

# Natural Help 4...

## The Immune System



### What is the Immune System?

Every day, we are faced with a multitude of bacteria, viruses, toxins, and other dangerous pathogens (germs). However, our bodies are equipped with an effective [immune system](#) to ward off these threats. **Without it we would be extremely vulnerable** to illness, disease, and infection.

The [immune system](#) is essentially our key to good health, and comprises many different levels and functions. The **outer barrier** of our [immune system](#) includes our skin and mucus membranes. These structures are our body's first line of defense, and are designed to keep bacteria, viruses, and other organisms that can cause our body harm from penetrating our systems.

The **inner immune system** is more complex. Our bodies are full of cells designed to fight disease by bonding with foreign entities and destroying them. Among the most well-known of these are lymphocytes, white blood cells, and T-Cells. These unique cells are what allow us to naturally fight and ward off serious infections. **If functioning properly**, strong [immune system health](#) should be able to fight off most disease.

### Problems for the Immune System

Occasionally, a **weakened immune system** is caused by illness, lifestyle habits, or environmental factors. We also often find that certain times of the year and seasonal changes bring with them a wave of catchy illnesses or allergies that makes the [immune system](#) more vulnerable than usual.

Since **prevention is always better than cure**, it makes sense to support the [immune system](#) to guard against potential further health concerns, from the common cold to more serious illnesses like cancer. Drug treatments often rely on antibiotics, which do the work of our [immune system](#) for us.

The **extended use of antibiotics can actually cause them to stop working** effectively and can contribute to a [weakened immune system](#). Since our [immune system](#) has relied on their assistance for so long, it has become weak itself, and therefore unable to fight off infections.

For our [immune](#) systems to flourish, we need to ensure that we **care for both our physical and emotional health**. Therefore it is essential that we adopt the necessary lifestyle, nutritional, and hygiene changes that help our bodies to function at optimal levels.

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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.

# Immune System Support

There are a number of ways to boost the [immune system](#), which include regular exercise, sufficient sleep, a healthy balanced diet, stress management and good hygiene habits. In addition, **there are many herbal and homeopathic remedies** that have been shown to have a very powerful effect on [immune system health](#).

## Natural Remedies for the Immune System

**Natural herbal remedies** have been used for centuries due to their tonic effect on promoting [immune system health](#), used either as a **preventative measure** to avoid getting ill, or as a **recovery measure** to increase the body's ability to fight off disease and infection. Holistic medicine works under the premise that illness is not caused by viruses and bacteria, but by [weakened immune systems](#).

The ingredients are specifically chosen for their ability to **address the root causes and not the symptoms in isolation**. Herbs such as Echinacea purpurea and Astragalus membranaceus have become famous for their antiviral, antifungal, and antibacterial properties, as well as their ability to boost the body's natural immunity. Other herbal ingredients known for their [immune](#) strengthening abilities include Viscum album, Hypoxis rooperi (extract of African Potato), and Olea europea (extract of Olive leaf). Remember to source herbal remedies from a reputable company, as therapeutic dosage and ingredient quality is important when using herbal medicines.

## Tips on Immune System Health

Here are some of the lifestyle factors that you can employ to **keep your [immune system](#) in peak condition** and able to ward off recurrent infections.

- Make sure that you **get enough sleep** – this means both an **adequate quality** of sleep as well as an **adequate length** of sleep. Sleep is one of the most important factors in [immune system](#) support.
- Ensure that you have a **wholesome, nutritious diet** rich in fresh fruits, and vegetables (preferably organically grown), whole-grains, legumes and natural oils.
- **Exercise and keeping active** is not only good for your body and your mind, but also helps to optimize [immune](#) functioning. In addition, regular moderate exercise will help to relax you and will also encourage healthy sleep. Not to mention, the more we move, the more our lymph is circulated - thus, the better this system can function.
- **Maintain a healthy weight**. Being too thin or overweight can contribute to a [weakened immune system](#).
- Stress is also bad for the [immune system](#). While small amounts of stress can be beneficial, prolonged stress depresses the [immune system](#). If you are experiencing anything like this it is important to treat it. **Anxiety and depression can also compromise the [immune system](#)** – a healthy mind leads to a healthy body.
- **Laugh** – the chemicals produced when we are happy have receptor sites on cells all over our body so happy minds can make happy, healthy cells
- **Don't smoke and avoid secondhand cigarette** and tobacco smoke.



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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.

The chemicals contained, even in secondhand smoke, all depress the [immune system](#) and have a negative impact on its functioning.

- **Reduce exposure to germs.** Practice good hygiene habits such as washing your hands before meals and after going to the toilet. Stay away from people who are sick and, where possible, keep your children in smaller day care centers or crèches.
- **Avoid the excessive use of antiseptic and antibacterial soaps, sprays, and other detergents.** While these may kill bacteria and other organisms in the short term, they also **contribute towards the development of resistant strains** of bacteria which at times can reach epidemic proportions. Use natural ingredients such as Tea Tree oil and certain aromatherapy essential oils. Do not keep children 'too clean'. A certain amount of 'healthy dirt' is good for the [immune system](#)!
- We are surrounded by toxic chemicals and pollutants wherever we go, at home and in the environment. Where possible **use safe non-toxic chemicals** at home, in your toiletries and in your gardens.
- **Avoid excessive sun exposure**, as this can depress the [immune system](#) – this is why cold sores are so common after spending time in the sun. Sunlight is necessary to produce Vitamin D so don't avoid it entirely, just be sensible about the time of day and length of time you spend in the sun, and wear sun block.
- **Avoid the vicious antibiotic cycle.** While antibiotics may be necessary in some cases, they are generally over-prescribed and used as a first option instead of a last resort. Try **exploring natural health options**, as there are many herbs with a long history of use that are well-known to strengthen different parts of the [immune system](#).

## 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

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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 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



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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 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.

## 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](#).

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 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](#)

Read the testimonials for these quality products [here!](#)



[\*\*Read more about the Native Remedies Full Spectrum Approach™\*\*](#)

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