

LEARN HOW TO BULLET PROOF YOUR IMMUNE SYSTEM

# GET IMMUNE NOW

LEARN HOW ONE COMMON  
FOOD CAN **KILL YOUR IMMUNE  
RESPONSE** BY UP TO 40% AND  
KEEP IT THERE FOR **UP TO  
FIVE HOURS!**



BY STEVE JONES

A COMMON SENSE APPROACH TO BOOSTING YOUR IMMUNE SYSTEM

# GET IMMUNE NOW

## A COMMON SENSE APPROACH TO BOOSTING & PROTECTING YOUR IMMUNE SYSTEM

**From the desk of:** *Steve Jones, Author, The Aesthetic Bible.*

Welcome my good friend,

To begin, I am no doctor, nor am I one of those that purchased a \$5 white doctors coat off Ebay and pretend to be a doctor! I am just a guy that has spent close to forty years in the health and fitness industry, owning and operating three gyms across the Asia Pacific region, plus I have done a lot of my own research on how to enhance overall health, fitness and longevity.

In fact I created and published a health and fitness magazine that was distributed World Wide, and wrote a good percentage of the articles that featured in the publication. So no, I am not a doctor, but I do have many years of experience, and I do what many don't do, practice what I preach.



By the time you read this I would have celebrated my fifty first Birthday. Do I look my age, well, you can be the judge of that, with this recent photo above captured after a workout at the gym.

### On the following pages, you will learn:

- How one common food can virtually kill your immune response to Viruses for up to 5 hours!
- Why taking Vitamin C is useless if you overeat this particular food!
- Why fructose is not as healthy as what you may think.
- How making a few small changes can significantly boost your immunity.

As you can see, I do look after myself, I eat a healthy diet and I also supplement to ensure my body is running on all cylinders. I do believe, one hundred percent that we are what we eat. Eat garbage, and you know the story you will probably not only end up feeling garbage but you will not look that great either. Healthy eating, should be the first go to point for those who are serious about enhancing their overall health and wellbeing and slow down the aging process.



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But today, I want to talk about how one food can suppress your immune response by 40% almost instantly, and some simple measures you can take to not only protect, and boost your immune system, but your families too. Before you rush out and buy bottles of vitamin C or other supplements you need to read this. Why? Because this one common food that's virtually in 80% of products on the Supermarket shelves will render your Vitamin C supplements useless!

Sure thing, I am an advocate for supplements, but there is little point in taking supplements if you are unknowingly undoing all the health benefits by over consumption of this ONE food. Supplements are just that, they "supplement" a healthy diet, they are not magic potions!

Just keep in mind, I am no doctor, but I do live the life and practice what I preach. So take from this what you will, and if it helps, so be it, I consider it a good deed on my part. Let's take a closer look at how this one food can literally smash your immune response in a matter of minutes, and keep it down for up to 5 hours!

### CUT THE SUGAR!

Did you know that consuming the equivalent of two sugary soft drinks can lower your immune system by up to 40% for a period of 5 hours? It's true. This has been proven with science, and the sad part is the majority of people consume a lot more sugar than what's contained in a couple of cans of soft drink!

The average can of soft drink contains between 9-10 teaspoons of sugar, or around 50 grams. One of those large 750mls energy drinks contain up to 70gms of sugar! The average American consumes around 17 teaspoons of sugar per day, which I believe is a vast under estimate considering just one can of soft drink contains 9-10 teaspoons!



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The hidden sugar in what appears to be healthy food is what adds up. You will be hard pressed to find many foods that don't have some hidden sugars. Bread, sauces, frozen yogurts, health bars, fruit juices, crackers, pretty much most processed foods contain added sugar in one form or another!

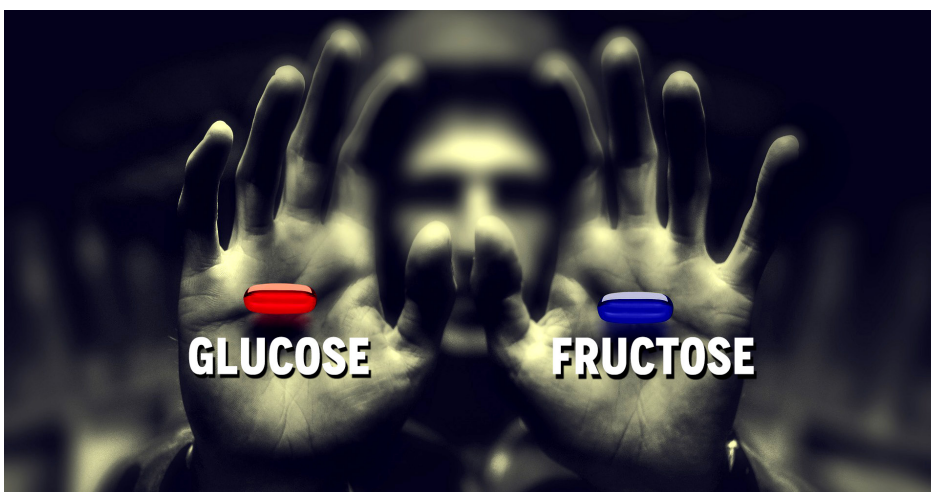
**First up we need to dive in and take a look at the various types of sugar, and how they react in the Human body!**

**Table sugar (Sucrose)** the stuff you put in your tea or coffee is a disaccharide, made up of two sugars (glucose and fructose) bound together. Fructose and glucose are both simple monosaccharide sugars. And all carbohydrates foods you eat ultimately end up as sugar in your blood, it's just the rate of digestion and the pathway that is a little different. If you had a Matrix moment and had to choose between Glucose and Fructose, which one would you choose?

If you chose fructose you are probably not alone. Most people would make that decision based on the fact that they think fructose is natural, I mean, how can Mother Nature produce anything bad!

This is where the majority are wrong in so many ways...let's take a look at fructose.

**Fructose**, a sugar that is recommended and considered healthy by many professionals. We are told to eat plenty of fruit to be healthy, but little do you know this simple sugar known as fructose can cause some serious havoc in the human body. That havoc comes in multiple forms, each feeding each other's damaging effects, insulin resistance, chronic inflammation, fatty liver disease!



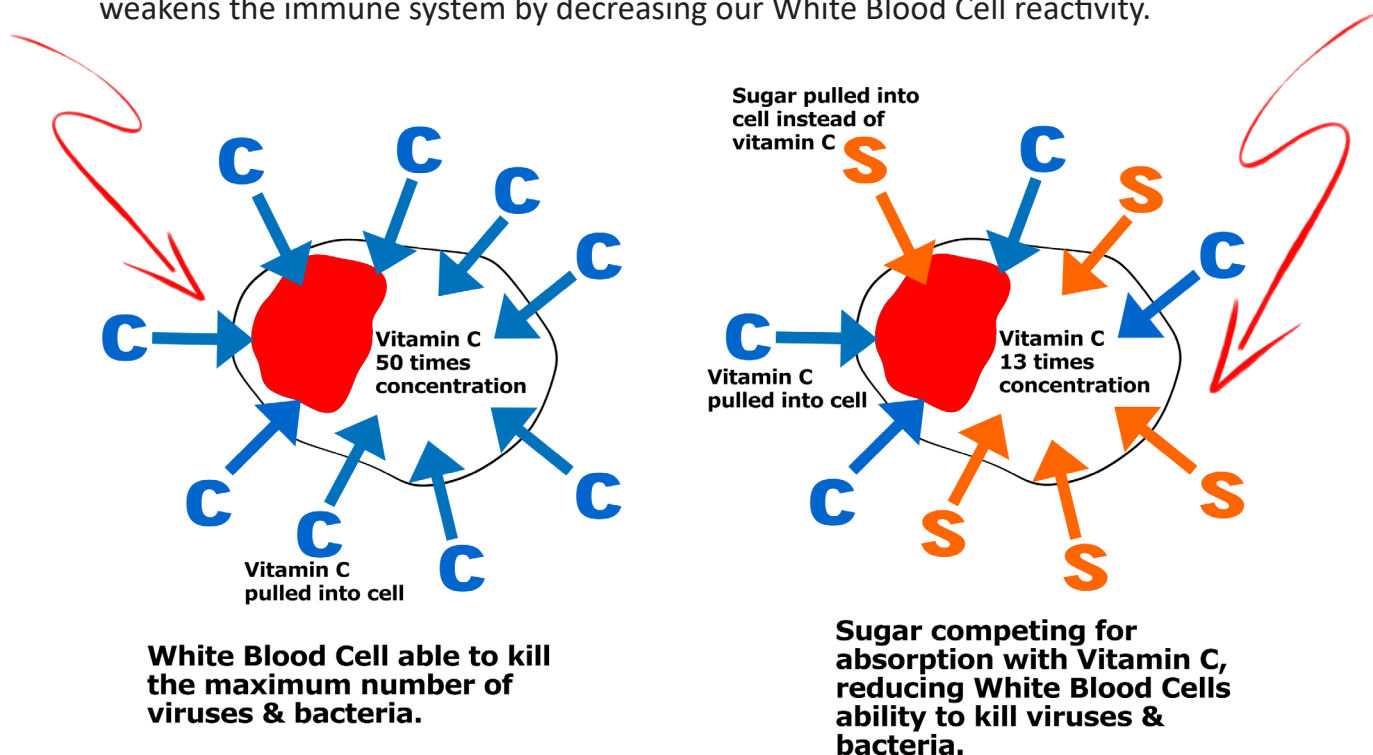
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### Study reveals how sugar impairs the body's Vitamin C absorption!

A recent study showed how consuming sugar impairs your body's absorption of vitamin C at a cellular level. (ref.1)! After drinking a 1 Litre bottle of soda or consuming a 100 grams sugar, the reactivity of (WBCs) White Blood Cell count reduces by 40%. The WBCs are the killer cells, the ones that move around your body destroying any nasty viruses!

This WBC shutdown can impair your immune system up to 5 hours. Vitamin C is vital for proper functioning of WBCs. The problem is, sugar and vitamin C have the same chemical structure. When we consume sugar it directly competes with Vitamin C, and as a result, less Vitamin C enters the White Blood Cells. Sugar weakens the fight against pathogens and hence weakens their reactivity shown in figure 3. So, high glucose level in the blood weakens the immune system by decreasing our White Blood Cell reactivity.



**FIGURE 3. Less reactivity of White Blood Cells with increasing glucose concentration.**



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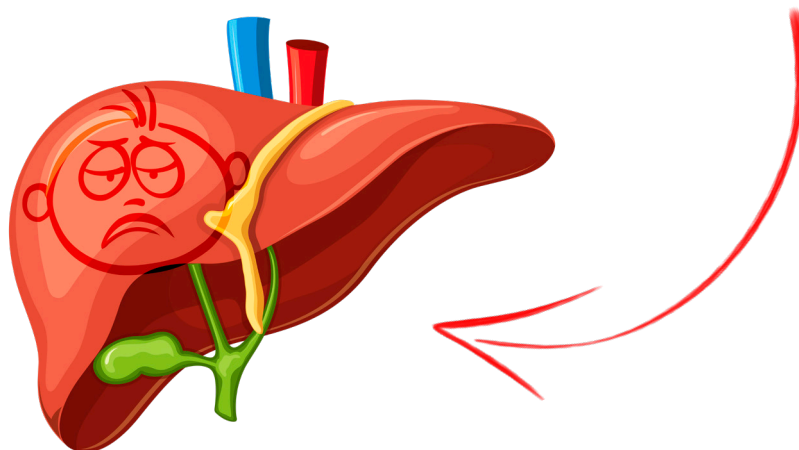
To understand other ways fructose and sugars can damage your immune system you have to look closer at the metabolic path they take.

Glucose is absorbed and transported directly to the body cells to fuel their metabolism, and to eventually form water and carbon dioxide through the tricarboxylic acid (TCA) cycle. However, glucose and fructose metabolism differ in many significant ways. Whereas almost every cell in the body can use glucose for energy, no cell has the ability to use fructose. Once inside the body, only one organ can metabolize fructose, the liver! On the other hand, glucose can be dispersed throughout the body for use as energy, while fructose is targeted purely to the liver.

So what happens when large amounts of glucose are consumed, it circulates to virtually every cell in the body, gradually dispersing the sugar load. Body tissue, for example your muscles, and other major organs metabolize eighty percent of the glucose we ingest! That's right, nearly every cell in the body, including our muscles, lungs, brain, and kidneys help themselves to this circulating glucose. This leaves only twenty percent of the incoming glucose load for the liver to soak up.

Now, let's take a quick look at fructose metabolism. When we consume large quantities of fructose it goes directly to the liver, since no other cells absorb or metabolize it, putting significant strain on the liver. Because glucose can be metabolized across multiple body tissues, for example muscles, the load is shared. Because table sugar (Sucrose) is half glucose and half fructose, fifty percent of the load is placed directly onto the liver.

For example in the average 180 pound guy that fifty percent glucose is evenly split between the muscles and other organs. Where the fifty percent fructose content is metabolized in the liver alone, which is an exponentially high load placed on a five pound liver!



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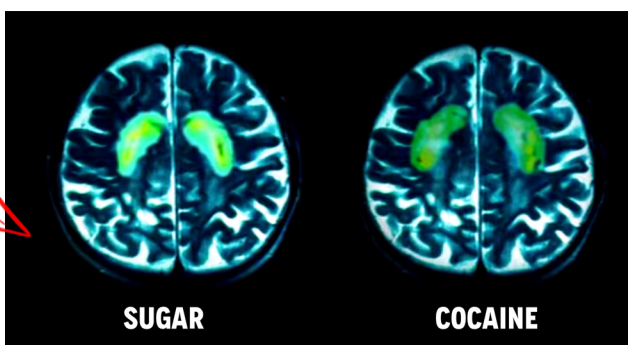
What the fructose is doing, is over working the liver and increasing your chances of fatty liver disease (the prime cause of insulin resistance) in comparison to the glucose alone. Considering the MAIN sugars in most processed foods these days are either sucrose (Half glucose half fructose) or high fructose corn syrup, ***there is no wonder why we are witnessing a global obesity epidemic fuelled by the over consumption of sugar and ever growing rates of influenza!***

To add a little insult to injury, with excessive fat accumulation comes inflammatory disorders, and when chronic inflammation takes hold you not only end up exposed to heart disease, stroke, high blood pressure, aches and pains, but your immune response becomes impaired. Basically you just get a whole lot unhealthier. In fact, the effects may not even manifest at a physical levels until years down the track, but it's a little like alcoholism. Your liver is getting a beating, you get fatty liver which develops into insulin resistance. It then becomes a slippery slope to a whole list of nasty diseases, like heart diseases, diabetes, stroke, chronic inflammatory conditions and an impaired immune system.

**For many sugar is a hard habit to kick.** In fact, lab rats preferred sugar over cocaine as their drug of choice when presented with the two options (ref.2)! Yes, it is highly addictive, because it plays havoc with your insulin metabolism.

### **Sugar activates pleasure centres in the brain**

Research has shown that sugar can be even more addicting than cocaine. Sugar activates the opiate receptors in our brain and affects the reward centre, which leads to compulsive behaviour, despite the negative consequences like weight gain, headaches, hormone imbalances, and more. Studies suggest that every time we eat sweets we are reinforcing those neuropathways, causing the brain to become increasingly hardwired to crave sugar, building up a tolerance like any other drug.



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The deal with fructose is, the more you eat, the more you metabolize. When your limited muscle glycogen stores are full, the excess fructose is converted directly in liver to fat! This process is known as DNL (de novo lipogenesis). Fructose overfeeding has the potential to increase DNL fivefold, hence fructose is one of the most fattening and dangerous sugars you can consume!

### Insulin Resistance and appetite for sugar

Insulin resistance is pretty much a faulty insulin metabolism. The hormone insulin helps control the amount of sugar (glucose in the blood). With insulin resistance, the body's cells don't respond normally to insulin. Glucose can't enter the cells as easily, so it builds up in the blood. This can eventually lead to type 2 diabetes, but short term it has the effect of stimulating appetite. One of the hallmark signs is rather than being physically hungry, you might experience it as a "gnawing" feeling, with a persistent desire to eat sweet foods! Insulin resistance most often has no symptoms.

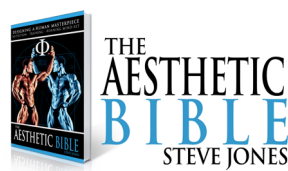
In one study healthy subjects were overfed 1000 calories per day of fructose, the result showed a twenty five percent worsening of their insulin sensitivity after only seven days! However, those given an extra 1000 calories per day of glucose did not show any similar deterioration.

Sad to say, it is a vicious cycle. The more resistant to insulin your cells become, the more your appetite increases. The more fructose laden foods you consume, the fatter your liver becomes. The fatter your liver, the worse the insulin resistance becomes. The final outcome, type II diabetes, chronic inflammation and suppressed immunity (ref 3).

### Summary:

Hopefully you now have a clearer understanding of why sugar has the power to not only destroy your health, but also destroy your immune system. If you are serious about protecting your family from not only flu type viruses, or any potential disease for that matter, cut the sugar!

Once you have your sugar intake under control, then, and only then, it is time to implement a sensible supplement program. I have provided a list of supplements that I have taken over the last twenty years to not only boost immune function but enhance overall health, vitality and longevity.





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However, don't rush out and purchase a bunch of supplements and wash them down with a can of sugary soft drink. Clean up your eating habits, get the sugar out, and then add supplements. I cover nutrition and supplementation methods I follow in my book, The Aesthetic Bible.

As I mentioned at the very start, I am not a doctor, if you feel you have symptoms seek the advice of a medical professional. Ultimately, you are in control of your own health and well-being, and this all starts with the nutrients you provide your body with on a daily basis. ( I have provided a list of supplements and the science to back them up on the following pages )

Your friend in health and fitness

Steve Jones

Author

### The Aesthetic Bible

Designing a Human Masterpiece

[www.aesthetickingdom.com](http://www.aesthetickingdom.com)



### References:

Ref 1: <http://www.ghrnet.org/index.php/JT/article/view/1340/1795>

Ref 2: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1931610/>

Ref 3: <https://www.sciencedaily.com/releases/2015/08/150806151354.htm>



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These are the supplements I take on a regular basis for health, longevity and immune function along with a brief overview of the science and a link to any relevant studies.

I honestly wish you could get all of this out of eating a balance diet, but these days it is impossible. Everyday a food is kept in cold storage it loses a percentage of its nutrients, basically all you end up with are macro nutrients, proteins, carbs and fats. The micro-nutrients just end up disappearing.

### 1. High Potency Vitamin D3, 5000 IU Capsules / [LINK](#)

**The Science:** The immune system defends the body from foreign, invading organisms, promoting protective immunity while maintaining tolerance to self. The implications of vitamin D deficiency on the immune system have become clearer in recent years and in the context of vitamin D deficiency, there appears to be an increased susceptibility to infection and a diathesis, in a genetically susceptible host to autoimmunity.

**Study:** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3166406/>

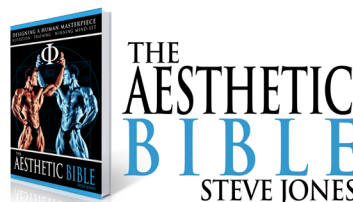
### 2. Olive Leaf Extract, 750 mg Capsules / [LINK](#)

**The Science:** Olive Leaf Extracts (OLEs) are able to maintain the equilibrium between T regulatory cells and Th17 cells as evidenced by unmodified levels of interleukin (IL)-IL-10 and IL-17, respectively. In the light of these results, OLEs are potential therapeutic compounds for the treatment of chronic inflammatory disease, also preventing cardiovascular event outcome.

**Study:** <https://www.ncbi.nlm.nih.gov/pubmed/29149822>

### 3. Vitamin C 1000 mg with Bioflavonoids & Rose Hips Capsules / [LINK](#)

Vitamin C contributes to immune defense by supporting various cellular functions of both the innate and adaptive immune system. Vitamin C supports epithelial barrier function against pathogens and promotes the oxidant scavenging activity of the skin, thereby



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potentially protecting against environmental oxidative stress.

**The Science:** Vitamin C contributes to immune defense by supporting various cellular functions of both the innate and adaptive immune system. Vitamin C supports epithelial barrier function against pathogens and promotes the oxidant scavenging activity of the skin, thereby potentially protecting against environmental oxidative stress.

**Study:** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5707683/>

### 4. Astragalus Root, 1500 mg Capsules / [LINK](#)

**The Science:** Astragalus membranaceus (AM, a traditional Chinese medicinal herb, has immunoregulatory properties in many diseases. We investigated the effects and mechanism of Astragalus membranaceus extract (AME in the macrophage migration and immune response mediator release. Results: AME may increase the release of immune response mediator and cell migration via HPA to activate immune response in macrophages.

**Study:** <https://www.ncbi.nlm.nih.gov/pubmed/22695229>

### 5. Standardized Grapeseed, Green Tea & Pine Bark Complex Capsules / [LINK](#)

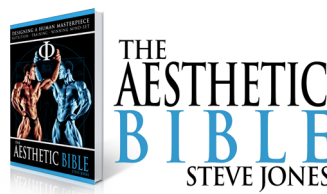
**The Science:**

**Grapeseed Extract:** Our observations clearly demonstrate that GSE selectively induces production of the Th1-derived cytokine IFN- $\gamma$  by PBMC from healthy donors. Evaluation of the molecular mechanisms underlying the immunomodulatory activities mediated by GSE may be useful in the development of new flavonoid-based pharmaceutical agents.

**Study:** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC119947/>

**Pinebark Extract:** This herbal medication has been reported to have cardiovascular benefits, such as vasorelaxant activity, angiotensin-converting enzyme inhibiting activity, and the ability to enhance the microcirculation by increasing capillary permeability. Moreover, effects on the immune system and modulation of nitrogen monoxide metabolism have been reported. ( This extract has multiple health benefits, just check the science link

**Study:** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3203267/>



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**Green Tea Extract:** Green tea (*Camellia sinensis*) contains potential antioxidant and immunomodulatory which acts as anticancer, antifungal, and antiviral agent. The aim of this study was to invent herbal-based medicine, which acts as an immunomodulator and antifungal agent to treat fungal infection in immunocompromised patients.

**Study:** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6048092/>

### 6. Zinc Picolinate (High Absorption Zinc), or Optizinc / [LINK](#)

**The Science:** Zinc is known to play a central role in the immune system, and zinc-deficient persons experience increased susceptibility to a variety of pathogens. Zinc is crucial for normal development and function of cells mediating nonspecific immunity such as neutrophils and natural killer cells.

**Study:** <https://www.ncbi.nlm.nih.gov/pubmed/9701160>

### 7. Standardized Turmeric Curcumin Complex w/ Black Pepper / [LINK](#)

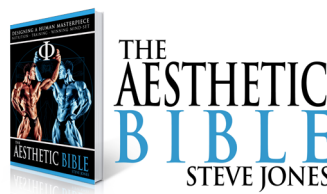
**The Science:** “Spicing up” of the immune system by curcumin. Traditionally known for its anti-inflammatory effects, curcumin has been shown in the last two decades to be a potent immunomodulatory agent that can modulate the activation of T cells, B cells, macrophages, neutrophils, natural killer cells, and dendritic cells.

**Study:** <https://www.ncbi.nlm.nih.gov/pubmed/17211725>

### 8. Vitamin A, 10,000 IU, or Beta Carotene 25,000 IU / [LINK](#)

**The Science:** Vitamin A (VitA) is a micronutrient that is crucial for maintaining vision, promoting growth and development, and protecting epithelium and mucus integrity in the body. VitA is known as an anti-inflammation vitamin because of its critical role in enhancing immune function.

**Study:** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6162863/>





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### 9. Arjuna Standardized Extract, 500 mg Capsules / [LINK](#)

**The Science:** Both extracts of Terminalia arjuna (methanolic bark and Gemmo modified) were found to be substantially effective in boosting cell mediated (Phagocytosis) and humoral immune response (antibody titer) increased the antibody production and significantly enhanced the phagocytosis ability of macrophages.

**Study:** <http://www.iosrjournals.org/iosr-jpbs/papers/Vol12-issue2/Version-1/D1202011822.pdf>

### 10. Beta 1,3/1,6-D-Glucan, 500 mg Capsules / [LINK](#)

**The Science:** Effects of beta-glucans on the immune system. These mushrooms contain biologically active polysaccharides that mostly belong to group of beta-glucans. These substances increase host immune defense by activating complement system, enhancing macrophages and natural killer cell function.

**Study:** <https://www.ncbi.nlm.nih.gov/pubmed/17895634>

### SUMMARY:

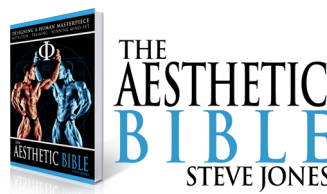
I buy all of these supplement from a great on-line company, they always have specials on like buy one, get one free. Their delivery is always on point, and the quality is very high for the price. The truth is most people spend thousands on health insurance each and every month, yet do not provide their body with the real defense it needs to fight of pathogens, viruses, air born pollutants, toxins in food we eat!

This link will take you to website where I purchase all these items from.

Stay healthy and safe

- Steve Jones

[CLICK HERE](#)



# SMART CHOICES DETERMINE YOUR FUTURE SUCCESS

RED OR BLUE

“WORKING HARD ON A **DUMB PLAN** DOESN'T MAKE IT ANY **SMARTER**” - Steve Jones



NO

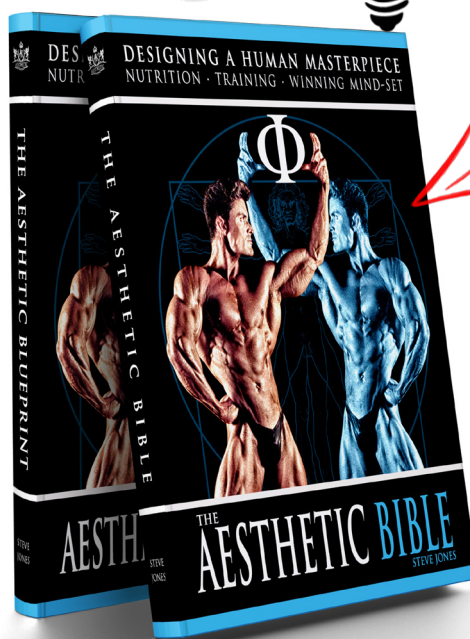
## TYPICAL COOKIE CUTTER PROGRAM

- NO Explanation on training fundamentals
- NO Explanation on Nutrition fundamentals
- YES Cookie Cutter Diets from Internet
- YES Cookie Cutter Training Plans
- NO A fully comprehensive plan
- NO Expertise on Supplementation
- NO Professional presentation and layout
- NO Easy to read format
- NO Stunning Images and Graphics
- NO Genuinely Created to Help Others
- NO Over 38 years of Industry Experience
- NO Additional Bonus Content

## THE AESTHETIC BIBLE BY STEVE JONES

- YES Explanation on training fundamentals
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YES



MORE INFO