

Nutritional Immunology: The New Health Concept on Disease Prevention

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Abstract

Nutritional Immunology is a science that continuously exploring how proper nutrition affect the functions of the immune system. It researches on specific plant food nutrients with great quantities of phytochemicals, antioxidants and polysaccharides that will benefit the immune system.

The immune system is a well-coordinated network of different immune organs that works as the body's best defense against foreign substances, infectious diseases and even cancer. When the immune system is weak, the human body is susceptible to acquire many illnesses. If the immune is confused or it cannot identify who is self and who is the enemy; the body may develop different allergies, such as skin allergies, or autoimmune diseases, such as rheumatoid arthritis. No amount of drug can replace a healthy immune system. The immune system must be well-fed, nourished on a daily basis and it can be nourished through proper nutrition; nutrition that comes from plant sources with great amount of phytochemicals, anti-oxidants and polysaccharides so the immune system can seek and destroy the invading enemies, cleanse the body from harmful chemicals and can repair damaged sites. Each part of the plant yield different nutrition. Every vegetable and fruit has its own unique nutritional properties, qualities, and each contains different amount of phytochemicals, antioxidants, and polysaccharides. To get the maximum nutritional benefits, the science of Nutritional Immunology will researched on the best type of plant food, species, harvest time, the best part of the plant, plant food combination and must use the best processing methods that retain its nutrients intact without the use chemical isolation, extraction and chemical preservation. Nutritional Immunology promotes the importance of educating the public on avoiding the path that lead to disease. It gives hope on how to improve lifestyle and quality of life by making wiser decisions in choosing the best plant food for the immune system. We are in charge of our health to live a healthy life and to create a healthier world for the next generations. Nutritional Immunology is the new health concept on disease prevention.