

The Immune System

The Army Within



Mobile soldiers



One trillion white blood cells



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Phagocytes



The Army's foot soldiers

Lymphocytes



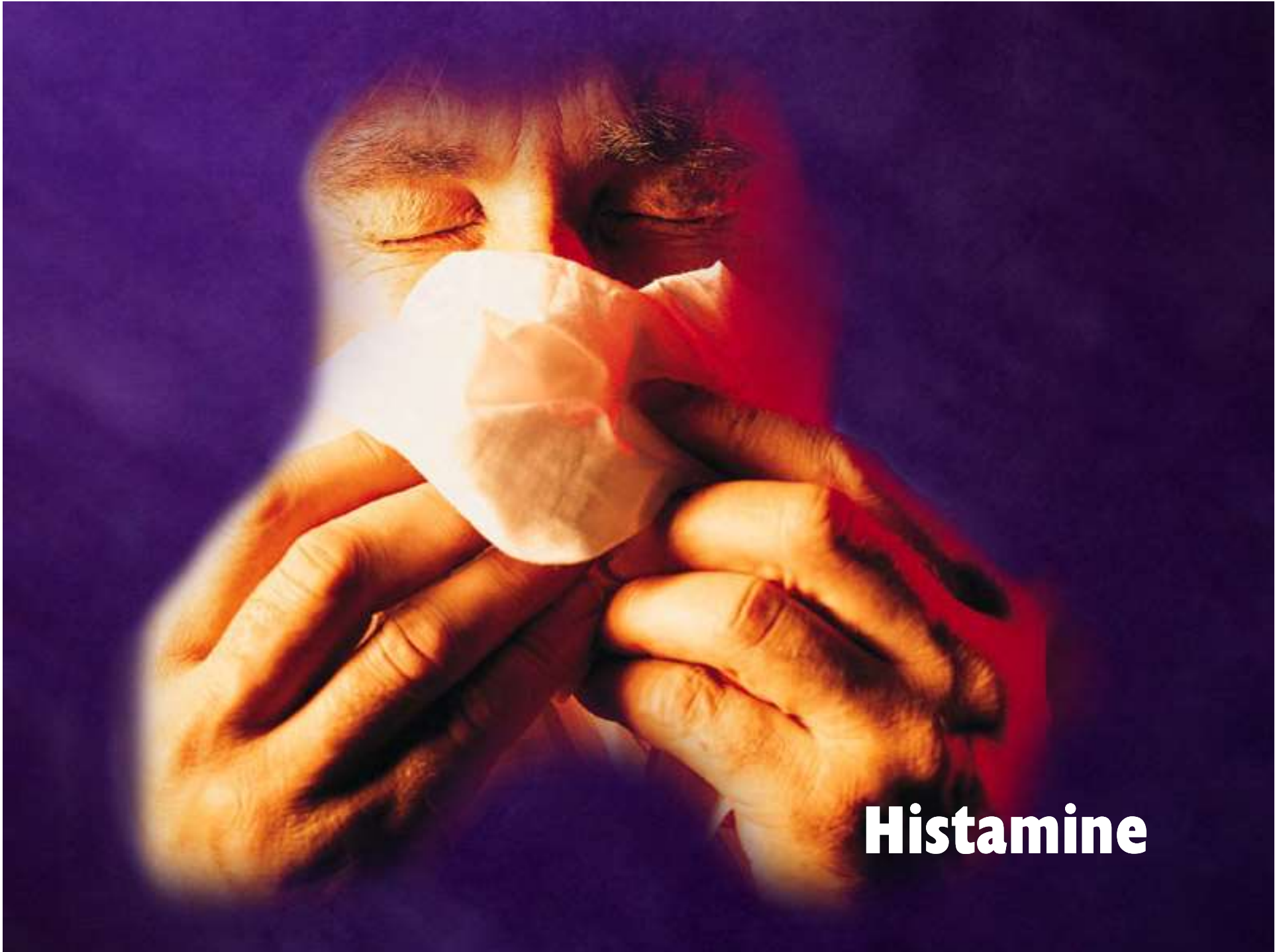
- **Destroy virus infected cells**
- **Target cancer cells**
- **Produce antibodies**

Allergies and Autoimmune Disease



Allergic disorders





Histamine

Rheumatoid arthritis and diabetes



AIDS



How can we strengthen our immune system?



Clean Air



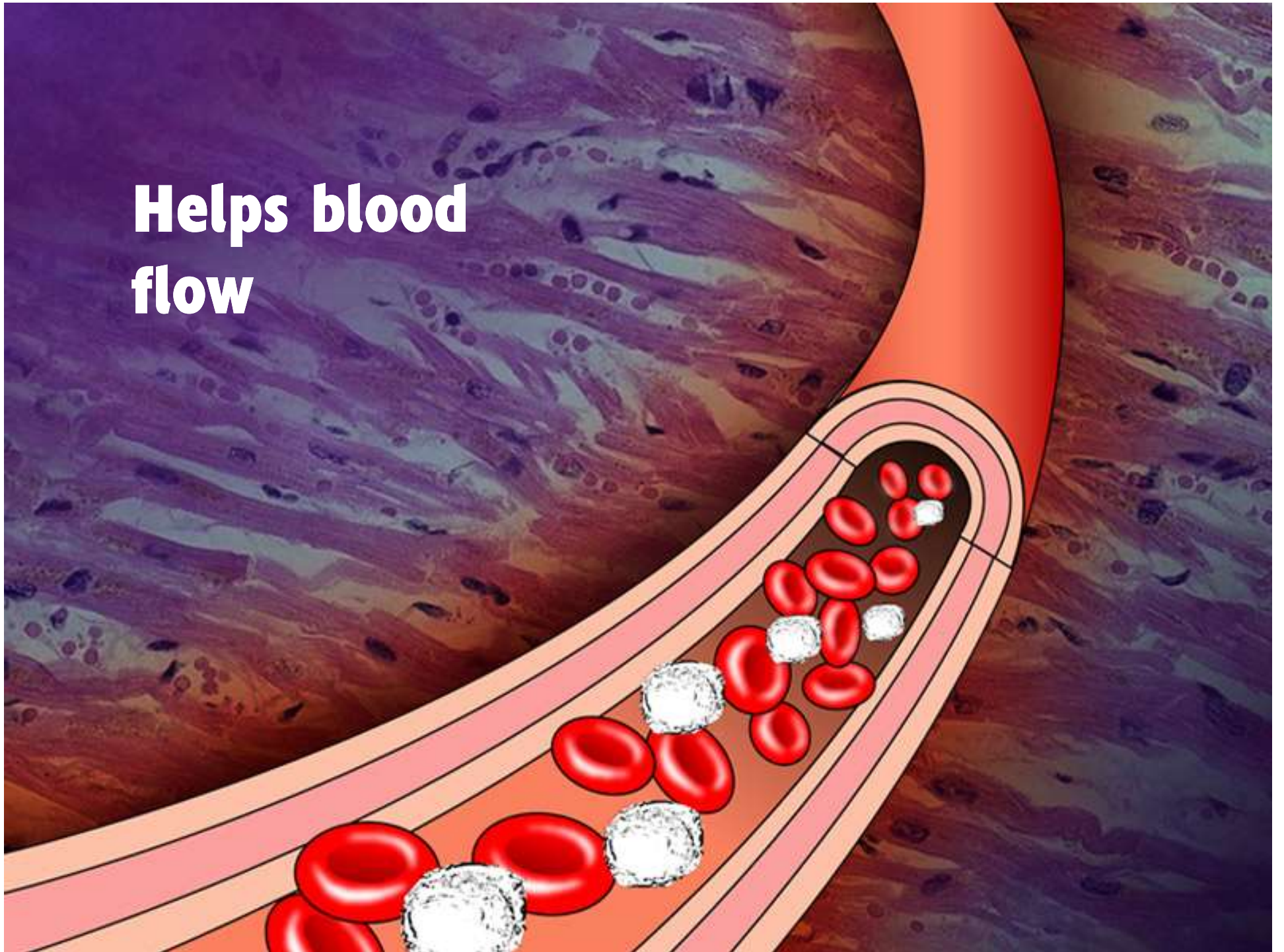
Polluted air



Pure Water



**Helps blood
flow**



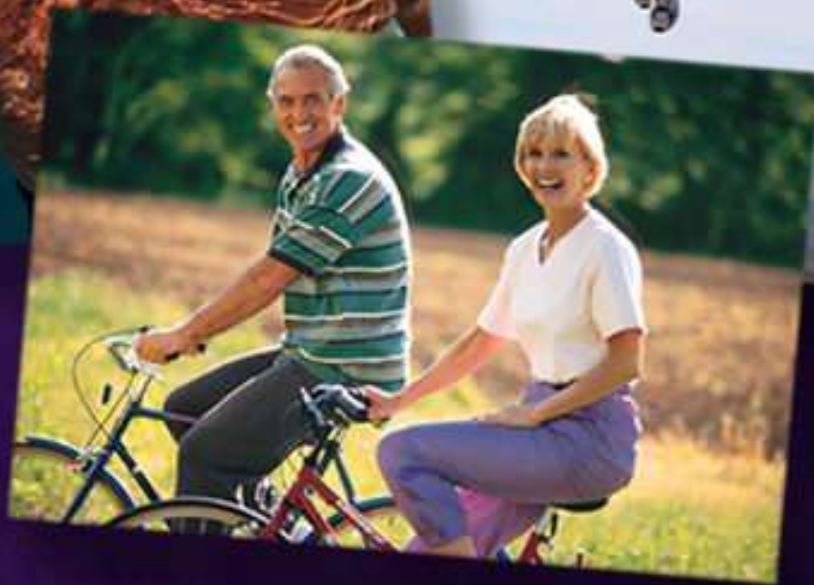


Sunlight



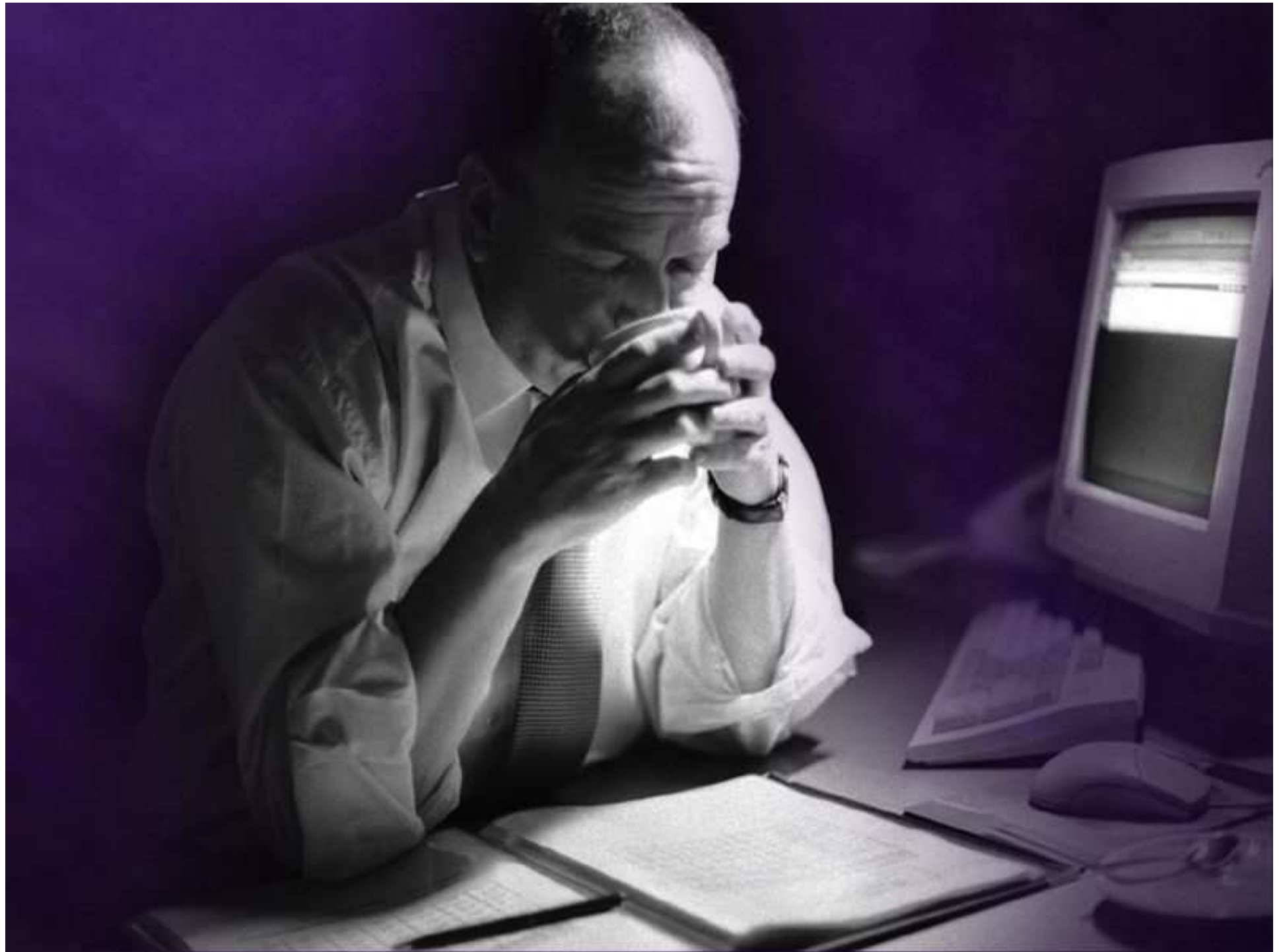
Exercise



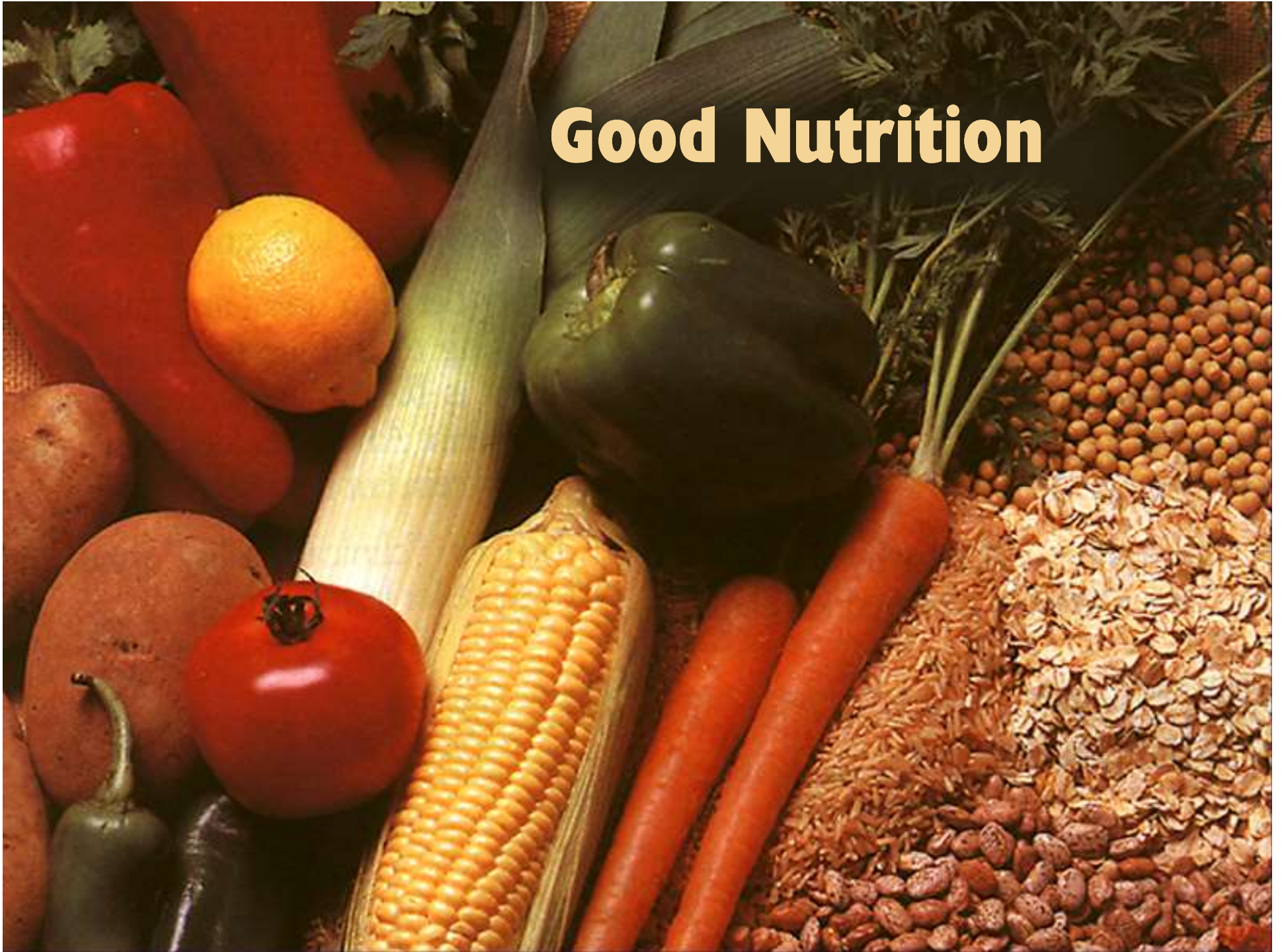


Restoring Rest





Good Nutrition





Omega 3 fatty acids





Sugar



60 %



Abstain from

- Alcohol
- Tobacco
- Caffeine



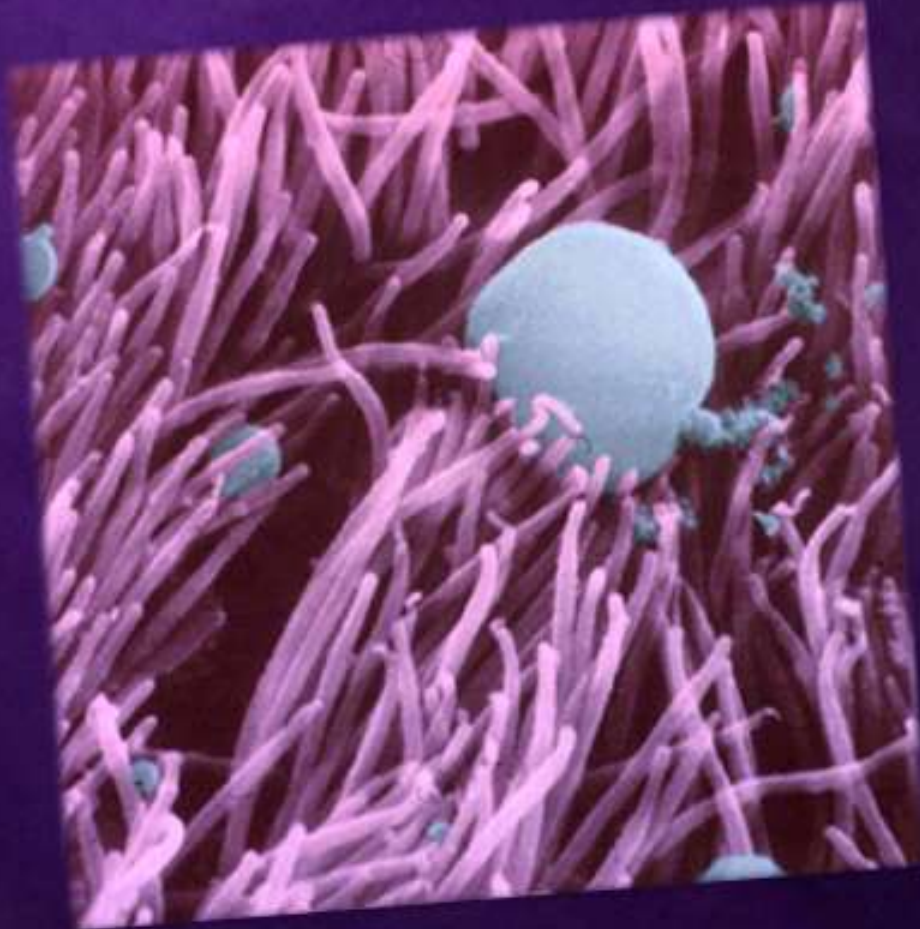
Alcohol





Tobacco

Cilia and lung damage



Second hand smoke



A close-up photograph of a hand holding a white ceramic coffee cup filled with dark coffee. The cup is on a matching white saucer with a gold-colored rim. A silver spoon rests on the saucer. The background is a textured purple surface. The text 'Caffeine' is overlaid in white on the left side of the cup.

Caffeine

- **Coffee**
- **Tea**
- **Soft drinks**

Caffeine contributes to

- **mental stress**
- **irritability**
- **anxiety**
- **depression**

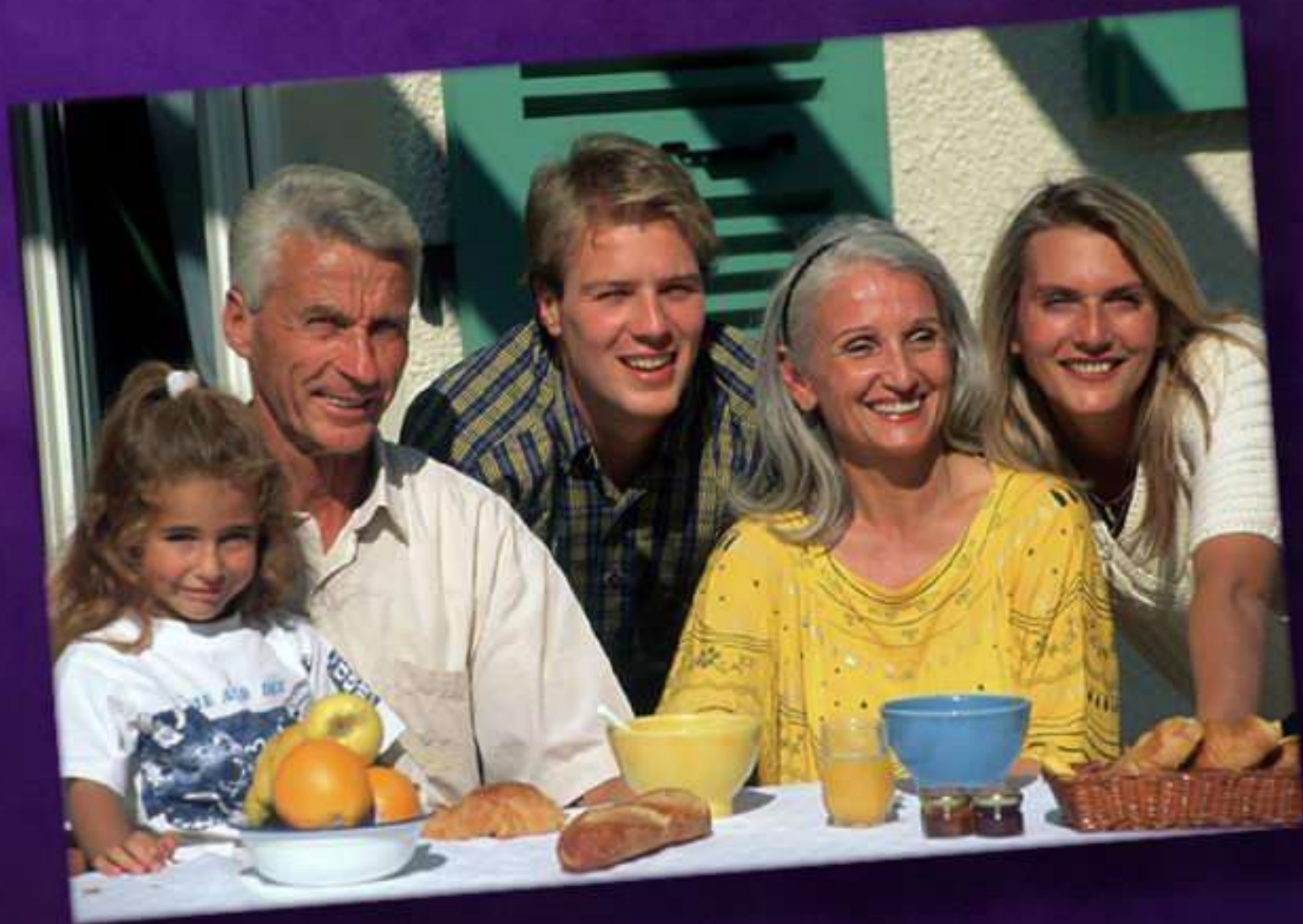


Illicit drugs



Prescription drugs

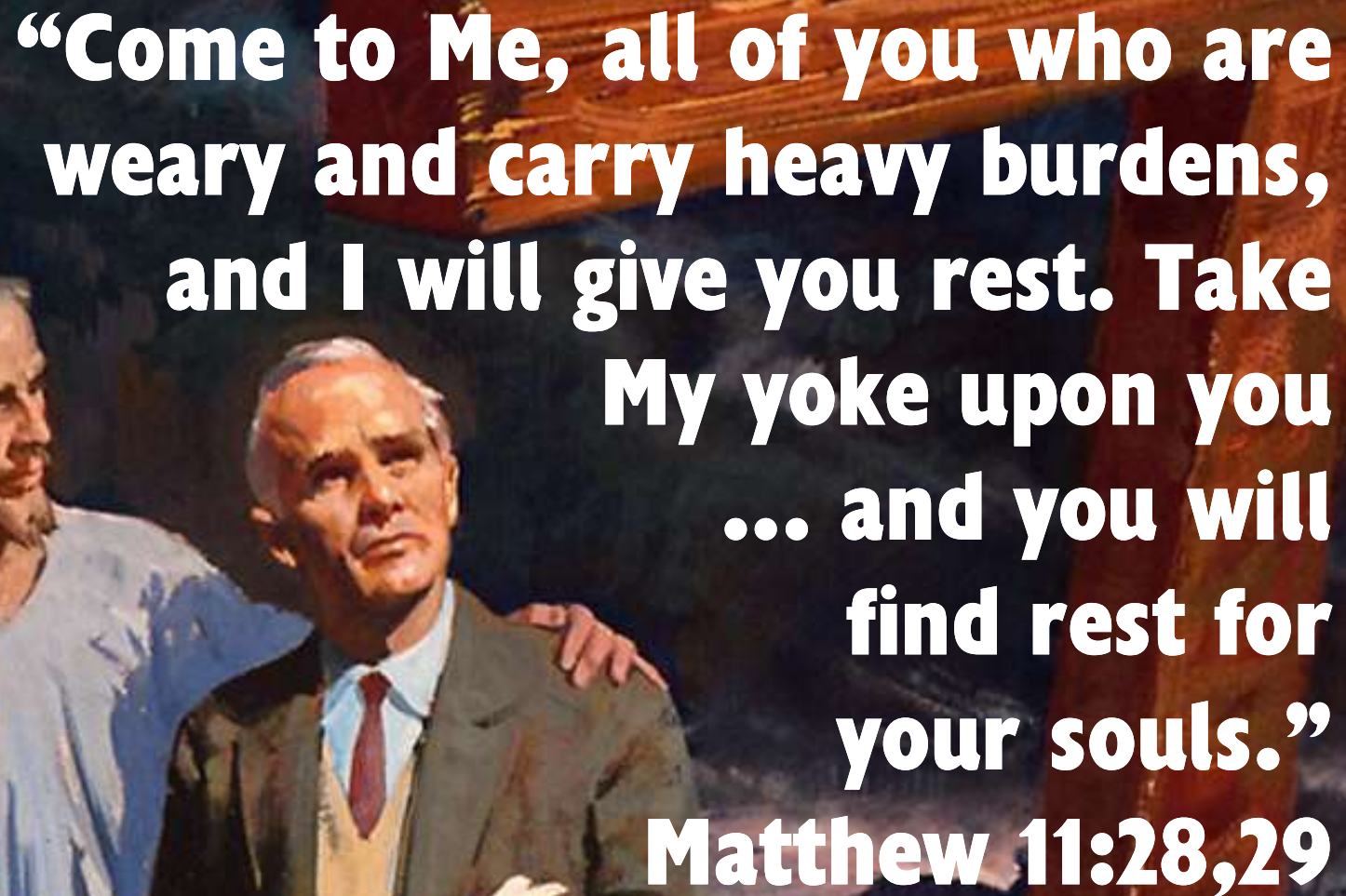




Effects of emotion





A painting depicting Jesus on the left, with long hair and a beard, wearing a light blue robe. He has his right arm around the shoulder of a man on the right. The man is wearing a dark suit, a light-colored vest, and a red tie. He is holding a small, open book. To the right of the man is a large, weathered wooden cross. The background is dark and atmospheric, suggesting a night scene or a dramatic setting.

“Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest. Take My yoke upon you ... and you will find rest for your souls.”
Matthew 11:28,29

