allied academies

Joint Event

J Infectious Disease Med Microbiol, Volume 3

Global Experts Meeting on
STD-AIDS and
Infectious Diseases

&

12th International Conference on
Allergy, Immunology
and Rheumatology

November 21-22, 2019 | Singapore

Nutritional Immunology: The New Health Concept on Disease Prevention

Manaog Jerlita
Association of Operating Room Nurses of the Philippines, Philippines

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 come s 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.

Speaker Biography

Manaog Jerlita completed her BS in Nursing at the age of 22 at the Makati Medical Center College of Nursing. She had units and a candidate of Masteral in Clinical Nutrition at the Philippine Women's University. Manaog J worked as the Assistant Unit Manager at the Operating Room Department, Clinical Instructor and a Private Duty Nurse at the Makati Medical Center for 9 years. She leads the research team for the Management Study by Dr. Renato Jose Priela of the Hospital of the Holy Cross entitled: "Promotion of Preventive Healthcare as a Tool in Hospital Patients Satisfaction" presented at the University of the Philippines Masteral of Hospital Administration and Public Health – Manila in 2011. She is one of the 12th selected Filipino trained by Dr. Jau Fei Chen (A World Renowned Scientist and Immunologist and the founder of Nutritional Immunology Science) at the Cebu International Convention Center in1998 organized by E.Excel International (Philippines) pioneers Nutritional Immunology (N.I.) Research. Currently, Manaog J is a favorite lecturer and conducts numerous speaking engagements in schools, colleges, hospitals, Municipal Health Offices and organizations in Philippines in spreading the Science of N.I. currently; she is the CEO and Sole Proprietress for the Center for Preventive Healthcare Management and N.I. Awareness for 15 years and a N.I. Advocate for 21 yrs. She is currently the Community Service Director for Mother and Child Care of the Rotary Club of Downtown Calapan District 3820.

e: jerlitamanaog@gmail.com

Notes: