

Immune Processes and Brain Health

An Interview with Heather Zwickey, PhD



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In this interview with *Natural Medicine Journal's* Editor-in-Chief, Tina Kaczor, ND, FABNO, Zwickey explains how immune processes can influence brain health—including in Parkinson's, Alzheimer's, and depressive disorders. She discusses nutrition, supplements, and the complicated ways gut health and immunity interact with cognitive function.



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ABOUT THE EXPERT

HEATHER ZWICKEY, PhD, is dean of research and graduate studies and a professor of immunology at the National College of Natural Medicine, Portland, Oregon, as well as director of Helfgott Research Institute. Currently, she heads several pilot studies looking at the effects of botanicals, hydrotherapy, energy medicine, and diet on immunological parameters. Zwickey trained at the National Jewish Medical and Research Center in Denver, Colorado. She received her doctorate in immunology and microbiology from the University of Colorado Health Sciences Center and completed a postdoctoral fellowship at Yale University.

