

## Immune System Stimulating Food

Some food contains molecules that stimulate the production of omega-6 derived prostaglandins (table 1). An omega-6 derived prostaglandins excess is one of triggers of an exaggerated activity of the immune system causing allergy and autoimmune diseases.

Isothiocyanate producing glycosides	broccoli	horseradish
	Brussels sprouts	mustard
	cabbage	radish
	cauliflower	turnip
Phenols	aspartame	mango
	black pepper	pistachio
	cashew	
Tannins	ajowan	garlic
	apple	ginger
	arrowroot	ginseng
	avocado	grape skins
	banana	guarana
	black pepper	kola nuts
	black walnut	mango
	blackberry	pear
	cassava leaves	persimmon
	cherry	raspberry
	cocoa seeds	red chillies
	coffee seeds	red wine
	coriander	rosemary
	cranberry	tea
	cumin	yucca
	eggplant	
Thiol allyl compounds	chives	leek
	garlic	onion

Table 1: Chemical compounds that stimulate the production of omega-6 derived prostaglandins, together with some nutrients in which they are present. Adapted from V Ruocco, 2001<sup>1</sup>

Several other factors contribute to an exaggerated activity of the immune system. Among them: a scarcity of omega-3 essential fatty acids in the diet, glucose overload, mannose and other carbohydrate deficiency, a congenital or acquired predisposition and repetitive infection.

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