



Toxins that Impair our Immune System



Exposure to toxins impairs the immune system. We're exposed to a variety of toxic materials and products, but here's several toxins that have a direct immunosuppressive effect on us:

Heavy Metals: Exposure to heavy metals such as lead, mercury, cadmium, and arsenic can negatively affect the immune system. These metals may interfere with the function of immune cells and disrupt the production of antibodies.

Pesticides and Herbicides: Agricultural chemicals like glyphosate (Round-Up) suppress the immune system. Prolonged exposure to these chemicals impacts the activity of immune cells. Pesticides and herbicides also disrupt the gut microbiome, which has a direct relationship with the strength of your immune system.

Mycotoxins: Produced by certain molds, mycotoxins can be found in contaminated food, particularly grains and nuts. Prolonged exposure to mycotoxins may have immunosuppressive effects. It's also worth noting that mold in homes can create a myriad of health issues.

Endocrine Disruptors: Certain chemicals, known as endocrine disruptors, interfere with the endocrine system, which regulates hormones. Disruption of hormonal balance impacts immune function.

It's important to be aware of potential sources of exposure to these toxins and take measures to minimize risk. There are body washes, soaps, and cleaning products that contain endocrine disruptors. The first steps you can take towards detoxification is following the 5 Essentials. When we are nourishing our bodies with real food, sweating through exercise, or getting an adjustment we are detoxing our bodies. This is the ultimate boost to our immunity.

Join us for Dr. Osborne's class on March 18th at 6:15 PM if you want to learn more about boosting your body's immune system.