

Culinary and Lifestyle Factors Impacting the Immune System.

Led by: Mrs. Sherry Brod

Date:

Room:

I. Reprogramming the Brain-I Corinthians 11:30

- A. Culinary Trends**
- B. Processed Foods**
- C. Cytokines**

II. Prebiotics-II Samuel 17:29

- A. Anti-inflammatory**
- B. Beneficial Intestinal Bacteria**
- C. Bacterial Enzymes**

III. Plant Carbohydrates-Daniel 1:12

- A. Prebiotics**
- B. Functional Foods**
 - 1. Botanical fruit**
 - 2. Fat deposit releaser**
 - 3. Soluble fiber**
- C. Health benefactors-Isaiah 32:17**

IV. Immune System-Exodus 23:25

- A. Response enhancers**
- B. Carcinogen fighting foods-Numbers 11:5**
- C. Antioxidant disease fighters**
- D. Energy provider-Galatians 5:22**

V. Lifestyle Factors-Luke 12:23, James 5:16

- A. Necessary dietary changes**
- B. Supplements**
- C. Physical Fitness**

VI. Metabolic processes-Nehemiah 9:20

- A. Inflammatory Bowel disease-Psalms 103:3**
- B. Medicinal cleansing-Ezra 8:23**

VII. Conclusion-I Samuel 25:6