck; fevers.

#### **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.

## **Cold & Dry Foods**

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
beef	brussel sprouts	(all sour fruits)	peanuts	barley	sour cream	coconut oil	basil	coffee		balsamic		cornflakes	sour dishes
biltong (beef)	cabbage	green apples		beans(all types)	egg white	corn oil	tamarind	ice		vinegar		maltabella	
crabs	cauliflower	cherries, coconut		corn	sour milk	sesame oil		sour fruit juices		peanut butter		mielie meal	
fish	eggplant	china/dry fruit		couscous	yoghurt			tea (black)		pickles		millet	
knuckles	green beans	granadilla		lentils						tomato sauce			
mussels	mushrooms	grape fruit		maize						worcestershire			
ostrich	peas	lemon, lime		mielies						sauce			
oysters	potatoes	naartjies, oranges		popcorn						vinegar			
pork	sauerkraut	pineapple,plums		poppy seeds									
snails	tomatoes	prunes, pomegranate		samp									
snoek		raspberries		sesame seeds									
tripe		strawberries											
tuna		sultanas											

### **Cold & Moist Foods**

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
duck	beetroot	apricot	macadamia	cucumber seeds	coconut milk		cardamom	milk shakes	fructose		custard	pronutro	
rabbit	baby marrow	cranberries		linseed	cow's milk		coriander	rooibos	glucose		ice cream	rice crispies	
	butternut	figs		melon seeds	goats milk		cumin	sugar cane	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	juice		1			
	cucumber	litchis, melons		rice cakes	butter			water					
	squash	mulberries		rice	margarine								
	lady fingers (okra)	pawpaw, pears		semolina	rice milk								
	lettuce	prickly pears			soya milk								
	pumpkin	quince											
	radish, sprouts	spanspek											
	soya beans	sweet apples											
	tofu												
	zucchini												

## **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	bitter gourd	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and	chilli sauce			spicy dishes
meat	celery	grapes	hazel nuts	chickpeas			cinnamon	grape juice	bitter	mustard sauce			
chicken	green pepper		pecan nuts	fenugreek seeds			cloves, garlic	herbal teas	flavourants	peri-peri			
lobsters	leek		walnuts	gram flour			green/red chilli	(see herbs)		sauce			
mackerel	onion			mustard seeds			fenugreek						
oily fish	red pepper			papad			lavender						
pilchards	yellow pepper						nutmeg						
prawns							oregano						
sardines							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	salt		chocolate	honey smaks	
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	(see fruits)	sugar		liquorice	muesli	
liver	spring onion	peaches		rye bread	mother's milk		ginger, fennel	herbal teas			vermicelli	nutri-k	
mutton	sweet potato	papaya		sunflower seeds	(for babies)		green masala	(see herbs)				nutrific	
turkey	turnips			wheat	fresh cream		marjoram					oats	
				macaroni			mint, sage					puffed wheat	
				dill seeds			soya sauce					taystee wheat	
							thyme,turmeric					weetbix	
							watercress						
							white pepper						