

Strengthen your Immune System

By Jayne Mitchell

Healthy adults have two colds a year on average and those who have immune system problems even more.

Your immune system is key to fighting every kind of insult to your body, from a paper cut, to a plethora of viruses that we are subjected to day in day out. It can work efficiently and effectively only if it is cared for properly. This means getting all the right nutrients and providing the right environment, plus avoiding things that depress the body's immunity.



Factors in today's environment that contribute to 'depressed immunity' include:

- Chemicals in our household cleaners and environmental pollutants
- Overuse of antibiotics and other drugs (including caffeine, alcohol and nicotine)
- Pesticides, additives and preservatives in the food we eat.
- Stress.

Not to fear, you may be able to counteract the effects of the above through your diet, taking specific good quality supplements and enjoying a good laugh from time to time.

Many supplements can strengthen your immune system, whether it's been damaged by disease, stress, inadequate nutrition, poor living habits or chemotherapy. Supplements include:

- *Gingko Biloba* – good for the brain cells, aids circulation and is a powerful antioxidant.
- *Acidophilus* - Restores the important bacteria to the intestinal tract and if taken regularly in capsules (such as those found in Inner Health products) has been shown to reduce the number and duration of colds people experience.
- *Coenzyme Q10* - may improve resistance to viral infections.
- *Vitamin C and B Complex* - all work to help build up immunity.
- *Garlic* - has antimicrobial properties.
- *Whey Protein* - if you exercise frequently and vigorously whey protein can help reverse negative effects on your immune function.
- *Olive Leaf Extract* - has shown powerful antimicrobial activity in laboratory studies.
- *Echinacea and Zinc* taken together in the right quantities have been clinically proven to reduce the severity and duration of colds. Take specially formulated lozenges or tablets that contain *Echinacea and Zinc* as directed. Before you buy them, check to make sure the preparation has the right amounts of *Echinacea and Zinc* to be effective. This along with as much rest as you can get, will help you fight your cold and get back on the road to recovery as quickly as possible.

Continued ...

Note: New Leaf does not endorse any form of treatment, nor does it encourage you to undertake any such treatment on your own. We urge you to see your family healthcare practitioner before undertaking any kind of medical treatment. Supplements are to be taken with an appropriate diet, exercise program and advice from a qualified healthcare practitioner.

As everyone has different specific needs it's a good idea to discuss those with your health practitioner to identify the right product for your specific situation. If you experience severe symptoms such as a high fever or your cold lasts for more than 10 days you should consult your doctor.

Diet & Lifestyle

To support your immune system:

- You should consume a variety of fresh fruits and vegetables, plus nuts seeds, grains, and other high fibre foods.
- Try regular moderate exercise as this reduces stress and elevates mood, which in turn will have a positive effect on your immune response.
- Preferably do not consume or significantly reduce your caffeine, nicotine, and alcohol intake.

Being healthy at all levels (mind, body and soul) takes work! We live fast paced lives in which our health tends to suffer. We weren't designed to work long hours while looking after family needs and studying for a Masters in our 'free' time. I'm not suggesting we pack up, move to the hills and become meditative guru's, but I believe many people have forgotten the importance of BALANCE.

We need to take more control of our choices and step back to evaluate what's really important in our lives. Is it working long hours to acquire possessions? Or is it being healthy and fit enough to 'roll in the grass' with your kids? Food and Nutrition may be medicine to your body but relationships and life enriching experiences are medicine to your soul.

I will leave you with these thoughts:

- How much Balance do I have in my life?
- Am I in control of my Health and well – being?
- What is most important in my life?
- How do I look after my Mind, Body and Soul?

For further product information & to make a purchase, see the [Immunity](#) section of our web-site.

References

- *"Immune System"* - Hyperhealth Pro 2008 (v8.0)

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