

Natural Help 4...

Immune System Boosters



What are Immune System Boosters?

The immune system is a complex and fantastic body system that **protects us** from bacteria, viruses, toxins, and other dangerous pathogens (germs). As with many other physical processes, **people often take their immune system for granted** – until something goes wrong with it!

In the past, medical science primarily worked on ways of curing already-existing illness and disease, but today there is a growing emphasis on **preventing illness by boosting the immune system's strength**.

How can Immune System Boosters Help?

Boosting your immune system can help **keep your body in peak condition** to fight, repelling and destroying infections, viruses, and bacteria. There are many ways to help keep your immune system functioning at its highest potential. If you take care of your immune system, your immune system will in turn take care of you.

Sufficient Exercise

Keeping fit and active helps the body to circulate lymph throughout the body. Simply 30 minutes of moderate exercise a day can help the immune system to optimally carry out its defense.

Healthy and Balanced Diet

Diet is one of the fundamental aspects of strengthening the immune system – something most of us know and yet so few of us properly follow. Here are some specific foods to try and include in your diet for added nutrients and vitamins:

- **Foods containing selenium.** Brazil nuts are the best source of selenium, but tuna is also a good source and probably easier to include in your diet. Selenium inhibits the formation of free radicals. It does this by activating an inhibitory enzyme that halts this process.
- **Vitamin C** is another essential requirement for the optimal functioning of the immune system. Foods rich in Vitamin C include kiwi fruit, guavas, and red peppers. Oranges are also good sources of Vitamin C, but are as not quite as rich as we are all inclined to think they are! Other citrus fruits, tomatoes, and sweet potatoes are also rich in Vitamin C, as well as the antioxidant beta-carotene.
- **Garlic** not only has anti-fungal, anti-bacterial and anti-viral properties, but

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

also has more than 70 sulfur-containing compounds that help the body make other immune-stimulating compounds such as cysteine and glutathione.

- **Cultured or fermented foods such as yogurt** provides the body with the 'good' bacteria that help to fight off the 'bad' bacteria.
- **Drinking plenty of fluids**, especially water, to keep hydrated will keep all body systems healthy, not only the immune system.
- **Healthy fats** are also necessary and these are found in things like olive oil, avocados, fatty fish and nuts.
- **Zinc** plays an important role in normal growth and increases antibody production. It can be found in seafood, eggs, turkey and pumpkin seeds. Wheat-germ is also a good source of zinc as well as Vitamin E.
- **Vitamin B6** helps with the production of antibodies, and good sources include bananas, carrots, lentils, tuna, salmon, sunflower seeds, and wholegrain flour.
- **A good multivitamin** can help to replenish these levels of vital vitamins and minerals that we need.
- Use organically-grown foods where possible, as they do contain higher amounts of vitamins and minerals. Organic is not a new concept – until pesticides and the like were developed, this was all that people ate!

While it's great to ensure you are getting enough of the healthy foods, it is also important to remember that **unhealthy foods depress the immune system**. Here are some foods to try and avoid:

- Foods high in sugar such as sweets. Sugar is well known to depress certain cells of the immune system (such as macrophages and NK cells)
- Highly processed and refined foods
- Foods high in hydrogenated oils
- Fried foods
- Try to avoid white flour, breads and pasta and opt for the healthier whole-wheat alternative


Sufficient Amounts of Quality Sleep

Too little sleep or poor quality sleep weakens the immune system - leaving us more susceptible to other diseases and disorders. It is fairly common to see that people who suffer from insomnia or other sleep disturbance often also suffer from other physical ailments. They tend to get sick more frequently, have more allergies than others, and may even suffer from diabetes or another immune-related disorder. During sleep our bodies 're-charge' - so it is important to aim at getting 7-8 hours of sleep each night to keep our immune systems in good working order.

Good Hygiene Habits


One of the most effective ways in [strengthening the immune system](#) is to work on the first line of defense -- **stopping potentially harmful cells from entering the body**. All body openings are potential entry points for germs – such as the eyes, mouth, and nose. The best measure is to **wash your hands regularly**, especially before eating and after using the toilet. Other good habits that reduce the spreading of virus and bacterial infections include all those things your mother probably told you repeatedly as a child.

- Cover your mouth when yawning, sneezing or coughing



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- Don't share cups and things that have been in contact with the saliva of another (especially if they are sick)
- Keep your kitchen clean and wash dishes in hot soapy water to kill germs
- Avoid sharing wash cloths and towels
- Practice safe sex

Emotional Health

Look after your emotional health, find ways to reduce your stress levels, and learn how to relax! **Ongoing stress places an incredible strain on the immune system**, and this makes you more susceptible to illnesses going around. Anxiety and depression have similarly bad effects on the immune system, and every effort should be made to **resolve emotional issues before they affect your health**. Laughter is a great way to boost the immune system, as is meditation, yoga, and other stress-relieving exercises.

Healthy Weight

Being overweight or underweight can be unhealthy and affect the body's ability to fight illness. The best preventative measure is to **try and maintain a healthy weight** and try cut down on your calorie intake. **Reduced calorie intake improves the maintenance and production of important T-cells in the body**, while excessive body fat tends to have a negative impact on the white blood cell's ability to fight off infection and illness. However, be sure not to get caught up in yo-yo dieting habits, as this has proven to have a very negative impact on the immune system.

Practice Prevention

Look at your family and personal medical history to give you an idea of your body's potential weaknesses and **take necessary measures to prevent future illness**. Keep your medical and dental checks regular, and take an active role in maintaining your health!

Natural Remedies as Immune System Boosters

Natural and herbal remedies can provide much-needed assistance in **strengthening the immune system** and getting the body's natural defense mechanisms in top shape. Holistic medicine recognizes that **illness is not caused by viruses and bacteria, but by weakened immune systems**.

Remember that micro-organisms like the flu virus, TB, etc. are around us all the time, but mostly we manage to resist becoming ill. **Boosting the immune system naturally can allow your body to fight off infectious agents** without the drawbacks of conventional medication.

There is a wide selection of medicinal herbs well known for their immune strengthening properties that are even safe for children too. **Allowing the body to resolve infections without antibiotics** will also help to strengthen the immune system against future attacks.

Various Natural Immune System Boosters

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

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Echinacea purpurea is a Native American herb that has become **famous for its antiviral, antifungal, and antibacterial properties**. It is an excellent immune system tonic that boosts the body's immunity by stimulating the production of immune cells.

Another commonly used herb is Astragalus membranaceus (also called 'huang qi'), which has been used for centuries in traditional Chinese medicine to tone the 'qi' or life force that we know as the immune system. Astragalus is an **ideal remedy for anyone who is prone to recurrent infections** such as the common cold, as it is able to increase the body's resistance and immune response to illness.

Viscum album is commonly known to enhance the immune-stimulating properties of other ingredients, and it encourages repair of damaged cells.

Other natural ingredients with immune boosting properties are Inula helenium, Withania somnifera, Hypoxis Rooperi (extract of African Potato), Mentha piperita, Solidago virgaurea, Crataegus oxycanthoides, Schizandra chinensis, and Olea europea (extract of Olive leaf). All of these powerful and organic ingredients are found in nature's medicine chest and will go a long way in helping you strengthen your immune system against illness, disease, and infection.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options



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and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market –giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you

Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Immunity Plus™ : For full immune system support for adults and teens

ImmunityPlus is a 100% safe, non-addictive natural herbal remedy formulated to safely maintain the **health and systemic balance of the immune system**, without harmful side effects and stimulants.

ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system health and well-being. It supports the healthy functioning of the immune system, thereby helping to maintain the **natural defense against pathogens** and optimum performance.

As we grow older, we sometimes begin to notice that our immune systems are not as good as they used to be. ImmunityPlus can especially benefit those individuals needing to support routine immune strength to guard against common conditions associated with the maturing of cells.

ImmunityPlus can be used consistently, without compromising health and **not causing serious side effects**, to help maintain the body's natural ability to fight viral and bacterial infections-- while also supporting healthy convalescence.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Immunity Plus](#)

Kiddie Boost™ : Support healthy immune functioning in children.

KiddieBoost is a 100% safe and natural formula containing carefully selected herbal ingredients known for their **tonic effects on the immune system**, as well as their high safety profile in children's remedies, compared to possibly harsh antibiotic side effects in children.

When children attend school, daycare, or preschool, they are particularly prone to picking up viruses and bugs. To help protect their immune systems, KiddieBoost has been specifically formulated to **strengthen child's immune system** from the age of 12 months. KiddieBoost comes in a convenient drop formula that is easy to administer to children.

KiddieBoost is developed with care by our team of specialists, is 100% natural, and manufactured according to the highest pharmaceutical standards using the **whole spectrum method** of herbal extraction.

This method ensures the bioavailability and balance of all the active ingredients



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contained in the remedy. This method of manufacture also significantly **reduces the likelihood of side effects** and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Kiddie Boost](#)

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