



The Spring
center for natural medicine

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FLU FEARS

Daily news about swine flu may have you concerned and wondering what you can do to support your health and prevent the flu. Here is a look at the immune system involving Bone Marrow, Thymus Gland and Spleen.

Bone Marrow

All the cells of the immune system are initially derived from the Bone Marrow. Bone marrow derived stem cells differentiate into either mature cells of the immune system or into precursors of cells that migrate out of the bone marrow to continue their maturation elsewhere. The bone marrow produces B cells, natural killer cells, granulocytes, in addition to red blood cells and platelets.

Thymus

The function of the Thymus Gland is to produce mature T-cells. Immature thymocytes, all leave the bone marrow and migrate into the thymus. Through a remarkable maturation process sometimes referred to as thymic education, T-cells that are beneficial to the immune system are spared, while those T-cells that might evoke a detrimental autoimmune response are eliminated. The mature T-cells are then released into the blood stream.

Spleen

This organ can be thought of as an immunological conference center. In the spleen, B cells become activated and produce large amounts of antibody. The spleen is an immunologic filter of the blood. It is made up of B-cells, T-cells, macrophages, dendritic cells, natural killer cells and red blood cells. In addition to capturing foreign materials (antigens) from the blood that passes through the spleen, migratory macrophages and dendritic cells bring antigens to the spleen via the blood stream. An immune response is initiated when the macrophage or dendritic cells present the antigen to the appropriate B or T-cells.

To build up your immune system:

Make sure your first morning urine is between 6,4 and 7. If not, use Coral Complex with Aloe drink. Also Colostrum Complex, Nucleotides, and Vitamin D

Acute support:

Thymex to support the Thymus gland

Coriolus Complex, Immune Complex, HCL with Activator, Echinacia, Oil of Oregano.

Come in for a BioMeridian assessment to make sure your immune system is strong and supporting your health.