



Boost Your Immunity

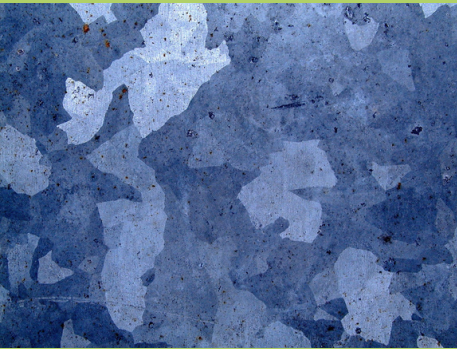
Vitamin C

Vitamin C increases the activity of infection fighting white blood cells; it also inhibits viral growth and reduces the incidence of the common cold. Vitamin C has been shown to be most effective when given with other nutrients such as zinc.



Zinc

Zinc is crucial for normal development and function of your white blood cells. It's also critical for the production of antibodies, which remember previous infections and protect you against them. Therefore, zinc deficiency can dramatically reduce your ability to fight bacteria and viruses. Zinc supplementation has also been shown to reduce the severity and duration of colds and sore throats.



Vitamin D

Vitamin D is essential part of increasing the body's immune system. Not only does it support the immune system, but also it's anti-inflammatory, antioxidant and neuroprotective properties support muscle function and brain cell activity.



Quercetin

Quercetin is a flavonol, which is a sub-category of flavonoids, and helps reduce inflammation in the body. Our bodies do not make quercetin but it can be found in grapes, berries, cherries, apples, citrus fruit, broccoli, kale, onions, and tomatoes.



Herbal Medicines

Elderberries are packed with antioxidants and vitamins that boost your immune system.

Olive Leaf is traditionally used for immune support and is a powerful antioxidant.

Astragalus Membranaceus is very effective for boosting immunity in people who have had chronic, long term infections.

Andrographis Paniculata is effective in treating cold symptoms, including sneezing, runny nose, nasal congestion, sore throat, cough, hoarseness, chill, headache and fever.

Medicinal Mushrooms extracts (e.g. shiitake, reishi, coriolus, AHCC™) is used to treat acute infections and helps to maintain good health for those with chronic immune weakness.

For a tailor-made immune supporting program contact Terrie

Terrie Beresford, Naturopath

Mob: 0411 068 953 terrie@newage.net.au

www.newage.net.au

