

Viruses Love Sugar, So Let's Strengthen the Immune System Tatia Nelson, M.H.

When viruses hit and you are trying to restore health, bingeing on sugar like it's Halloween night is not the best idea. In 2018, a scientific study concluded that, "A high-sugar diet (HSD)...severely threatens human health." (1) The most concerning results of a similar study showed it can interfere with immune system communication, especially pathways that respond to influenza viruses. (2) So, bingeing on sugar could give viruses a great advantage. (3)

Since January 2020, people have been flooding health food stores to find antivirals or to boost their immune system with herbs, supplements, food, sanitation supplies, and anything needed to quarantine. You think toilet paper goes fast? You should see the immunity section!

It is interesting that all the sweets and treats are selling out too. Why the sugar rush? Aren't we trying to build immunity, not impair it?

Dr. John R. Christopher, the founder of the School of Natural Healing, always taught what *to* do for illnesses and what not to do. He suggests remedies, and to follow up with juice fasts or the Mucusless Diet. These programs guide the food/drink you consume so that you are feeding the immune system — not handicapping it. They nourish, cleanse, and hydrate the body while cutting out refined foods, like sugar.

The immune system can be hindered for 1 to 2 hours after consuming too much sugar and these effects linger 5 hours later.

During this time HSD interferes with immune communication, but it also dumps filth into the body. Sugar breaks down into toxic acids like lactic acid, butyric acid, and aspartic acid.

The lymphatic system helps clean up these acids much like taking out the trash in your home. If piles of trash stack up, as is the case with a HSD, it takes extra energy and resources to remove it. In fact, "the trash" now becomes the new priority of the immune system until the mess is cleaned up. Whenever the immune system turns its attention away from a full-blown attack against pathogens, like viruses, it is not to your advantage. (4)

An HSD suppresses the production of immune cells like T-cells, B cells, NK cells, and specifically phagocytes. These are the "garbage men" of the immune system. Remember the game Pac-man? A character goes around eating things in its pathway. This is how phagocytes work. They travel around eating viruses, bacteria, and all sorts of garbage. (5) This helps clean up the body and gives a great advantage to the immune system. We need as many phagocytes on our side as we can get, but high blood sugars lower their production. Not only that, studies show that high blood sugars impair phagocytes from doing their jobs.

When you are trying to decide what to do for your immune system, consider cutting out refined sugars--*especially when you want to empower your immunity*. Take a No-Sugar challenge today. Eliminate refined sugars for 5 days. I bet you will feel a lot healthier when you are done! Feel free to email me for help. I would also love to hear about your results!

Tatia Nelson is an SNH Master Herbalist, Iridologist, Wellness Trainer, Natural Medicines Researcher/Presenter, and Product Formulator. You may reach her at SkinnySecretChallenge@gmail.com. For more free support with a No-Sugar Challenge, visit: skinnysecret.net or <https://www.facebook.com/skinnysecretspray> or [instagram.com/skinnysecrets](https://www.instagram.com/skinnysecrets)

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