

Body Defense

Adaptation

Systems	Load	Activation	Activation
<p>Local MALT, BALT, GALT</p> <p>Specific sIgA, Defensins</p> <p>Unspecific Lysozyme</p> <p>Systemic IgM, IgG, Macrophages</p>	<p>Hyper-Activity (Protein Loss Enteropathy), Food-Allergy?</p> <hr/> <p>Environment Air, Food, Water</p> <hr/> <p>Lifestyle Stress Lack of Movement Malnutrition Civilisation Food Inadequate Supply</p>	<p>Training (local) Microbiological Therapy Probiotics Autovaccines</p> <p>Phyto-Therapy (systemic) Echinacea Eleuterococc Mistletoe Ginseng</p> <p>Change of body reaction</p> <p>Vaccination active, passive</p>	<p>Exposition Prophylaxis</p> <p>Full Supply Food, Vitamines, Minerals</p> <p>Stress Management Relaxation Self-Hypnosis Ayurveda</p> <p>Movement Fitness, Wellness</p> <p>Relieving Removing Detoxification</p>
PROTECTION	SUPPRESSION	MODULATION	ELIMINATION

Change