

Is your immune system keeping pace?

A Research Report by:
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As we age, our body's immune system is naturally programmed to weaken. Detoxification enzymes in our cells become less efficient which contribute to increased risks of infection and greater exposure to carcinogens and other toxins. The GOOD NEWS is that supplementation with targeted nutrients that enhance our immune function is available, but has been somewhat of a "best kept secret"-- until now. Although it doesn't receive the attention it deserves, the truth is that the ingestion of certain vitamin and herbal supplements are known to enhance immune system function and help our bodies defend against contracting many types of infections, including the common cold. This is of particular importance during the flu and cold season, which is now upon us. Thus, an "Immune-Strengthening Supplement Cocktail" should be a strong consideration for every adult this winter.

Immune-Strengthening Supplements

1. Astragalus – Astragalus is an herb that has been used for more than 2000 years in China to enhance immune function. Clinical studies have shown that it can help prevent the common cold through its powerful influence on various immune system parameters. Astragalus supplementation is known to increase the proliferation of virus-fighting lymphocytes, enhance the production of many immune chemicals such as interferon that increase the effectiveness of immune cells as they go about the business of seeking out and destroying viruses, bacteria and other infectious agents. Astragalus supplementation also enhances the effectiveness of natural killer cells, which seek out and destroy many infectious agents as well as emerging cancer cells in the body. To be effective, the Astragalus that you use should be a 2:1 extract to ensure sufficient amounts of its immune-enhancing agents.
2. Reishi Mushroom Extract – Reishi mushroom extract is called "the mushroom of immortality" in China, and among other uses, it has been shown to enhance immune function by raising levels of Immunoglobulin A (IgA), which is a vital component of preventing infections to the upper respiratory tract and other mucous membranes. In fact, Reishi mushroom extract has been used as a treatment for chronic bronchitis, where it has been shown to have a 60% success in elderly patients afflicted with this condition, in a trial involving 2,000 subjects suffering from this very stubborn condition. Reishi mushroom extract also possesses anti-viral properties against herpetic and other strains of viruses and, like Astragalus, can help boost white blood

cell counts in immune- compromised patients. To be effective, a standardized grade of Reishi mushroom extract containing 10% polysaccharides and 4% triterpenes should be used.

The One-Two Combination

Together, Astragalus and Reishi mushroom extract are a dynamite combination to help ward off colds and flus this winter and can be used at higher doses to help minimize the severity and duration of the common cold; and, unlike Echinacea, Astragalus and Reishi mushroom extract can be used every day as a preventive intervention, whereas Echinacea has not been shown to prevent the common cold nor is it recommended for prolonged use.

The Solution Is Immuno-Detox PRIME

Immuno-Detox Prime contains effective dosages and standardized grades of Astragalus and Reishi mushroom extract to help boost immune system function and provide the other benefits noted above. It also contains two powerful agents that enhance detoxification function, as immune and detoxification function work hand-in-hand to defend us against germs and environmental contaminants that cause infection and degenerative diseases. My advice is to take one or two capsules per day of Immuno-Detox Prime through the winter as a preventive measure and, should you get run down and feel a cold coming on, then up the dosage to 4 capsules per day to abort the cold and/or minimize its severity and duration. No matter what other strategies you subscribe to help fight flus and colds (flu shots, Vitamin C, etc.) this winter, I truly believe you will be better off including Immuno-Detox PRIME as part of your ammunition.