

Healthwatch

by Steven Bailey N.D.

Understanding immunities

In part one of this article (Sept. 12, 1984), I commented on what I believe to be an excess in the use of antibiotics and immunizations in today's health care practices. In this section, I hope to provide a base of knowledge on the immune system that will assist you in understanding the risks as well as the benefits of antibiotic use and immunizations.

The immune system is a marvelous composition of a variety of the body's cellular and functional components. White blood cells, the skin, the thymus gland, bone marrow, mucous cells and lymph tissue, all have specific functions in a healthy immune system. Proper function also depends on adequate nutrition, liver and adrenal activity, circulation, as well as hereditary and environmental factors.

The white blood cells account for the majority of what we call the "immune response". The white blood cells (WBC's) include five different cell groups, the basophils, eosinophils, neutrophils, monocytes and lymphocytes*. These cells are further divided into two groups: the "cellular" and the "humoral" systems. The three "granulocytes" (eosinophils, basophils and neutrophils) belong to the "cellular" component of the immune system. These cells interact with micro organisms on a one-to-one basis, releasing the contents of their granules on the invader to destroy it. Also providing some "cellular" immune functions are the cell group called macrophages** which are found throughout the body.

The "humoral" immune system refers to the lymphocytes and is divided into the T-lymphocytes and B-lymphocytes. The "T" stands for Thymus, but functionally represents the regulator cells which send information to the "B" cells. The "B" cells are the cells that produce the chemicals called immunoglobulins which specifically destroy certain organisms. It is in the "T" cell numbers and function that the Acquired Immune Deficiency Syndrome (AIDS) identifies itself. Systemic Lupus Erythematosus (SLE) and a variety of other immune system disorders are related to

the "T" cell populations.

The "T" cells can be likened to advance scouts, who look out for dangers in the form of bacteria, viruses, protozoans, allergens and other parasites. Certain "T" cells called "memory" cells maintain a "memory" of previously encountered organisms and immediately begins the immune response which is why we "develop" an immunity to such conditions as small pox, measles, whooping cough, etc.

"T" cells can also create original responses in the event of a new organism entering the blood system or inflamed tissue.

Two other "T" cell groups exist. These are the helper and suppressor populations. These cells take the information from the scout "T" cells and either help increase or decrease the production of "B" Lymphocytes. The "B" lymphocytes being the army that confronts the invading organisms, releasing their chemical weapons.

Another lymphocyte, the "Killer" cell is a recent discovery. This cell appears to work independently, having the ability to confront and destroy organisms on a one-to-one basis.

Two areas of the immune system that I'll discuss next week will be bacterial balance in the skin and mucus membranes and the importance of the inflammatory response. This series will conclude with my feelings on how the excessive use of antibiotics, immunizations and anti-inflammatory agents is leading to a neglect of the need for a strong natural immunity.

*The names for these cells are of latin root, the "phil" segment refers to the cells "love" for a particular dye in the laboratory staining technique, i.e., eosin dye (red), basic dye (blue) or neutral to these dyes (pale). The root "cyte" translates to "cell" and thus lymphocytes are those cells which originate in lymph tissue (thymus and bone marrow). Mono cytes are rare large cells with a mono or single formed nucleus.

**Phage—consume, macro = large, therefore, cells that consume large particles and some micro organisms.

Chinese pepper beef gets soul

by Royce Alexander

I promised you in last week's column that I would check out the best bargains in town. This week Safeway has the best buys on meat, and the freshest, crispest vegetables.

And, since we'll be dealing with both vegetables, and meat this week, I recommend your nearest neighborhood Safeway.

The majority of us love Chinese food, but we sometimes feel it's not filling. Try this pepper beef, and I'm sure it will stick to your ribs.



PEPPER BEEF

- 1 round steak (ask butcher to tenderize)
- 1 large white onion
- 3 large bell peppers
- 1 stalk really firm celery

- 2 cloves garlic (crushed)
- 4 tablespoons soy sauce (more can be added if desired)
- salt and pepper to taste
- 1/2 cup flour

Cut steak into small pieces. Lightly dust with flour. Brown lightly on both sides in large cooking pot. Cut onion, bell pepper and celery in thin strips. After meat is brown, place cut up vegetables on top. Add garlic, salt and pepper. Barely cover with water. Let simmer for 30-45 minutes. Add soy sauce, and let simmer 5 more minutes. Serve over a bed of rice. Garnish with fresh tomato wedges and parsley. Good eating.

Please try this recipe, and write me at the Observer.

FOOD IDEAS for all seasons

Salmon Saute Is Quick, Nourishing And Delicious



Salmon from the clear, icy waters off the Alaskan coast is ideal for today's contemporary lifestyle because it meets the desire for nourishing, lighter foods and boasts a delicate, naturally good flavor.

Salmon Vegetable Saute is a delicious main dish that takes just minutes to prepare. Chunks of salmon combine with sauteed mushrooms, celery, onion and tomato in this colorful skillet dish. Steamed rice and a fresh garden salad are nice accompaniments.

Firm in texture, Alaska salmon cooks quickly whether baked, broiled, poached, sauteed or barbecued. It is ready to serve as soon as the flesh flakes when tested with a fork. That's generally about 10 minutes cooking time per inch of thickness measured at the thickest part.

Available year-round in the form of steaks, fillets, roasts or whole dressed salmon, there is no end to the number of speedy and spectacular entrees that can be prepared with this prime-quality seafood.

SALMON VEGETABLE SAUTE

- 1 cup each sliced mushrooms and diagonally sliced celery
- 1 medium onion, halved and sliced lengthwise
- 1 small clove garlic, minced
- 3 tablespoons oil, divided
- 1 pound Alaska salmon, thawed if necessary and boned, skinned and cut into 1-inch chunks
- 1 medium, firm, ripe tomato, cut into wedges
- 3 tablespoons water
- 1 tablespoon cornstarch
- 1/2 teaspoon salt
- Dash each thyme, crushed and pepper

Saute mushrooms, celery, onion and garlic in 2 tablespoons oil until crisp-tender; remove from pan. Saute salmon about 2 minutes in remaining oil; add tomato and heat thoroughly. Return vegetables to pan. Combine remaining ingredients; add to mixture in pan. Cook and stir gently until thickened; cook 1 minute longer, until salmon flakes when tested with a fork. Makes 2 or 3 servings.



Chefs to share specialties

Chuck Calhoun, chef at the Dutchess of Burnside, will demonstrate his popular halibut with orange glaze, sauteed mushrooms, and Dutchess wheatberry rice at Chef Week scheduled at the Portland Community College Southeast Center, 2880 S.W. 82nd Avenue, September 24-27. During Chef Week, four area chefs share their specialties in the center's International Kitchen. Calhoun appears on Monday, September 24, followed by Ross Pullen of Father's American Broiler on Tuesday the 25th, John Wilgus of Piccolo Mondo on Wednesday, and Jenny Kim from the Chinese Table on Thursday. Sessions run from 7-9 p.m. each evening at a cost of \$2 per person per session. Pre-registration may be done now through PCC.

UNDER NEW MANAGEMENT
THE TOP DECK RESTAURANT
Mon-Fri. 6 a.m.-4 p.m.
Sat. 6 a.m.-2 p.m.
Closed Sunday

Rib-eye Steak Sandwich

w/fries
Choice of Soup or Salad

\$2.99

The Top Deck Restaurant

5206 N. Interstate Ave.
296-4284

Breakfast Served All Day • Breakfast Special Served until 11:00 a.m.

232-9751
Portland Women's Crisis Line
A Public Service of the Portland Observer

DO YOU REALLY WANT TO SAVE ON YOUR FOOD BILL?



We offer savings of up to 40% and more on fine quality wonder and Hostess products, plus large discounts on other baked goods. Besides our every day low prices, we feature in-store specials daily. Just look for the "bar gain" signs on the displays in our store. Discover for yourself what thousands of smart shoppers in the area have found.

You'll be amazed at the savings you make at our Wonder Thrift Shop!

Food stamps gladly accepted

SATISFACTION GUARANTEED

You must be completely satisfied with every purchase or we will cheerfully refund your purchase price.

WONDER-HOUSTESS THRIFTSHOP

115 N. Cook St.
Corner of Vancouver & Cook St., Portland, Oregon
Open Mon thru Sat - 9am-6pm - Closed Sundays

It's Easier to Lose when you get on Quick Start



Quick Start! It's the fastest Weight Watchers program ever. And it's a proven success...because hundreds of thousands have tried it and lost weight quicker in the very first weeks.

We're accepting enrollments now for the Quick Start Program. So, call Weight Watchers today. Hurry! All you need is Quick Start, and you'll really take off.

(All new and rejoining members please come 20 minutes early)
Join Any Class Anytime

NORTH PORTLAND

Fellowship Baptist Church
4737 N. Lombard Street
Tues. 7:00 p.m.
Thurs. 9:30 a.m.

Northeast Portland Center

5049 N.E. Sandy Blvd.
Mon. 7:00 p.m.
Tues. 7:00 p.m.
Wed. 9:30 a.m. & 5:00 p.m.
Thurs. 7:00 p.m.
Fri. 9:30 a.m.

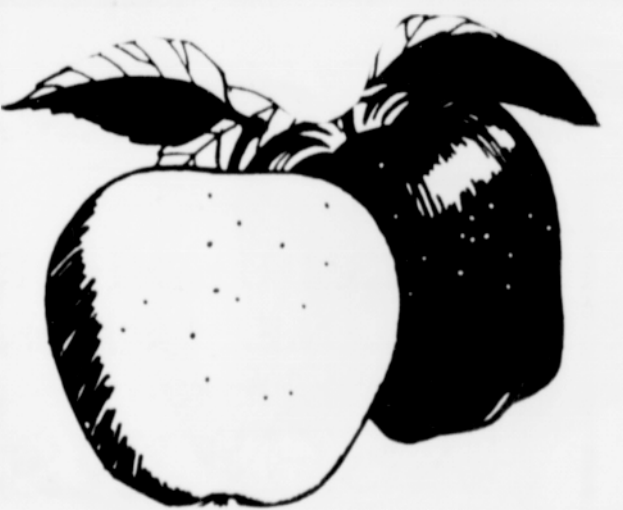
NORTHEAST PORTLAND

Maranatha Church
1222 N.E. Skidmore
Sat. 9:30 a.m.

For information call collect (503) 297-1021
Weekdays 8:30 - 5:00 p.m.

WEIGHT WATCHERS®
Quick Start™
PROGRAM

Weight Watchers International, Inc. 1984 Owner of the Weight Watchers Trademark



APPLES

New Crop
Fancy Red or
Golden
Delicious

.38 lb.

PRAIRIE MARKET

FRESH MEAT IS AVAILABLE AT

LOMBARD - 7611 N. Exeter
PORTLAND - 14410 S.E. Division
PORTLAND - 3955 S.E. Powell Blvd.
SAN RAFAEL - 1910 N.E. 122nd

OREGON CITY - 878 Molalla Ave.
HILLSBORO - 960 S.E. Oak
FOREST GROVE - 1531 Pacific Ave.
PORTLAND - 74th and Glisan