



# Immune Stimulator

Enhancing immune activity for fighting infections and cancer

In our modern world, the immune system is often depleted because of poor nutrition, stress and exposure to toxins. A weakened immune system makes one more susceptible to infections, which are often treated with antibiotics. Antibiotics kill friendly bacteria in the intestines and further deplete the immune system, making the person even more susceptible to contagious disease.

Cancer is another disease that results from a weakened immune system. The body forms cancer cells all the time, but normally they are destroyed by the immune system. Only when the immune system is depleted can the disease we call cancer take hold.

As its name implies, Immune Stimulator is a blend of natural substances that boost immune responses. By increasing white blood cell count, and enhancing antibody and white blood cell activity, Immune Stimulator can enhance the body's natural ability to destroy viruses, bacteria, fungus and even cancer cells. Immune Stimulator can be helpful for problems as simple as warding off a cold in the early stages or as difficult as dealing with serious infections such as pneumonia. It can even be helpful when dealing with serious immune disorders such as AIDS and cancer.

Here is a breakdown of the ingredients in this formula.

**Beta-glucan:** Formally termed as  $\beta$ 1,3/1,6-glucan, beta-glucan is 200 more times effective than echinacea as an immune system stimulant! It is a naturally derived polysaccharide that stimulates the immune system and strengthens resistance to infection by activating macrophages ("big eaters"), T-cells, natural killer cells and cytokines. Macrophages devour invading pathogens of all kinds. The other important function of beta-glucan is cellular communication. It helps cells identify the "enemy," thus improving immune response. This decreases the time between the "enemy's attack" and the immune system's response.

**Arabinogalactan:** This substance helps to increase friendly bacteria such as lactobacillus in the gastrointestinal tract and significantly decreases harmful bacteria like E. coli and salmonella. It increases white blood cell production and motivates the macrophages to be "big eaters" in doing their work of killing microorganisms.

**Colostrum:** Colostrum is the milk-like fluid produced in the first 24 to 48 hours after birth in mammalian mothers, (in this case, cows). It provides life-supporting immune and growth factors. Bovine colostrum is nearly identical to human colostrum and works just as well for humans. Colostrum has been used by Ayurvedic physicians in India for thousands of years.

Reported benefits from using colostrum include improvement in lower gastrointestinal disorders (like Crohn's disease, diverticulitis and irritable bowel syndrome), asthma, allergies, heart disease and cancer. Colostrum helps enhance normal cell growth, tissue repair

and healing from trauma. It increases beneficial bacteria in the digestive system which helps protect against intestinal infections and yeast overgrowth.

**Cordyceps:** This fungus (mushroom) from China has a powerful tonic effect on the body. It balances the body's energy and increases production of those all-important T-cells and B-cells. It also protects genes by helping to repair DNA. Studies show that cordyceps may even help the body to suppress tumor cells and slow them down. Cordyceps strengthens the lungs and kidneys.

**Reishi and Maitake Mushrooms:** These mushrooms help to activate macrophages. Reishi increases nature killer cell activity, restores normal T-cell function, and increases interferon production, and maitake has been used for centuries to prevent cancer. They have also been shown to help modulate the immune system (i.e., to bring it into balance), making them potentially beneficial for autoimmune disorders. They have antioxidant properties, help to lower blood pressure and inhibit platelet aggregation in the circulatory system (which causes blood clotting).

All three of these fungi, cordyceps, reishi and maitake, have potential benefits in immune diseases like cancer, AIDS, asthma, allergies, pneumonia and lowered resistance. Whole books have been written on the benefits of these medicinal mushrooms, alone.

## Suggested Use

Immune Stimulator can be taken at the first sign of a cold or infection to boost the immune system for faster recovery. Take 2 capsules every two hours, up to 10 capsules per day, with lots of water, until you start to feel better. Because beta-glucan is too large to be readily absorbed into the bloodstream, Immune Stimulator works best when taken on an empty stomach.

For dealing with more chronic ailments such as cancer, heart disease, AIDS, chronic gastrointestinal problems, etc. take 1 capsule two to three times daily between meals. One can also take two capsules on an empty stomach at bedtime.

**Caution:** Immune Stimulator may aggravate autoimmune disorders, although it does contain many ingredients that are beneficial for auto-immune conditions. If you have an autoimmune condition, start with 1 capsule per day and increase the dose slowly. Discontinue if an aggravation of symptoms occurs.

## Selected References

*Supplements for Immune Support* by Heath Davis Havilick.

*The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing

*PDR for Herbal Medicines* from Physician's Desk Reference

*PDR for Nutritional Supplements* by Sheldon Saul Hendler with David M. Rorvik

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# Elderberry D3fense

Immune-boosting formula with Vitamin D3 for staying healthy in the winter

Elderberry D3fense helps support the body in fighting off colds, flu and other forms of contagious disease. It is highly effective against viral disorders, but may also be beneficial for bacterial infection as well. Elderberry D3fense boosts the immune system, improves lymphatic drainage and prevents the spread of infection. It's a great product for both children and adults to take during the cold and flu season to stay healthy.

If one does catch a cold or flu, Elderberry D3fense can be taken to speed recovery. It can also be used for fevers, sore throats and bacterial infections. Here are the ingredients that give this blend its immune-boosting abilities.

## Elderberry

Elderberry D3fense contains an extract of the purple-black berries that grow on the tall elder shrub. Elderberries have been shown to help cells resist viral infection, which makes them wonderful for warding off colds and flu. They also help to move excess mucus from the lungs and sinuses, keeping the passages clear and strong. The people of England historically took a teaspoon a day of a rich syrup made from the elderberry to prevent winter ailments.

Elderberries are high in vitamins A and C, and studies show that both these vitamins strengthen the immune system. Elderberries are also high in iron. White blood cells use iron to produce enzymes and oxidants which digest cold-causing bacteria.

## Echinacea

Echinacea helps the body fight off infections, colds, flu, strep throat, bronchitis and other immune system disorders. If taken when the first symptoms of a cold or flu surface, echinacea can stop them from progressing further.

Echinacea is able to stimulate the immune system because the polysaccharides in the herb resemble bacteria. The immune system responds as if it is being invaded by something dangerous and begins to prepare for an attack. Consequently, the immune system is put on "red alert" and is better prepared to fight real "invaders."

Echinacea contains a natural antibiotic called echinacoside. As a result, this popular herb fights and prevents infections in a way comparable to that of penicillin. Researchers at the University of Munich discovered that echinacea increases the infection fighting T-cells in the body by over 30%.

## Royal Jelly

For the first two days of their lives, all larva bees are fed a mixture of special "milk" made by nurser bees. This milk, which we call royal jelly, changes a larva into a small bee in just a couple of days. When mature, the young bee is taken off the nutritious royal jelly. The bee that is chosen to be the next queen, however, continues on

the royal jelly diet for the rest of her life. This diet is found to be the reason why the queen has incredible growth, longevity, fertility and energy in comparison with the worker bees.

Scientific research and numerous practitioner case studies are proving that royal jelly is just as beneficial to humans as it is to the queen bee. Because it is so rich in nutrients, it strengthens the body against stress and other outside antagonists. In addition, its antibiotic properties help protect against ailments such as the cold or flu.

## Olive Leaf

The leaf of the olive tree has numerous antioxidant ingredients and is known to be antibacterial (particularly against *Staphylococcus sp.* and *Bacillus cereus*), antiviral and antifungal. The leaf also reduces blood pressure by inducing vasodilation as well as stimulating the smooth muscle of the intestines, aiding in the elimination of waste products produced by the immune system.

## White Willow Bark

The bark of the white willow can be thought of as Nature's aspirin because the salicylic acid found in white willow is the forerunner of modern aspirin. The salicylic acid in white willow affects prostaglandins to reduce fever and inflammation and to ease pain with less risk of side effects than aspirin. The bark of willow trees like white willow have been used for thousands of years to reduce fevers, ease arthritic pain, relieve headaches and alleviate other forms of pain.

## Vitamin D3

During the warm summer days when people are outdoors, their skin converts cholesterol to vitamin D. However, during winter months or in the absence of exposure to sunlight people do not get enough vitamin D, which is part of the reason why winter is the "cold and flu season." In fact, a lack of vitamin D is the most common vitamin deficiency in modern civilization.

Vitamin D3 is the most active form of this vitamin and not only helps to ward off illness, it also helps prevent many chronic and degenerative diseases, including cancer. This important ingredient is what puts the D3 in D3fense.

## Suggested Use

Take two capsules of Elderberry D3fense with a meal three times daily, plus two capsules before going to bed.

## Selected References

*The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing

"Respect Your Elder" by Kathi Keville in *Vegetarian Times* (June 1990).

"Royal Jelly" in *Country Health* (Sept./Oct. 1995).

*The Encyclopedia of Herbal Medicine* by Andrew Chevallier

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# Sunshine Heroes Elderberry Immune

Chewable tablet helps boost children's immune systems

Our modern world is hard on kids. Smog and air pollution are an unavoidable part of many of their lives. Toxins find a way into the water they drink and agricultural chemicals saturate many of the foods they eat. As these pollutants enter the body, they have the ability to draw energy and building materials away from the immune system, causing children to get sick easier and more often. Usually colds and stomach problems are followed by bouts with the flu and other illnesses that just don't seem to go away.

One can help to combat this weakening of the immune system using herbs that support the body's ability to resist disease. Chewable children's Sunshine Heroes Elderberry Immune is a combination that will give children three herbal supplements to support and strengthen the immune system. It can be given during cold and flu season to help keep them from getting sick and it can also be used to aid recovery when they do come down with colds, flu, fevers, sore throats and other related ailments.

Here are the three ingredients in this valuable blend:

## Elderberry

Elderberry has been used in Europe for centuries to help users get over colds and flu as well as to heal wounds and relieve swelling. It contains a mucilant to clean out the toxins from colds, coughs and the flu, and a sudorific to cause sweating and help bring down temperatures. Elderberry is a natural diuretic that helps bring down any swelling associated with childhood illnesses.

Modern research has shown that the berries of the elder bush have the ability to inhibit viruses from entering cells, thus preventing viral infections. This is why elderberry is used for many types of infection and is particularly helpful in respiratory, inner-ear, sinuses and throat problems. It is a very mild and safe remedy for children.

## Reishi and Maitake Mushrooms

These mushrooms help to activate macrophages. Reishi increases nature killer cell activity, restores normal T-cell function, and increases interferon production, and maitake has been used for centuries to prevent cancer. They have also been shown to help modulate the immune system (i.e., to bring it into balance), making them potentially beneficial for autoimmune disorders. They have antioxidant properties, help to lower blood pressure and inhibit platelet aggregation in the circulatory system (which causes blood clotting).

## Astragalus

Astragalus root is an immune booster from the Orient. In China, it is used to treat respiratory and urinary tract infections as well as to improve circulation. Modern science has found that it strengthens the immune system by increasing white blood cells

that fight off cancerous cells and helping the body adjust to chemotherapy and radiation.

Astragalus is especially good for children due to its mild adaptogenic qualities. It is excellent for the treatment of recurrent colds and upper respiratory tract infections and will help alleviate shortness of breath and general weakness.

## Vitamin D3

During the warm summer days when people are outdoors, their skin converts cholesterol to vitamin D. However, during winter months or in the absence of exposure to sunlight people do not get enough vitamin D, which is part of the reason why winter is the "cold and flu season." In fact, a lack of vitamin D is the most common vitamin deficiency in modern civilization.

Vitamin D3 is the most active form of this vitamin and not only helps to ward off illness, it also helps prevent many chronic and degenerative diseases, including cancer. Vitamin D3 is also a must for healthy bones and teeth as it helps the body utilize calcium.

## Vitamin C

A powerful antioxidant nutrient, vitamin C has been touted as a remedy for colds and flu for decades. Scientific research into this use has produced inconclusive results, but if you are under a lot of stress (stress depletes vitamin C) it may be helpful.

Most animals can manufacture vitamin C in their bodies, but human beings cannot, so all of their vitamin C must come from their diet. Vitamin C is abundant in fresh fruits and vegetables which makes supplementation important during times when fresh foods are scarce.

## Zinc

An extremely important mineral for immunity, zinc has been shown to decrease the ability of cold viruses to grow or bind on the lining of the nose. It also increases the body's resistance to infection. Some studies suggest that zinc may be helpful in speeding recovery from colds, but research on this topic mixed.

## Suggested Use

For prevention, children should chew one to two softchews per day. When they are sick, larger doses can be taken, up to one softchew every two hours.

## Selected References

*A Modern Herbal* by Mrs. M. Grieve

*Medicinal Plants and their Uses* by Hans Fluck and Dr. Rita Jaspersen-Schib

*The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing

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# Solstic Immune

## Immune-boosting power in a convenient drink mix

When colds and flu are going around, Solstic Immune can boost your defenses and help you stay healthy. Packaged in convenient tubes (stick packs) that can be emptied into your water bottle, Solstic Immune's refreshing lemon-berry makes it pleasant to drink your way to a healthier immune system.

Here's the immune-enhancing nutrients found in this product and how they can help you ward off illness.

### Elderberry

Solstic Immune contains an extract of the delicious purple-black berries that grow on the tall elder shrub. Elderberries have been shown to help cells resist viral infection, which makes them wonderful for warding off colds and flu. They also help to move excess mucus from the lungs and sinuses, keeping the passages clear and strong. Elderberries are high in vitamins A and C, and studies show that both these vitamins strengthen the immune system. Elderberries are also high in iron. White blood cells use iron to produce enzymes and oxidants which digest cold-causing bacteria.

### Echinacea

Echinacea's ability to help the body fight off infections, colds, flu, strep throat, bronchitis and other immune system disorders make it one of the most popular herbs in modern America. If taken when the first symptoms of a cold or flu surface, echinacea can stop them from progressing further.

Echinacea is able to stimulate the immune system because the polysaccharides in the herb resemble bacteria. The immune system responds as if it is being invaded by something dangerous and begins to prepare for an attack. Consequently, the immune system is put on "red alert" and is better prepared to fight real "invaders."

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### Arabinogalactan

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### Suggested Use:

Empty the contents of one packet of Solstic Immune into 14-16 ounces of water, mix and drink once or twice daily.

### Selected References

*A Modern Herbal* by Mrs. M. Grieve

"Respect Your Elder" by Kathi Keville in *Vegetarian Times* (June 1990).

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