

Immune Boosting

Signs and Symptoms

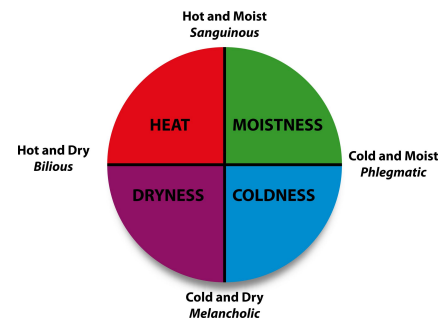
Recurrent infections of the respiratory and gastrointestinal systems; boils and other skin infections; swollen glands in the neck; fevers.

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.



Treatment and 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 suits 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 Factors

- 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.

Medication

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.

Tibb Medication

Septogard tablets or syrup – This product boosts the immune system, so prevent and fight infection.

Stress-Away tablets or syrup – This product is effective in the management of compromised immunity due to stress and anxiety. It also promotes sleep. Stress-Away is associated with qualities of **moistness**.

Blackseed capsules or honey drops – Blackseed is an immune booster and anti-oxidant and increases heat in the body. Blackseed is associated with **heat** which is needed to activate and promote proper immune function.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament

<http://www.tibb.co.za/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes:

"**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

COLD & DRY FOODS

MEATS	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
VEGETABLES	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
FRUITS	(all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
NUTS	peanuts
GRAINS & SEEDS	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
DAIRY PRODUCTS	egg white, sour milk, yogurt
OILS	coconut oil, corn oil, sesame oil
SPICES, HERBS & SEASONING	basil, prunes, poppy seeds, tamarind
DRINKS	sour fruit juices, tea (black), coffee, ice, sour milk
FLAVOURANTS	
CONDIMENTS & SPREADS	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
CONFECTIONARY & DESSERTS	
CEREALS	cornflakes, mielie meal, millet

COLD & MOIST FOODS

MEATS	Duck, rabbit
VEGETABLES	Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian ghourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
FRUITS	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
NUTS	Macadamia nuts
GRAINS & SEEDS	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
DAIRY PRODUCTS	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
OILS	
SPICES, HERBS & SEASONING	Cardamom, coriander, cumin, vanilla
BEVERAGES	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
SWEETENERS	Fructose, glucose, rose syrup
CONDIMENTS & SPREADS	
CONFECTIONARY & DESSERTS	Custard, ice cream, rose syrup, sago
CEREALS	Pronutro, rice crispies

HOT & DRY FOODS

MEATS	Chicken, lobsters, prawns, all small bird meat, Oily fish
VEGETABLES	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
FRUITS	Avocado, Grapes
NUTS	Cashews, hazel nuts, pecan nut, walnuts
GRAINS & SEEDS	Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad
DAIRY PRODUCTS	Eggs
OILS	Mustard Oil
SPICES, HERBS & SEASONING	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon,
BEVERAGES	Alcohol, Grape juice, Herbal teas
FLAVOURANTS	Pungent and bitter flavourants
CONDIMENTS & SPREADS	Chili sauce, mustard sauce, peri-peri sauce
CONFECTIONARY & DESSERTS	
CEREALS	

HOT & MOIST FOODS

MEATS	Buck, goat, goose, lamb, liver, mutton, turkey,
VEGETABLES	Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
FRUITS	Bananas, dates, guavas, mangoes, peaches, papaya,
NUTS	Almonds, brazil nuts, pistachios, apricot kernels
GRAINS & SEEDS	Bread, bu'gar wheat, flour, pasta, rye bread, sunflower seeds, wheat
DAIRY PRODUCTS	Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin,
OILS	Castor oil, olive oil, sunflower oil
SPICES, HERBS & SEASONING	Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
BEVERAGES	Green tea, hot water, juices (see fruit), Herbal Teas
FLAVOURANTS	Honey, molasses, sugar, salt
CONDIMENTS & SPREADS	Mayonnaise,
CONFECTIONARY & DESSERTS	Biscuits, cakes, chocolate, liquorice, vermicelli
CEREALS	All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix