



# Trigger Immune

Herbal formula for rebuilding weakened bodies and restoring immunity

When people feel tired, run down and get sick easily, they need a tonic to strengthen their system. Trigger Immune is a general tonic that increases vital energy (or chi) and nourishes the blood. This traditional Chinese formula is especially helpful for those with chronic poor health. It enhances the immune response which fights low grade infections and degenerative diseases, including cancer. It is useful in repairing damage caused by surgery, injury, overuse of drugs, excessive emotional stress or radiation therapy.

Trigger Immune also helps protect the body from exposure to electromagnetic radiation from cell phones, computers, microwave ovens and other electronic equipment. This electromagnetic pollution can weaken a person's immune system and even contribute to the development of cancer.

The ingredients in Trigger Immune are as follows:

**Astragalus** is a general energy tonic. It increases the production of lymphocytes and macrophages, cells which boost immunity by removing toxins from the lymph. It has been used to treat fatigue and debility.

**Panax Ginseng** is an energy tonic. It improves physical stamina, stimulates the endocrine system and extends life span. It is adaptogenic. It has been used to treat impotence, cancer, viral infections, forgetfulness, fatigue and chronic diarrhea.

**Dong Quai** reduces pain and inflammation and is antiseptic. It has been used to treat female complaints, palpitations, tinnitus, anemia, angina pectoris and headaches.

**Rehmannia Root** is an astringent herb. It stops bleeding and strengthens capillaries. It has been used to treat diabetes, anemia and infertility.

**Epimedium** reduces inflammation. It has been used for impotence, hypertension and bronchitis.

**Ganoderma** contains mucilaginous compounds that improve immunity. It also increases blood flow in the heart, lowers blood pressure and cholesterol and helps the heart function more efficiently, using less oxygen. It has been used to treat atherosclerosis, bronchitis, angina pain, hypertension and immune deficiency.

**Eucommia** reduces blood pressure and absorbs toxins from the bowel. It enhances urinary function and calms the mind.

**Lycium Fruit** promotes the regeneration of liver cells. It has been used to treat atherosclerosis, impotence, vertigo, poor eyesight and diabetes.

**Peony Root** is a sedative as well as an antiseptic and an anti-epileptic. It strengthens the blood and promotes menstrual flow.

It has been used to treat menstrual problems, epilepsy, chorea, nervous spasms, arthralgia and intestinal pain.

**Polygala** is an antiseptic, a sedative, and an expectorant. It also lowers blood pressure. It has been used to treat heart palpitations and nervous tension.

**Ligustrum Fruit** is antiseptic and a cardio tonic. It relieves pain and induces the production of white blood cells, boosting immunity. It has been used to treat pneumonia, bronchitis, urinary tract infection, colds and flu.

**Schizandra Fruit** increases blood circulation while decreasing blood pressure. It quickens the body's response to stress, increases endurance and increases the contraction of cardiac muscles. It has been used for heart palpitation, nervous exhaustion, diabetes, chronic diarrhea, seminal emission and anxiety.

**Atractylodes** is an energy tonic. It increases blood pressure and stimulates the liver. It is antiseptic. It has been used to treat loss of appetite and loss of energy.

**Hoelen** is a diuretic that decreases blood sugar. It has been used for hepatitis, tumors and heart palpitation.

**Achyranthes** has a diuretic action. It relieves pain and lowers blood pressure. It has mucilaginous compounds that soothe inflamed tissue. It has been used to treat amenorrhea, hypertension and muscle aches.

**Ophiopogon** aids the pancreas by regenerating cells which produce insulin. It has been used to treat tuberculosis, heart disease and fear.

The catalysts of this combination are as follows: **Licorice** increases energy, especially around vital organs. It has been used to treat colds, coughs, fatigue and to provide relief from poisons. **Citrus Peel** enhances blood circulation and digestion. It has been used to treat colds, fever and bronchitis.

## Usage

To recover from long-term fatigue or illness, it is suggested to take 3 capsules Trigger Immune 3 times daily. The formula is also available in a TCM concentrate. The dosage on the concentrate is 1 capsule one or two times daily.

## Selected References

- Chinese Herbal Medicine: Materia Medica* by Dan Bensky and Andrew Gamble
- Oriental Material Medica: A Concise Guide* by Hong-Yen Hsu
- The Illustrated Chinese Materia Medica* by Kun-Ying Yen
- Nutritional Herbology* by Mark Pedersen
- The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light

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