

Immune System Problems Including Colds and Flu

There are many reasons your immune system might be compromised. Usually, it is because of a virus or bacteria that have invaded the cells and/or tissues of the body. Psychological stress and other factors are to blame for this by lowering your immune systems' nutrient levels that fight off bacteria and viruses.⁴⁰ The immune systems' ability to perform its function of protecting your body from disease is hindered because immune nutrient levels slow the white blood cells down or lower their effectiveness. The body fights the viruses and bacteria with the white blood cells of the immune system (lymphocytes). They attack and destroy the cells that have been infected. The lymphocytes then remember the virus so that they can respond quicker the next time. A lowered immune system sets the body up for viruses and as these infections change from year to year, they are difficult to prevent, while a strong immune system can protect against the same.

In the case of colds, viruses infect the cells of the nose, sinuses, throat and large airways. The infection incubates from one to five days in your body and then symptoms can last for up to two weeks. Over \$1 billion is spent on over the counter (OTC) treatments of colds. These treatments only alleviate the symptoms and have side effects like insomnia, dry mouth, constipation or drowsiness.

The flu infects the lungs and airways. Symptoms usually occur within 24-48 hours after being exposed and are generally more severe than the common cold. Fever, runny nose, sore throat, muscle aches and excess fatigue are associated with the flu. Whether you have a condition that is hampering your immune system currently, or you are in need of bolstering your immune system to prevent a spreading disease, your nutrient levels and physical health condition (exercise) are important.

Research shows that Vitamin C boosts the immune system and helps prevent conditions like the cold and flu.^{41, 42} It has been proven to lower the amount of time the immune system is compromised, or shorten the span of the condition.^{43, 44, 45} Vitamin C is utilized four to six times the normal rate by white blood cells during active infection, warranting a dramatic increase in whole food Vitamin C at this time. Other antioxidants found in dark fruits and vegetables dramatically boost the immune systems' ability⁴⁶ to fight off disease. Sterol and sterolin compounds found in high antioxidant raw fruits and vegetables are necessary for immune system strength⁴⁷ and improve immunity conditions that are even more serious, such as tuberculosis.⁴⁸ Boosting the immune system with Vitamin E, zinc and other multi-vitamin and minerals have gone through studies.^{49, 50} Other proven studies have shown Echinacea and other herbs to boost the immune system and lower the duration of colds, flu and other immune conditions like chronic fatigue.^{51, 52}

Friendly bacteria that inhabit your bowels are known as your second immune system among many scientists. These probiotics help boost the immune system by not allowing pathogens to enter

into the blood stream after being ingested. Harmful bacteria and viruses are taken into the body by eating, drinking or breathing them in. A body should have up to three pounds of friendly bacteria in its system at a time to combat the constant onslaught of harmful bacteria. North America is the only continent where people do not consume foods high in probiotics on a daily basis. Stress, carbonation and especially antibiotics all destroy friendly bacteria. Taking supplemental probiotics have been proven to greatly help your immune system levels and are considered our body's natural antibiotic.⁵³ In fact, this friendly bacterium in our gut is critical to the strength of our immune system.⁵⁴ It is important that friendly bacterial supplements are stabilized and can withstand heat in order to safely get to the bowels and colonize effectively.⁵⁵

Protocol to nutritionally aid immune system problems

Immune system care

Colds, flu or immune depressor found by Health Professional.
Follow for two weeks:

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|------------------------------|-------------------|---|
| 3 Whole C chewables | 3 times a day | Whole Food Vitamin C |
| 2 Defense | morning and night | Herbal Immune Complex |
| 10 drops of OxyPure in water | 3 times a day | To aid in oxygen utilization and pH balance |

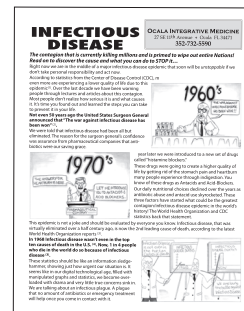
HIGHLY RECOMMEND:

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|------------------------|----------------|--|
| Flora Blitz - 1 bottle | 4 times a day | To re-populate bowels completely and eliminate pathogens |
| Flora Plus 4 capsules | for 5 1/2 days | |

For maintenance or immune boost

- | | | |
|---------------------------------|--------------------------------------|--|
| Immune Custom Pak | take once daily with basic nutrients | Boost immune system |
| Optimal Fruit & Veggie Complete | 1 serving daily | Antioxidants from raw fruits and veggies |

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The statements in this manual have not been evaluated by the Food and Drug Administration. Recommended products and protocols are not intended to diagnose, treat, cure or prevent any disease.

Nutrition

Drink large amounts of fluids (preferably diluted vegetable and fruit juices, water and herbal teas). Foods high in antioxidants boost the immune system. Dark, bright colored fruits and vegetables are best. For example, blueberries, raspberries, pomegranates, broccoli, yams, etc. Foods that contain probiotics, such as fresh yogurt, without added sugars (mix in fruit for sweetening), kefir and kim chee. Consume fresh juices. It is critical to stay away from creamy dairy products, refined sugars and flour because they slow down white blood cells for several hours after consumption.^{56, 57}

Exercise

Studies suggest that regular exercise can cut in half the number of days a person suffers from some immune deficiency conditions like colds and flu. Exercise stimulates the disease fighting white blood cells in the body to move from the organs into the bloodstream. Moderate exercise to break a sweat for 20-30 minutes is sufficient. Excess exercise can burden the immune system.

Drugs

If you do use a prescription drug, check to see if it is, or works like an antibiotic. Antibiotics destroy pathogenic bacteria but they also destroy your friendly bacteria and thus cause yeast infections and lowered immune system.

3 Flora Plus	morning and night during prescription usage and 10 days following	Stabilized Probiotics
1 cup Yogurt – fresh without sugar, add in fresh fruit	daily	Added Probiotics and antioxidants from the fresh fruit

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