



The Immune System

When it comes to how our body fights microbes, and abnormal cells, it's important to know what makes up the immune system. This system consists mainly of white blood cells. They are classified into groups: neutrophils, lymphocytes, eosinophils, monocytes, and basophils, and this is based on their function and how they come together to fight infections and disease. We want to do everything in our power to keep this system strong and healthy, from fighting off the common cold, improving healing time, preventing infection, and the most important battle-fighting cancer.

These white blood cells are constantly circulating around our lymphatic system, scavenging for bacteria, viruses, and anything foreign in the body. We are more likely to get sick when these immune cells are low. Some other cells in the immune system are macrophages, or white blood cells that eat large foreign particles. These cells are called "natural killer cells" (NK) and they are your immune system's first responders and they will quickly destroy harmful cells. B cells produce antibodies that fight infection, and dendritic cells and also activate T cells.

So, what would cause these cells to weaken and not work at their best? The answer is simple: chronic stress, poor diet, lack of sleep, smoking, and nutritional deficiencies.

Please read the Daily Checklist-Tools page in module 3, to gain insight and tools to boost immune function and give it the strength it needs to fight cancer.

