

Immune Support

Description

Cold and Flu Season= Immunity and how to get more of it.

Organs of Immunity

Skin: Forms an effective barrier against pathogens.

Respiratory system: Cilia lining the airway move mucus and contaminants out of the body.

Stomach and intestines: Stomach acid kills most bacteria. Antibodies secreted by the intestinal cells attack pathogens.

Lymph nodes: Lymphocytes are cells of the immune system that recognize and eliminate pathogens.

Spleen: Aids the body in fighting harmful bacteria.

White blood cells: Attaches pathogens throughout the body.

How Viruses Work

If you have ever had a cold or the flu, you have been the victim of a virus. *“Viruses are responsible for many other serious, often deadly, diseases including AIDS, Ebola, infectious hepatitis and herpes.”*

Viruses are tiny microbes much smaller and very different from bacteria in that they cannot

survive on their own. Viruses need to invade a living cell in order to live and grow. Once inside a host cell, viruses rapidly replicate themselves, burst their host cell and start infecting other cells around them. Once enough cells are effected, you begin experiencing symptoms such as fever, cough and sweating as the body tries to defend itself against the attack.

Why viruses are so difficult to combat...When the proper host is not available, some viruses can hide out in your body for years waiting for the right conditions. Viruses can mutate quickly so as soon as scientists create a new vaccine, a mutated resistant virus often appears. An antibiotic doesn't necessary help unless the bacteria is identified and the medication is specifically designed to kill that strain of bacteria.

How viruses spread...Most viruses are airborne and can pass from an infected person when they cough or sneeze. Others are infectious only when a person has contact with the bodily fluids of an infected person...like the AIDS virus. Some viruses are tough enough to live on room temperature surfaces (doorknobs, handrails or countertops) for up to 48 hours. That's why frequent hand washing is critical if you want to avoid viral infections.

Bulletproof immunity...Recently, a devastating strain of Enterovirus has been infecting school-age children, developing overnight from mild flu-like symptoms to threatening their very ability to breathe, particularly in children with asthma. In a global community, we are exposed to widespread contagion of pathogens, many of which have no preventative vaccine or medical treatment.

Our best defense is a strong immune system.

Strong immune support is no guarantee, but it is your **best chance** to stay healthy in the face of any and all health threats.

5 steps to bulletproof your immunity:

Stay hydrated. Healthy fluids such as Get Clean Water and Shaklee tea flush toxins.

Eliminate Sugar refined sugar is a poison which dramatically decreases immune function.

Get enough sleep. Lack of sleep depressed the immune system. Try [Gentle Sleep Complex](#).

Eat healthy foods often. Plenty of fresh vegetables and whole fruits, to keep your blood sugar even throughout the day.

Take probiotics. 80% of your immune system is located in your gut... trillions of beneficial bacteria help you fight disease and absorb nutrients. [Optiflora](#)

Ready to shop? My Shaklee shopping page is [here](#).

Questions? Call or email me. 206 933 1889, betsy@hihohealth.com



Category

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Author

betsyjbell