



Healthwatch

by Steven Bailey N.D.

A vital immune system is essential for maintaining a healthy life. Even in those individuals who seem to "catch" everything, parts of their immune system are non-the-less very active.

A healthy, active immune system is dependent upon many variables. Nutrition, exercise, life style, an efficient inflammatory process, stress management, resistant bacterium, heredity, pre-natal care, allergies and chemical exposures are some of the variables affecting immune competency.

Nutrition is an extremely broad concern. Some foods and supplements assist the healthy while others may actually depress immune competency. The nutrients most commonly accepted as beneficial to immune function are the vitamins C, B⁶, and A (including beta-carotene), the minerals zinc and magnesium, as well as bioflavonoids, essential fatty acids, EPA, DHPA, and increased intake of fluids. High intake of simple sugars depresses immune activity as do coffee and black tea.

What and how one eats is important both for long term health, and during acute conditions. When you are ill, you can do many things to enhance your immune system. Drink plenty of fluids (at least 6 glasses per day), rest and limit your food intake. While illness naturally depresses our appetite, the actual foods we consume are significant.

When ill, try to limit your fat and simple sugar intake. Dairy products tend to increase mucus production in many people and should be avoided in conditions which produce excess mucus. Broths, especially with onions, garlic and cayenne, are often helpful.

While fruit juices are far superior to soda pop, coffee, black teas and milk, many juices like apple and grape are high in simple sugars or may even have additional sugars added.

Stress may decrease immune response if it exceeds our ability to tolerate its effects. Our stress tolerance is assisted by good nutrition, aerobic exercise and adequate management of our emotions (grief, worry, depression and anxiety). Our immune strength may decrease with the use of stimulants, inadequate rest and/or sleep, or excessive emotional stress.

Allowing the inflammatory process to occur without interference by anti-inflammatory drugs, is important in resolving illness. The November issue of *Science 84* has an excellent article on the fatal Little of fever repression, entitled *A Little Fever is Good for You*.

The resident population of bacterium may be aided with the use of yogurt products containing acidophilus (get unsweetened yogurt), or other acidophilus products found in most nutrition centers.

We can control our exposure to chemicals by choice, the use of safety products such as filters, plastic gloves, etc., and by selecting products based on contents (label reading). Stressful pollutants are inevi-

table, but the combined use of Vitamins A, C and E as well as the mineral Selenium have been correlated with an improved tolerance to many pollutants. Cosmetics and food additives are a few of the chemical exposures that many people fail to consider.

Public health programs and personal habits are very important in the overall picture. Improved sanitation, waste disposal, refrigeration and personal hygiene have accounted for significant reductions in many contagious diseases. Our own life style (sexual habits, hygiene, drug use, etc.) can significantly affect our risks and response to exposure to many of the contagious diseases.

I hope that this series of articles has given you cause to question the present medical irreverence for the immune system. If you are frequently ill, look toward your diet, life style and other factors that might contribute to these conditions. As has been said so many times: "An ounce of prevention is worth a pound of cure."

Lose weight during holidays

Instead of postponing your plans to lose weight until after the holidays, it can be easier and faster than you think to begin with the start of the season, right at your Thanksgiving Day meal.

According to Dr. Reva Frankle, Nutrition Director for Weight Watchers International, "Learning how to eat the right amounts of the right holiday foods is key. It helps you to lose weight without losing out on all the traditional foods that are such a meaningful part of the holiday."

She notes that by beginning at Thanksgiving, those who are controlling their weight can continue to

build on their success, so that weight loss during Christmas and New Year's can be even more easy to manage.

"Controlling your weight at Thanksgiving doesn't mean deprivation. The specially designed Weight Watchers holiday menu planner and recipes let you enjoy all the traditional holiday foods like turkey and stuffing... even champagne and pumpkin chiffon pie!" said Jeannine B. Cowles, President of Weight Watchers of Oregon, Inc. Weight Watchers is now celebrating its 20th anniversary year.

By starting to lose weight this Thanksgiving — you perhaps for the very first time — can make a New Year's resolution list that has maintaining — instead of losing — weight as your chief goal!

Weight Watchers recommends a Thanksgiving holiday meal that starts with fresh pressed Apple Cider, followed by succulent Roast Turkey Breast with Sherried Apricot Sauce. Prepare Stuffing Balls and Vegetable Bundles for creative, yet traditional, side dishes. Be sure to include a crisp Mushroom Sprout

Multnomah seeks reps

Let your voice be heard, your presence felt and have your ideas implemented as a citizen representative. Help guide Multnomah County by filling vacancies on the following boards and commissions:

- Multnomah County Planning Commission, two vacancies
- Economic Development Advisory Commission, four vacancies
- Citizen Involvement Steering Committee, 17 vacancies
- Community Health Council, four vacancies
- Portland/Multnomah Commission on Aging, four vacancies
- Park Commission, two vacancies
- Agricultural Board of Review, three vacancies

Appointments to these unpaid positions are made by the county executive and confirmed by the Board of County Commissioners.

Remember, the vacancy you fill today is an additional voice for tomorrow.

For more information about any of these boards or commission, or to obtain an application form, contact Lanita Duke in the office of County Commissioner Richard Levy, 1120 S.W. 5th, Room 605, Portland, OR 97204, or phone 248-5239.

Salad with tangy Mustard dressing. You can also toast the start of the holidays — and your program to lose weight — with a glass of champagne or white wine. Serve it with your main holiday meal, or with Weight Watchers delicious Pumpkin Chiffon Pie.

And if you'd like extra support during the holidays, attend a Weight Watchers class. You can gain a variety of tips on how to handle the holiday season, additional menu planner and recipes, plus the support of your peers. Just check your phone book for the Weight Watchers class nearest you.

Watch your November 15, 1984 issue of the *Portland Observer* for *Weight Watchers Holiday Menu and recipes*.

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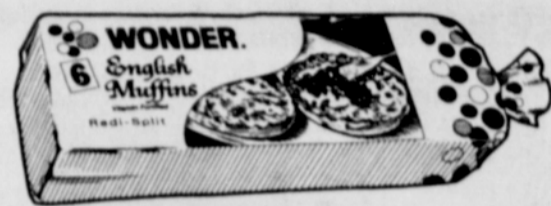
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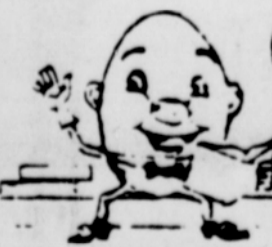
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4-year old kids at Grace Collins Memorial Center learn how to make cookies.



5-year old kids at Grace Collins Memorial Center study hard on school work before going outside to play.

Food Bank holds fast

The Interagency Food Bank is coordinating the 7th annual Fast for the Hungry the Thursday before Thanksgiving, November 15. In 1983, over 800 people fasted and gave a Fast. This year's goal is to raise at least \$30,000. People are asked to skip a meal or to fast all day the Thursday before Thanksgiving, and donate the money you would have spent on food to the Food Bank. Public events for this year's Fast include: (1) a symbolic soupline in front of the Portland Building on Tuesday, November 13, 12 noon - 1 p.m., and (2) a Celebrity Fast no-food lunch in conference room "C" (second floor) of the Portland Building on Thursday, November 15, 12 noon - 1 p.m. Last year, over 100 Celebrity Fasters, including speakers Dr. Lendon Smith, Jonathan Nicholas and Mike Lindberg, scanned menus loaned by local restaurants, ordered food they weren't going to eat, and donated their money to the Food Bank. The public is invited to join this year's Honorary Chairperson of the Fast, Dr. Matthew Prophet, and other prominent Portland personalities at this year's Celebrity Fast. Donations can also be sent to: Interagency Food Bank, 3939 S.E. 26th, Portland, Oregon 97202. For more information call the Food Bank at 239-5437.

Fleur de Lis

The Fleur de Lis Club will hold their annual Autumn Tea, Sunday, November 11 from 1 to 5 p.m. at the Willie Jones home, 835 N.E. Prescott. Attendees will be Marci Bell and Associates of Belle Marci Unlimited. Donations are earmarked for youth and senior citizen projects.

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