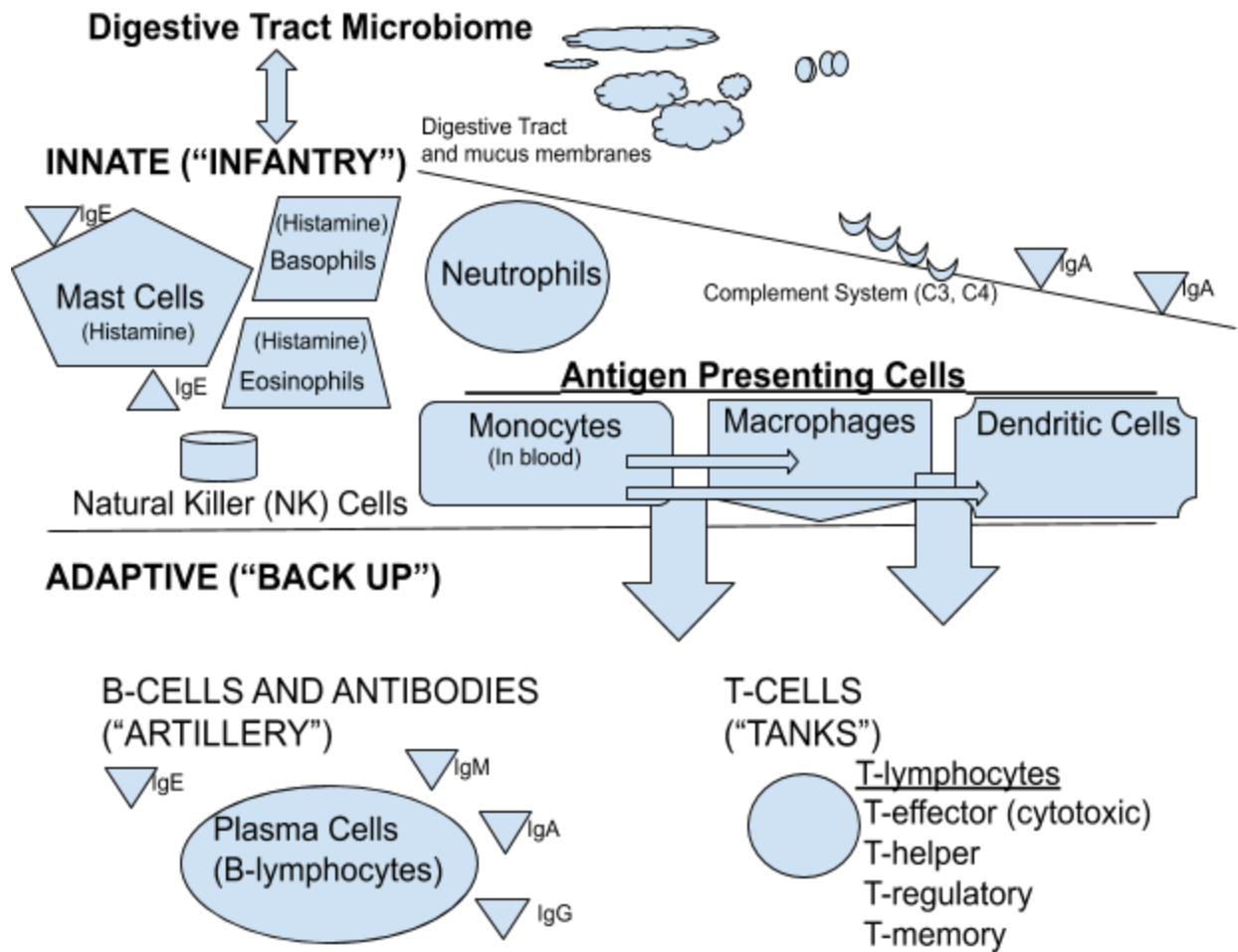


An Overview of the Immune System

The immune system is categorized into two basic categories, the innate and the adaptive branches. One method to understand the immune system is to view it as similar to an army. The infantry of an army can be compared to the innate immune system, which are sent in as the front lines without much prior knowledge. If the innate system is inadequate in response, then the “infantry” call for reinforcements from the adaptive immune system, with “artillery” and “tanks”.



Once recruited, antibodies (“artillery”) and t-cells (“tanks”) are called into action, which can result in a much more intense inflammation signaling and is the excessive part of the immune system involved in allergies as well as most autoimmune syndromes. These two parts of the immune system depend on each other to operate, so they are not isolated, however thinking about the immune system in this way can help understand the complex immune dysfunctions that lead to chronic diseases of all kinds.

The innate immune system ideally addresses infections without much notice, and if someone starts feeling sick this is an indicator that the innate immune system was ineffective. Things that stimulate the innate immune system include a balanced gut microbiome (bacteria/organism balance in the digestive tract), probiotics, vitamin D, sleep, and moderate balanced workouts. Excessive stress, activity, prolonged work, sleep deprivation, toxicity, unhealthy diet, and social isolation are a few things that can interrupt the innate immune system from working properly.