

## Natural Immune Support Options for Neonate Canines Goji berries, B vitamins and Milk Thistle

There are 8 B vitamins B1,2,3,5,6,7,9,12 of these B6 is important in immune functions and low levels are linked with inflammation in the body, and B12 is linked to energy which additional B12 may be needed to improve energy levels and encourage suckling in a fading neonate.

While Milk Thistle may be a great idea for help with lower and immature kidneys and renal function of the neonate. Especially when going through a viral or bacterial infection the already immature overworked kidneys get an over load and this combined with any Jaundice or other environmental stressors may be enough in combination to cause the eventual death of neonates, which are largely due to a combination of several interfering conditions that together work together to bring about immune failure in the neonate. Milk thistle is a powerful anti inflammatory and antioxidant herb that will protect the liver from damage and has been used for over 2,00 years for liver and gall bladder problems. Milk thistle contains silymarin and silibinin which help to aid and protect the liver from free radical damage, because of the livers direct role in the immune system by eliminating microorganisms and preventing tumor transformation , a healthy liver can mean the difference in life and death, and so supporting the liver is a 2nd line of defense against invaders. Recent research has just been published in the “medical Science Monitor” that in vitro testing showed a proportional increase in lymphocyte proliferation to the dose of milk thistle given, this makes it an exciting candidate to help with infectious diseases and even cancers.

Goji berries specifically the ‘red’ ones are gaining popularity and are now becoming readily available as a powder, like flour for baking, in your towns grocery store. This allows for an easy tonic for administering to neonates. Gogi berries are rich in Lycium barbarian polysaccharides, these are know to enhance the bodies ability to resist disease, their chemical structure is very similar to substances found in Echinacea and Maitake mushrooms which also support immune health. Gogi are also rich in Vitamin C, Selenium, potassium, 18 amino acids 11 of which are essential, and Zinc all of which are also know to protect against disease and aid in recovery. They are also iron rich, which is unusual in a fruit, and they promote ‘good’ intestinal bacteria, as well as aid in the bodies immune system to distinguish between friend and foe and assist with cellular communication. Also a rich source of L-arginine and L-glutamine which are building blocks for immunities and help to reduce inflammation. These attributes also help to lower allergy sensitivity, and spread of cancerous cells. In studies done with animal trials they have found that the berries increased non-inflammatory immune cells that guard against bacteria and cancer, they reduced inflammation and may be helpful in treating inflammatory diseases, they also inhibited symptoms of swelling and rheumatoid arthritis and showed enhanced immunity that may also lead to improves resistance to cancer cell growth. As well as being high in numerous photochemical \*the stuff that makes fruit the dark color and has many antioxginating properties. New preliminary trials show that Black goji berries have 3-8 times the nutritional value in phenolic, condensed tannin, econometric anthocyanin content as well as higher antioxidant capacities than red goji which only exceed in the highest carotenoid content and iron. But with the low availability of black goji berries the red goji berry powder is an excellent easy to find immune booster.

## References

Goji Berry and Curcumin: Protecting your Immune System  
Amazing Nutrients Demonstrate Ability to Naturally Boost your Immune System  
<https://www.specificare.com/articles/immune-system/immune-power-protecting-your-immune-system>

8 Healthy Facts About the Goji Berry  
<https://www.healthline.com/health/goji-berry-facts>

What are goji berries?  
How Goji Berries Strengthen Your Immune System  
<https://recipes.howstuffworks.com/goji-berry4.htm>

Goji Berry Benefits: Antioxidant & Anti-Inflammatory Superfruit  
<https://draxe.com/goji-berry-benefits/>

Comparative studies on phenolic profiles, antioxidant capacities and carotenoid contents of red goji berry (*Lycium barbarum*) and black goji berry (*Lycium ruthenicum*)  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5483215/>

Recharge Your Body's Defense System  
Your body has an elaborate immune system that defends your body by fighting off dangerous germs and foreign intruders. Are you getting the nutrition you need to keep that immune system healthy?  
Posted on 10/25/2012  
<https://www.doctoroz.com/article/recharge-your-body-s-defense-system>

Milk Thistle and the Immune System  
<http://healthyeating.sfgate.com/milk-thistle-immune-system-9346.html>

What are the benefits of milk thistle?  
Last reviewed Wed 20 December 2017  
By Lana Burgess  
Reviewed by [Debra Rose Wilson, PhD, MSN, RN, IBCLC, AHN-BC, CHT](#)  
<https://www.medicalnewstoday.com/articles/320362.php>