

Learning How To

Boost Immunity Naturally



1. Avoid Sugar & Processed Food
2. Get Enough Rest
3. Reduce Stress
4. Exercise Regularly
5. Wash Your Hands
6. Stay Hydrated



Recommended Supplements:

1. Kyolic Garlic

Antibacterial, anti-viral & anti-fungal support for the immune system.

2. L-Lysine

An essential amino acid that makes it more difficult for microbes to spread.

3. Vitamin D

Deficiency in Vit D may be at the root of the seasonality of the flu - not the virus itself.

4. Omega 3

Reduces immunological inflammation.

5. Ester C

Contains naturally occurring Vitamin C metabolites - absorbs quickly - 24 hour immune protection.

6. Vitamin E Mixed Tocophorals

Essential nutrient for proper immune response.

7. B Complex

Helps to reduce stress & anxiety & promotes sleep.

8. Zinc

Essential trace element.

9. Selenium

Increases T-cells & improves the functioning of your thymus gland, which also improves the immune system.

10. Astragalus

Contains antioxidants which protect cells against damage caused by free radicals which are by products of cellular energy & is used to protect & support the immune system, for preventing colds & upper respiratory infections.

11. Echinacea

Well-known as nature's antibiotic for natural flu relief used for the onset of flu symptoms, preventing or shortening the length of infection, and supporting the immune system. Natural Factor's Echinamide Anti-Viral is clinically proven to be effective.

12. Curcumin

Inhibits the proteasome enzyme complex so viruses cannot take over your cells.

13. Boiron Oscillococcinum

Oscillococcinum is one of the world's most popular natural flu medicines & can reduce the duration & severity of flu-like symptoms when taken at the onset of symptoms.

14. Boiron Thymuline 9CH

A homeopathic remedy made from oligopeptides that further protect & support the immune system from flus.

15. Boiron Influenzium 9C

Best choice as a flu preventive. Influenzium 9c is the only homeopathic flu product that is updated each year based on the flu strains predicted by the World Health Organization. Specially formulated to stimulate the body's own defense system to resist the onset of the season's flu strains. Shown year after year to be highly effective to prevent the flu. Safe & natural, this helps your immune system, not depress it as other methods to prevent the flu.

16. Sovereign Colloidal Silver

Used as a disinfectant & immune support dates back thousands of years.

17. Trinity Health Flu-Stop Throat Spray

A natural, oral spray remedy which has been clinically proven to inactivate influenza A viruses including Avian flu virus (H5N1), human influenza (H3N2) as well as B virus. Swine flu virus is of the influenza virus "type A" type & FluStop has been clinically shown via WHO standards to inactivate the Hemagglutinin (HA) & Neuraminidase (NA) in "type A".

18. Therpeutx Ah-Choo for Cold & Flu

Fortifies immune system & fights viruses & bacteria.

19. Sambu Guard

Improves immunity of anyone experiencing the first signs of a cold or flu such as itchy throat & eyes, rundown feelings, aches etc.

20. Renew Life Ultimate Flora Critical Care

Improve the body's ability to fight infection & enhances immune response.