

Immune Health

We take a look at how this incredibly useful and complex system protects us.

Things are quite literally trying to kill us all the time. It's not their fault, it's just what they do. Bacteria, viruses, fungi, they're all trying to grow and replicate, and they often want to use our bodies to do it.

We obviously can't allow this, so nature came up with a way to protect us, and it's called the immune system.

What do we cover?

Types of immunity

A breakdown of the innate and adaptive immune systems and the roles they play.

How do pathogens work?

A look at how bacteria and viruses operate.

The immune response

A walk through of the immune response from infection to sickness to healthy.

Immune level setting

Low, optimal, high.

Gut health and immunity

How does the gut affect our immunity and vice versa?

Vaccines

Good or bad for us?

Antibody factory

A look at how antibodies work and how we can produce more of them.

Immunity optimisers

What can we do to help our immune system function at its best?