
Subject: Unsere Ernährung macht uns Krank!

Posted by [Haar_Challenge_2021](#) on Tue, 21 Jul 2015 09:38:29 GMT

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Schaut euch mal diese Seite an. Dort wird sehr detailliert beschrieben wie unser Immunsystem funktioniert und welche Probleme durch unsere Ernährung ausgelöst werden.
http://www.drkaslow.com/html/immune_restoration.html

Ein besonderes Augenmerk solltet ihr auf die Fette haben. So gut wie alle Pflanzenöle und Produkte sind durch die Verarbeitung pures Gift für unseren Körper.
http://static1.1.sqspcdn.com/static/f/1223123/20716270/1350943945157/Fats_That_Kill_and_Heal.pdf?token=RjQYetVX3yVZhRGfap1wDPsBVK0%3D

Erhöht massgeblich LPA, Cholesterin, DHT
Erniedrigt Testosteron

Zitat:FACTORS THAT INCREASE Th2 CYTOKINES

The three most common factors that drive Th2 cytokine responses are:

1. Faulty digestion leading to absorption of partially digested and unusable proteins and other food particles (increases IgG and IgE antibody responses that are directed against these foreign food particles). This is the condition called leaky gut due to increased intestinal permeability. Instead of the intestines serving as a barrier to the outside world, it allows an excessive amount of particles to be presented to the body through a non-physiologic entryway. Just as if you entered a home with a security system through a window, the alarm is triggered and you are alerted to a foreign invader. The result is a recruitment of police and other protective mechanisms, in the case of the food this represents the immune system. Proper digestion, a balance of friendly supportive bacteria, and a healthy gastrointestinal lining create a strong barrier to improper entry. Likewise, use of digestive enzymes, eating slowly mixing lots of saliva with food, avoiding over-eating or processed foods that are difficult to digest, anti-microbial therapy, etc. are necessary components to establishing immune balance. To emphasize the importance of proper digestion is the fact that the largest immune organ in the body is the gastrointestinal tract!

2. White sugar and glucose and all processed foods containing these (Coke, canned soda, candy bars, cake, pie, sweet rolls etc.) - directly weakens the functioning of macrophages, natural killer cells and other white blood cells and weakens systemic resistance to all infections. This statement is not just politically correct but has been documented in several scientific studies. The effects last for up to six hours, which means if you consume this at every meal, you are basically immune -suppressed all of the time. It may also explain that in an otherwise nutritionally repleted individual, fasting extends lifespan...

3. Consuming trans-fatty acids found in almost all heated and processed vegetable oils (soy, canola, safflower, corn and sunflower) and food products made with them (i.e. French fries, potato chips, almost any crunchy snack) stimulate IL-6 and depress delayed type hypersensitivity (DTH) thus weakening CD8 Killer-T cell activity. The trans-fatty acids are twisted out of their normal "cis" shape and produce cell membranes that are porous and vulnerable to viral infections. In his book *Fats that Heal and Fats that Kill*, Udo Erasmus states: "Besides producing atherosclerosis in the

arteries of animals, fried and deep fried (vegetable) oils can also impair cell respiration and other cell functions, inhibit immune functions, and lead to cancer."

Among the most problematic hydrogenated vegetable oils are in margarine and shortening due to their high content of trans-fatty acids. Soybean oil, safflower, corn, sunflower, canola and most other vegetable oils should also be avoided by persons with chronic illness who have a predominant TH2 cytokine profile (too much IL-6, IL-10, TNF and triglycerides). It is nearly impossible to find vegetable oils that are strictly cold processed. Except for expeller pressed oils, nearly all other vegetables are processed with solvents, hexane or gasoline, to remove the oils from the seeds. The oil and hexane/gasoline mixture is then heated to 302 degrees F. to remove the hexane or heptane (gasoline) (1). At this point, the oils are now toxic for human use as they are twisted out of their natural "cis" shape and become trans-fatty acids. Add heat, light and oxygen to oils and the lipid peroxides increase and they become rancid and develop a strong taste. The safest and freshest oils to buy are cold pressed (best choice) or expeller that are stored in a can or black bottle to keep out light. It is even better if Vitamin E or BHT is added as an antioxidant to prevent lipid peroxide formation.

It should be clear that consuming canned soda (i.e. Coca-cola) and French fries regularly will make you immune compromised. Any situation that allows you to become infected will be much more likely to progress into a chronic condition just on the basis of your dietary choices.
