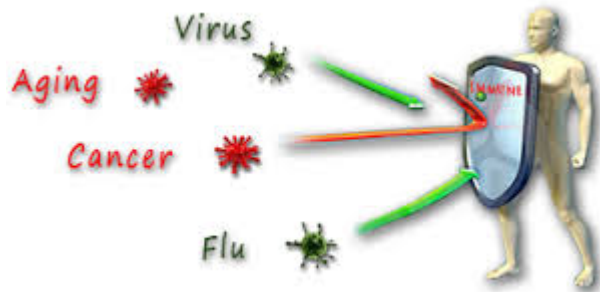


immune system

Description

Gentle Reader,



What is your defense?

Our **immune system** needs help. Flu season is upon us. People all around me have colds. Our children are getting leveled by [Enterovirus 68](#). Are you nervous about the Ebola virus? The annual debate surfaces again among people who prefer a natural approach to prevention and those accepting vaccines. What are your plans for protecting yourself, your children or your grandchildren, if you have any say in their health care?

Let's take a fresh look at the **immune system**. The **immune system** is a complex and highly developed system, yet its mission is simple—to seek and kill invaders. Every minute of the day, thousands of battles rage inside your body. Millions of microscopic foreign invaders are trying to penetrate your cells, while your body's immune system struggles to fight them off. If the invaders win, the result can be a lingering cold or flu, or it could be a chronic illness, cancer or some other disease.

The immune system is a person's primary defense against disease. With the ever-increasing globalization of our world and strange mutations of viruses on the loose, there has never been a more critical time for you to strengthen your body's immune system. In addition to known viruses such as the common flu, there is a new onslaught of life threatening viruses such as Hepatitis B and C, HIV and SARS. Do not count on the health care system to protect you. **Take personal responsibility.** Choose your optimum

health strategies.

If you have had even a cold, not to mention the flu, that is an indication that your immune system was not able to do its job effectively of protecting your body from these infections.

The immune system protects you in three different ways:

1. It creates a barrier that prevents bacteria and viruses from entering your body.
2. If a bacteria or virus does get into your body, the immune system tries to detect and eliminate it before it can make itself at home and reproduce.
3. If the virus and/or bacteria are able to reproduce and start causing problems, your immune system is in charge of surrounding, isolating and eliminating it.

Knowing this, it is quite obvious why you need to build and maintain a strong immune system. The stronger it is, the more likely your body will be prepared to defend itself when a deadly bacteria or virus comes knocking.

Want to watch a short video made for kids (aren't we all kids?) to explain just how this immune system works?

It is extremely important to keep this system healthy, nourished and stimulated.

There are many challenges from modern life that affect the immune system:

- not enough rest or exercise
- too much exercise (like running a marathon) will depress the immune function temporarily
- inadequate nutrition
- high stress
- environmental pollutants & airborne irritants

- aging

How to counteract these challenges:

- Get better sleep
- Exercise regularly
- Eat a balanced diet
- Reduce stress
- Support your system with supplements

Vitamin supplements are highly recommended to strengthen and maintain a strong immune system. As a FIRST CHOICE, choose [Nutriferon](#) from SHAKLEE.

Considering the [Flu Shot](#) ?

Instead choose Nutriferon for broad spectrum protection

What is Nutriferon?

It is an exclusive blend of clinically-proven immuno-supportive phytonutrients—FOUR key herbal extracts, which contain bioactive polysaccharides that are safe and natural immune stimulators:

1. [Pumpkin seed](#) – increases interferon production
2. [Plantago seed](#) – stimulates overall immune response
3. **Safflower flower** – prompts macrophage to produce cytokines
4. **Japanese honeysuckle flower bud** – increases activity of immune cells

What does Nutriferon?

When used every day, it provides natural, unsurpassed support for the immune system's most powerful front-line defenses by

- increasing the production, speed, activity and accuracy of the immune system cells and
- increasing the communication between all immune system cells.

How does it actually work?

1. It **enhances cytokine production**. Cytokines are chemical messengers between immune cells which encourage immune cell growth, proliferation, activity, accuracy and power. They destroy target cells, such as viruses and cancer cells.
2. It **induces natural interferon production**, a powerful group of cytokines.
3. It **increases the activity of macrophages**—white blood cells that constantly patrol the body looking for “bad guys” to consume. When a macrophage spots anything foreign, it calls for help from other immune system cells using the messenger chemicals called cytokines.
4. It **enhances neutrophil activity and maintenance**. Neutrophils are key players in the immune response process.
5. It causes immediate **increase in lymphocytes**. Lymphocyte cells organize the entire defense of the body. When they become damaged or begin to be reduced in number, the body cannot defend itself effectively.
6. It **optimizes IgE balance**—the immune response against environmental irritants and airborne substances. So Immune Building Complex is especially good to cope with asthma and environmental allergies.
7. It helps **bring balance** to the immune system

- a. by helping up-modulate a weak immune system
- b. by helping down-modulate a runaway immune system (auto-immune response)

How to Use Nutriferon:

Take two easy-to-swallow caplets daily

It is intended for EVERYDAY USE. Don't wait until you get sick. It helps to keep your immune system charged and in an optimum state to defend itself DAILY!

Two a day will provide dietary support for all men and women, especially

- those interested in maintaining a “peak-performance” immune system
- those who are elderly and, therefore, vulnerable to diminished immunity
- those whose diets are not always optimal
- those with high levels of stress
- those who are sedentary or have erratic exercise habits

Precaution People on immune suppressant drugs (prednisone, gout medication, “inhibitors of cytokine activity,” etc.) should consult their health care provider. If the ESR or CRP levels are elevated in the blood, use caution with Nutriferon.

Product History

This incredible formula is the result of decades of work by eminent immunologists.

- It was released to the world marketplace in February 2003 by the SHAKLEE Corporation.
- It has been awarded four honorary patents in Japan, USA, Europe and China.
- [Nutriferon](#) was developed by Dr. Yasuhiro Kajima, the discoverer of
- interferons and an eminent immunologist, professor and scientific researcher from Japan.

Dr. Kajima began his immunology research in 1932, and IBC is the result of this pioneering

research. It is now available exclusively through SHAKLEE distributors.

Incredible Results !

- [Clinical test](#) results revealed after one month's usage: Hepatitis-C virus levels reduced to 1/3.
- Lymphocyte count recovery after surgery and chemo for cancer was reduced from the usual 3 months to 3 to 4 weeks
- Martha Willmore's patient with environmentally-induced asthma has not used inhalers since introducing Nutriferon—and before Nutriferon had used the inhaler every 2 hours at night.

You will decide what your line of defense will be. Even when you do everything right within your power, some virus or bacteria may get through and overwhelm your immune defenses. What to do should you get sick is the topic of another post. Until then,

Be well, Do well and Keep Moving.

Betsy

206 933 1889

I hope you will take a minute to comment. Pass this information along to anyone you think might benefit.



Category

1. Be Well health tips
2. Health and Fitness

Tags

1. flu vaccination
2. immune support
3. immune system
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Author

betsyjbell