

EAT WELL - MOVE WELL - THINK WELL®

Living the Innate Lifestyle™

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T-Cells the Key to COVID-19 Immunity and Vitamin D the Key to T-Cells

1. Steenhuisen, J. (2021) T-Cells Induced by COVID-19 Infection Respond to New Virus Variants: U.S. Study Reuters March 30, 2021.
2. King, M.E. T-Cells really are the superstars in fighting COVID-19 – but why are some of us so poor at making them? BMJ 2020;370:m3563

QUOTE BOARD:

"Several recent studies have shown that certain variants of the novel coronavirus can undermine immune protection from antibodies and vaccines."

"Our data, as well as the results from other groups, shows that the T cell response to COVID-19 in individuals infected with the initial viral variants appears to fully recognize the major new variants identified in the UK, South Africa and Brazil," said Andrew Redd of the NIAID and Johns Hopkins University School of Medicine who led the study. They found the T-cell responses remained largely intact and could recognize virtually all mutations in the variants studied."

What You Need to Know:

Both the innate immune system cells and the T-Cells of the humoral immune system are highly dependent upon Vitamin D (and vitamin A) to be able to provide proper immunity against viruses such as COVID-19 and influenza. When are you Vitamin D deficient you are immune deficient and much more likely to have to rely on inflammatory and antibody responses to fight the virus; this is what leads to Acute Respiratory Distress Syndrome which is what causes death from COVID-19 and influenza.

"Antibodies can only latch onto and help destroy pathogens outside cells and may also occasionally, paradoxically, enhance a pathogen's ability to infect cells. It is only the T-cell that can cleverly sense and destroy pathogens inside infected cells using "sensors" which detect foreign protein fragments."

"When a T cell is exposed to a foreign pathogen, it extends a signalling device or 'antenna' known as a vitamin D receptor, with which it searches for vitamin D, and if there is an inadequate vitamin D level, they won't even begin to mobilize. In other words, adequate vitamin D is critically important for the activation of T-cells."

"Research establishments including Yale found that in mild or asymptomatic cases, many T-cells are produced. Notably, in these mild cases there were few or no detectable antibodies. Conversely, the severely ill produced few T-cells with less variety but had plenty of antibodies."

What You Need to Do:

You need to ensure that you and your loved ones get sufficient Vitamin D (and vitamin A and Omega-3 fatty acids) by following the Innate Choice® Evidence-Based COVID-19 Prevention and Risk Reduction Supplementation Protocol.

For more information ask your practitioner or visit www.innatechoice.com.