



DON'T WANT TO GET THE SWINE FLU? LOOKING FOR NATURAL WAYS TO STRENGTHEN YOUR IMMUNE SYSTEM?

Maintaining a strong and healthy immune system is essential because even a slightly weakened response in immune system function can have a major affect on the quality of your life by making you vulnerable to contagious diseases. Having a healthy, strong Immune System is even more important this year with the onset of the Swine Flu.

There have been many claims over the years about the latest wonder ingredient that will boost the immune system singlehandedly. Avoid the hype and stick to a formula that contains a blend of tried and trusted substances that have had clinically proven results. By taking a combination formula such as **Immu Cell** or **Viral Aid**, you ensure that the many complex factors that make up your immune system are more likely to be addressed through the synergy of the ingredients. These formulas combine Chinese and Brazilian herbs, cutting edge ingredients widely used in Japan and other potent ingredients to address the many facets of the immune system and support its optimal function.

Inside your body there is an amazing protection mechanism called the **immune system**. It is designed to defend you against millions of bacteria, microbes, viruses, toxins and parasites that would love to invade your body. Your immune system works around the clock in thousands of different ways, but it does its work largely unnoticed. The immune system is complex, intricate and interesting. One thing that causes us to really notice our immune system is when it fails for some reason. We also notice it when it does something that has a side effect we can see or feel. For example:

- Each day you inhale thousands of germs (bacteria and viruses) that are floating in the air. Your immune system deals with all of them without a problem. Occasionally a germ gets past the immune system and you catch a cold, get the flu or worse. A cold or flu is a visible sign that your immune system failed to stop the germ. The fact that you get over the cold or flu is a visible sign that your immune system was able to eliminate the invader after learning about it. If your immune system did nothing, you would never get over a cold or anything else. When a virus or bacteria (also known generically as a germ) invades your body and reproduces, it normally causes problems. Generally the germ's presence produces some side effect that makes you sick. For example, the strep throat bacteria (*Streptococcus*) releases a toxin that causes inflammation in your throat. Some bacteria are benign or beneficial (for example, we all have millions of bacteria in our intestines and they help digest food), but many are harmful once they get into the body or the bloodstream. Viral and bacterial infections are by far the most common causes of illness for most people. They cause things like colds, influenza, measles, mumps, etc

Tips to help protect your immune system

1. Wash your hands frequently and cook meats thoroughly.
2. Don't smoke.
3. Eat a diet high in fruits, vegetables, and whole grains, and low in saturated fat.
4. Exercise regularly.
5. Maintain a healthy weight.
6. Control your blood pressure.
7. If you drink alcohol, drink only in moderation.
8. Get adequate sleep.
9. Get regular medical screening tests for your age.
10. A sneeze travels out of your mouth at over 100 mph!

Quote: "If I had known I was going to live so long I would have taken better care of myself" *Leon Eldred*