

FACTSHEET: THE IMMUNE SYSTEM

About 70 %, and thus the largest part of the immune system, is located in the intestine. Thus, the intestinal mucosa and the intestinal bacteria form the largest part of the immune system.



The curcumin contained in golden milk is called a miracle cure. While this substance has anti-inflammatory and anti-cancer effects, it is only present in very small amounts in turmeric and is barely bioavailable* - so we cannot benefit from its effects. However, because of its other immune-supporting ingredients, golden milk still provides you with defence power.

Vitamin C and enzymes in honey, which make this popular home remedy for colds so effective, are heat-sensitive and partly water-soluble. However, when lemon juice and bee gold are infused with cold or lukewarm water up to 60 °C, the delicious drink works wonders.

As we all know, vitamin C is important for your immune system. But it also needs enough protein as a building block for immune cells. Zinc can also improve your immune defence through its anti-inflammatory properties. So, if you eat a varied and mostly plant-based diet, you will ensure a strong defence. To feed and increase your gut bacteria, make sure you eat plenty of fibre and pro- and pre-biotics.



Especially when taken regularly, various so-called „medicinal herbs“ can promote immunological processes in case of colds, the flu or similar. Infused as tea with warm, not boiling water, they can unfold their essential oils and secondary plant substances particularly well. It is therefore worthwhile to infuse camomile, rosemary, thyme and/or other favorite herbs, let them steep for 15 minutes and enjoy them as a soothing drink.

* The bioavailability indicates how well a substance can be absorbed and utilised by our body.