Protein

Protein plays an important role in the immune system, proteins coat genes to form virus particles that can infect cells. Protein structure Types of bond other then peptide... produce movement; hemoglobin transports oxygen; and membrane proteins regulate the movement of substances into and out of cells. Protein protects from cancerous cells as well researchers from the University of Tokyo and colleagues report in the July 23 Nature that p53 helps slice RNA into small regulatory molecules called microRNAs.

These microRNAs help control production of proteins, including some involved in cell proliferation. Proliferation can lead to cancer if unchecked. Protein makes up about 17% of total body weight. Amino acids regulate body functions. Some people have been known to boost their immune systems by protein powders as well. Our immune systems face a daily onslaught of stresses. In an otherwise healthy person, common signs of a weakened immune system include frequent colds, as well as chronic allergies.

Generous amounts of high quality protein are important for maintaining rapid production of cells to support the immune system, preventing loss of lean muscle mass and boosting energy. As much as possible, look for organic meat and poultry, have plenty of fish, especially those high in Omega-3 fatty acids, which are important for building the body's immune response. These include salmon, sardines, mackerel, trout and tuna; flax seeds are another good source of this important nutrient.

Dairy products may not be the best protein source since they create digestive problems for many people, such as excess gas, loose stools, mucous and congestion. Yeast infections and thrush also thrive on dairy.

Finally it is safe to say that it is very important to your immune system to have and maintain the proper amount of protein in your body to keep yourself well and healthy.