

High indexes : course of action to take

If the cause of the high indexes is identified during the consultation:

Treating the cause + advice for the patient

If the cause is not identified:

Refer the patient to his attending physician for a complete biological assessment in the laboratory.

Postpone any surgery until the etiology is established and treated.

3. Advice for patients

- **Rigorous oral hygiene**

+/- periodontal treatment if indicated. Avoid chlorexidine.

- **Smoking cessation**

After smoking cessation, normalization of neutrophils begins from *4 weeks*.

Impact is measurable on the indexes after *3 months* and on healing after *6 months*.

- **Healthy and balanced diet**

- Ensure sufficient protein intake.

- Fruits and vegetables : source of fiber and vitamins

- Cruciferous (cauliflower, broccoli, red cabbage/Brussels, radish, turnip, arugula, watercress)

- Sources of tryptophan (turkey, eggs, pumpkin seeds, tofu, lentils, nuts)

- Sources of prebiotics (garlic, onion, leek, jerusalem artichoke, asparagus, banana)

- Sources of probiotics (yogurts and fermented foods)

- **Intermittent fasting**

16h fasting (deleting breakfast or dinner).

Fasting improves immunity by helping cells detoxify.

It also reduces its caloric intake, often too important for actual energy expenditure.

- **Antioxidant cure**

Antioxidants exert a powerful anti-inflammatory action, improving immunity.

Most powerful antioxidant : Vitamin D (ideal blood level: 40-70ng/mL in pre-op.)

Other interesting antioxidants :

- Vitamins C/A/E/K2/B6

- Zinc, melatonin, magnésium, copper

- Omega 3 & 6

- Probiotics (Lactobacillus and Bifidobacterium ++)

- Glutamine

- **Physical exercise**

Interests of walking: causes the influx of stem cells into the blood :

Stem cells have a powerful anti-inflammatory effect → Improved immunity.

Advise a daily, fast walk, of at least 30 minutes.

After applying these tips, the indexes should improve from 6-8 weeks

If the indexes remain high despite the elimination of all causes :

Refer the patient to his attending physician for a complete assessment.

Postpone any intervention until the etiology is established and treated.

More information and videos on www.immunec.com