



IMMUNE HEALTH

We all have an internal army, known as the immune system. This microscopic army is equipped with an arsenal of cells and mechanisms to neutralise and destroy most invaders. Exposure to viruses and infectious bacteria is a daily occurrence⁽¹⁾, but excessive use of anti-bacterial products is not the answer. With the correct nutritional support, our bodies have the ability to fight off most colds and infections naturally.

Lifestyle and food choices play an important role in fortifying our defences. Hot lemon and honey drinks and plenty of rest can help recovery from the average cold. But natural health supplements can strengthen the immune system and help our bodies to deal with the symptoms of flu, colds and bacterial infections quickly.

Nutritional supplements such as vitamin C, vitamin A, zinc and bioflavonoids are powerful anti-oxidants which support immune health, while natural herbs such as garlic⁽²⁾ and olive leaf⁽³⁾ sabotage the disease-causing agents before they have a chance to wreck havoc.

Colostrum has recently become recognised as a powerful immune booster because it contains high levels of immunoglobulins⁽⁴⁾, which are the antibodies responsible for fighting off disease. IgG (immunoglobulin G), in particular is thought to promote wellness. Bee Pollen and Propolis⁽⁵⁾ are potent natural products full of nutrients to boost immune defences and designed by nature.

Wisdom tells us that prevention is better than cure, so maintaining a healthy, active immune system is the best way to prevent an all out invasion of viruses and disease-causing agents.

Deep Blue Health products which can improve immune health are;



Bee Pollen – a super food rich in raw unprocessed nutrients to protect health and boost immunity.

Bilberry – delivers concentrated anthocyanins which act as anti-oxidants and protect cells.

Colostrum – can help in attacking disease-causing organisms and re-enforcing immunity.

Garlic – helps to control viral reproduction, improve circulation and enhance energy production.

Olive Leaf – acts as a broad-spectrum anti-microbial agent which can provide protection against illness and improve immune function.

Propolis – helps to stimulate the immune system to fight off colds and flu.

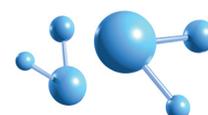
Red Grape Seed – contains flavonoids and anthocyanins which protect from infectious organisms and provide anti-oxidant activity.

Royal Jelly – a complex mix of vitamins, minerals, peptides and carbohydrates to boost the immune system and provide energy to fight infection.

Shark Liver Oil – rich in vitamin A and essential fatty acids, which help to strengthen immune activity.

References:

1. <http://pathmicro.med.sc.edu/mhunt/flu.htm> - Influenza virus
2. <http://www.phytochemicals.info/phytochemicals/allicin.php> - Garlic
3. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC379901/> Abstract H. P. Fleming, W. M. Walter, Jr., and J. L. Etchells 1973
4. <http://www.webmd.com/a-to-z-guides/immunoglobulins> - Immunoglobulins
5. <http://www.nlm.nih.gov/medlineplus/druginfo/natural/patient-propolis.html> - Propolis



DEEP BLUE HEALTH™
www.dbh.co.nz