

A Healthy Microbiome for a Healthy Immune Defense and Repair System with Nature's pHarmacy®

How to thrive today and avoid chronic ill health.

Recommended tests of overall health needed routinely in the 21st century

1. Occult Blood Testing

Measuring “hidden” occult blood is very important to ascertain the health of the intestinal tract and can be done easily with a stool test. When he was in the Public Health Service (PHS) at NIH, Dr. Jaffe was one of the first scientists to work on an [improved occult blood test](#) that produces fewer false positives and false negatives and successfully reduces the need for unnecessary colonoscopies and barium enemas.

Today, even young people can have excess blood loss in the stool. Over-medication with NSAIDs is one of the biggest reasons. Aspirin – even baby aspirin – increases risk of intestinal bleeding.

We recommend using the FDA-approved [Cologuard test](#) — a simple, easy way to give you information on the state of your gut. It looks at both blood and altered DNA while offering self-care convenience and providing additional valuable information on the cancerous risk to the intestinal lining. It requires fewer bowel movements and no prior diet modification. The goal value of the Cologuard test is “negative.”

2. Secretory IgA (Immunoglobulin A2)

Secretory IgA is the body's first line of defense against infection and is hence regarded as a [prominent marker of immune health](#). It protects the gut and reduces the inflammatory response from toxins, pathogenic microorganisms and the influence of allergens. It is the dominant immunoglobulin in mucosal secretions like saliva.

Saliva: sIgA production in saliva is both beneficially and adversely affected by a number of diverse factors including stress, emotions such as frustration and anger, nutrients, commensals, pathogens and inflammation. Daily production depends on weight and age, peaking between ages 7 and 10 before gradually declining after age 60, as stress and toxins take their toll.

A goal best outcome range is 70-150 µg/mL.

Low levels can indicate immune hypersensitivity, risk of infection, increased stress (especially cortisol production), and digestive disorders such as Ulcerative Colitis and Inflammatory Bowel Syndrome (IBS).

High levels can indicate an overactive immune response, inflammatory repair deficit reactions, infections and suggest additional follow-up with a Comprehensive Digestive Stool Analysis.

Serum: Another marker of immune health is Serum IgA2. While IgA1 is predominant in serum, IgA2 is more resistant to bacterial proteases, making it essential for protection on mucosal surfaces. In serum, IgA2 levels are lower but contribute to immune defense, particularly against pathogens targeting mucosal barriers. Elevated IgA2 levels have been linked to inflammatory conditions like glomerulonephritis, while deficiencies can increase susceptibility to respiratory infections (*Haemophilus influenzae*). Maintaining a balanced IgA2 response supports a healthy microbiome and mucosal immunity.

For adults over 18 years, a goal range is approximately 6.9 to 114.3 mg/dL. In children, these levels start low and gradually increase with [age](#).

We recommend sIgA in saliva and serum IgA2 and not sIgA in stool as it is often less [reliable](#) and results are harder to interpret.

3. Digestive Transit Time

Long periods of distress and exposure to xenotoxins can allow digestive toxins to be absorbed. Low dietary fiber intake requires the body to work harder to 'push' wastes along. The longer the transit time, the greater the possibility that putrefaction leads to unhealthy waste products that are often reabsorbed and interfere with proper metabolism. The result is predisposition toward or amplification of many chronic intestinal or systemic illnesses. On the other hand, very short transit times may not provide adequate time to digest and assimilate what is eaten. This is an easy [self-test](#).

Goal : 12 to 18 hours is considered a healthy transit time.

4. Food Provocation for Immune Tolerance

We recommend looking at the sources of what you eat. Following Nature's pHarmacy principles of eating, we advise food provocation self-tests. This is a "back to the future" approach to personalizing your diet. We recommend starting with one food each week. Eat this food for 3 consecutive days, then avoid the food for the next week and observe how you feel. Using this approach for your foods of choice can be a great way to tailor your diet.

Therapeutic recommendations to improve immune and digestive health

- **Nourishment**

[Eat](#) and [Drink](#) following Nature's pHarmacy principles. Eat whole foods, stay well hydrated, and consider eating within a 6 hour window, letting digestion restore for the next 18 hours.

- **PERQUE Supplements Required in the 21st Century**

[PERQUE DigestivAide™](#): Herbal bitters to stimulate saliva production

[PERQUE Digesta Guard Forté 10](#): Non-dairy, 10-strain formula to provide probiotics (40+ billion/day total)

[PERQUE Endura/PAK Guard](#): Energy-enhancing formula to keep glutathione adequate

[PERQUE L-Histidine Guard](#): Healthy stomach acid for optimal digestion

[PERQUE Potent C Guard™](#) based on the [C cleanse protocol](#)

[PERQUE Mg Plus Guard™](#) & [PERQUE Choline Citrate™](#) based on [1st morning urine pH](#)

[PERQUE Repair Guard™](#): Safer polyphenolic flavanol and flavonoid blend to keep hsCRP <0.5 mg/L

[PERQUE D3 Cell Guard™](#): Maintain vitamin D levels at goal range of 50-80ng/dl

Resources

www.DrRussellJaffe.com

www.PERQUE.com

www.PERQUEIntegrativeHealth.com

www.YouTube.com/@DrRussellJaffe

[Thriving in the 21st Century book](#)