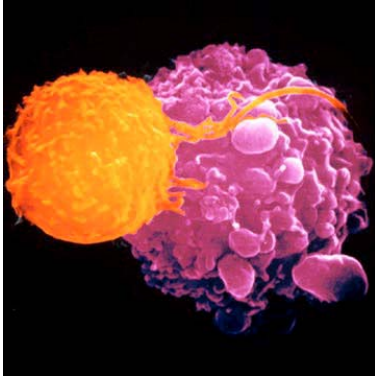


EHC-D NEWSLETTER

T and B Cells: What It Means to the Environmental Patient

An Interview with Dr. Bertie Griffiths



T cell (in orange) On Attack

Understanding T and B cell function is a step toward understanding environmental sensitivities. *“Over 90% of patients seen at EHC-D have disordered T and B cells,”* according to Dr. Bertie Griffiths, EHC-D immunologist. *“We look for imbalances in T cell ratios as markers for immune dysfunction,”* states Dr. Griffiths.

B cells are the cells which look for incitants such as viruses, bacteria, molds, chemicals, etc. and make antibodies to these incitants. T cells, especially CD4 (called helper cells) are called upon, not to make antibodies, but *“to help the B cells recognize the incitant so that the B cells can then go on to create antibodies - a system memory of each incitant and how to deal with it,”* explains Dr. Griffiths.

The body has a built in stop mechanism to quiet this recognition and antibody response when the job is done and it is accomplished by the CD8 (suppressor) T cells. These suppressor T cells will tell the system that it is time to stop the vigilance because the body now has enough system memory of the incitant and how to deal with it. The ratio of CD4 (helper cells) and CD8 (suppressor cells) is generally not balanced in environmental patients and rebalancing them poses a big part of the recovery picture.

“We really do not know why environmental patients have such a disordered array of T cells and ratios,” comments Dr. Griffiths. Most likely it has to do with ones detoxification system that has either been overburdened with environmental incitants and/or under supported nutritionally to function properly while being exposed to heavy loads of chemicals, molds, drugs or even bio-chemicals produced by extreme stress or trauma. This sets up a situation where the body is too overwhelmed and too under supported to function properly and as a result, the proper formation and production of T cells and their ability to communicate and function correctly is compromised.

How do environmental patients begin to heal this situation? First and foremost, one needs to clean up years of accumulated toxins burdening ones body. This is accomplished through chemical-free food, water and surroundings. Second, it is of utmost importance to find and correct nutritional imbalances that have been preventing ones detox system from working properly; your doctor can order vitamin and mineral studies to evaluate your particular nutritional needs. Third, it is important to unload the burden of accumulated toxins through sweat therapy in the sauna and/or with exercise.

To help recreate a properly functioning immune system Dr. Griffiths suggests practicing some basic health principles as mentioned above and to include *“consuming high quality proteins to fuel the production of healthy, well formed T and B cells.”* Antigens are used to calm ones hyper-reactive and disordered antibody based immune responses and the use of ALF (autogenous lymphatic factor) which is exclusive to EHC-D patients, is used to reintroduce healthy and obedient T and B cells. *“ALF is from your own cells processed to reinstate normality in cell function,”* explains Dr. Griffiths.

Dr. Bertie Griffiths is the consultant microbiologist/immunologist at Environmental Health Center–Dallas and for the AEHF.

This interview and article was prepared by Barbara Pond, EHC-D staff member.