

NOVEMBER NEWSLETTER

THE Immune system

Dear Readers,

One of the pathways to good health is maintaining an effective functioning immune system, which fights diseases and aid in the healing process.

Susceptibility to illnesses is the result of a weakened immune system. The following are some of the signs and symptoms of weakened immune system;

- Fatigue
- Listlessness
- Inflammation
- Repeated infections
- Allergic reactions
- Slow healing
- Chronic diarrhea
- Oral thrush
- Candidiasis/Vaginal yeast infections

The immune system is responsible for identifying foreign or harmful material which it proceeds to neutralize or destroy. This it accomplishes through a system of complex interactions involving many different organ structures and substances such as;

- White blood cells
- Bone marrow
- Lymphatic system

Specialized cells and substances found in the blood and tissues in the body

All these components protect the body by coordinating perfectly together in defending the body against infection, disease and aging.

The following are a list of nutrients and herbal supplements available at Organica! To assist you, on your journey to excellent health, via a strong immune system.

ACIDOPHILUS - Restores important bacteria in the intestinal tract.

ASTAXANTHIN – a naturally occurring multifunction antioxidant that has an exceptional ability to quench singlet oxygen, which is one of the most damaging reactive oxygen species found in the body.

BURDOCK – blood purifier and immune stimulant.

CO-ENZYME Q10 – Supports the immune system, an oxygen enhancer to protect the cells and heart function.

ECHINACEA –has been clinically shown to support the immune system.

ESSENTIAL FATTY ACIDS – Important element in one’s diet which is necessary for a healthy immune system.

AMINO ACID COMPLEX – use a formula which contains all the essential amino acids, these are proteins that are broken down into a form the body can use.

GARLIC (KYOLIC) – Stimulates the immune system.
KELP – Supplies a balance of minerals needed for immune system integrity.
GREEN FOODS – Supplies nutrients and chlorophyll needed for tissue repair, as well as cleansing the blood, which is very important in immune response.
MULTIVITAMINS/MINERAL COMPLEX – essential for optimal immune system function.
GRAPE SEED EXTRACT – one of the most potent antioxidant which protects cells.
SELENIUM – important free radical destroyer.
VITAMIN A – needed for proper immune function.
VITAMIN B COMPLEX – anti stress vitamin.
VITAMIN C – an important antioxidant, which plays an integral role in the body's defense system.
ZINC – very important for optimal function of the immune system.
BAYBERRY, FENUGREEK, HAWTHORN, LICORICE ROOT, RED CLOVER, all enhance the immune response.
BIOSTRATH – herbal tonic, which is good for fighting illness, and for long term vitality.
DANDELION and MILK THISTLE – helps to cleanse the liver and blood stream, this is important because the liver is the organ of detoxification, therefore it needs to be in optimal functioning mode.
GINSENG – aids immune function.
GINKGO BILOBA – a powerful antioxidant which aids circulation and is also good for brain cells.
GOLDENSEAL – Strengthens the immune system, cleanses the body, plus it has antibacterial properties.
IMMUNACTIVE IMMUNITY COMPLEX – clinically proven nutrients for healthy immune function.
OIL OF OREGANO – has compounds that discourage the growth of micro organisms, viruses and parasites.
SILVER BIOTICS ULTIMATE IMMUNE SUPPORT – recommended as a first line of defense against infection. Its effectiveness has been proven.
ST JOHN'S WORT – a natural blood purifier, which also fights viruses.

RECOMMENDATIONS

Eat a well balance diet, fresh fruits, vegetables, preferably raw, including nuts, seeds and other high fiber foods. Avoid high fat and refined processed foods, which tend to suppress the immune system.
Consume "green Drinks" daily.
Avoid animal products, processed foods, sugar, soda or soft drinks.
Follow a fasting program once a month to help the body eliminate toxins which can weaken the immune system. Spirulina also supplies many nutrients needed for cleansing and healing.
Get sufficient sleep. A body well rested is more able to fight invasions.
Exercise regularly. Exercise reduces stress and elevates mood, which has a positive effect on immune response.
Avoid overeating, smoking, alcohol, caffeine, as well as any recreational drugs.

OTHER CONSIDERATIONS

We at Organica! Believe the best approach to avoiding the H1N1 flu is the same approach for avoiding infections in general.

Wash hands frequently, particularly after washroom use, and upon entering home.
Avoid crowds.
Stay home when ill.
Cough or sneeze into sleeves.