

Natural Immunity Boosters for the Cold & Flu Season



A strong immune system begins in the gut. Much of our immune system lives in the digestive tract by way of lymph nodes in the small intestine. This means everything we ingest affects our immunity.

We should avoid foods that cause inflammation in the intestines. When inflammation occurs there is opportunity for viruses and bacteria to penetrate the protective lining of epithelial tissue in the intestines. The cells in this tissue depend on gut bacteria to grow, strengthen and maintain a protective response. Avoid foods that will cause dysbiosis, an imbalance of intestinal bacteria.

Sugar, high simple carbohydrate foods and processed foods feed bad bacteria that will overpower good bacteria. Good bacteria must be supplied with nutritious, fibrous foods for their continued growth and maintenance. This means eating whole foods, mostly vegetables, particularly greens and cruciferous veggies such as broccoli and Brussels sprouts. Fermented foods; miso soup, fermented vegetables, **sauerkraut** and kombucha are a few popular foods that will help to create a community of beneficial gut bacteria (*just be aware of the sugar content in some*).





Eat whole quality proteins rather than fast processed foods and include good fats from foods like avocados, nuts, coconuts, olive oil, etc. Supplement this with a quality **probiotic**, particularly if you know that you are not getting the necessary nutrition to keep your good bacteria going naturally.

Beyond Food

If you feel that you could use a boost for your immunity, **Buried Treasure's Prevention ACF** is full of herbs, vitamins and minerals designed to ensure optimum immune support. It is formulated with 1200mg of vitamin C and 15mg of zinc, two of nature's most important immunity boosters. *A review of zinc's immunological actions by the Institute of Immunology and Transfusion Medicine in Germany, determined that zinc deficiency is accompanied by immunodeficiency, resulting in an increased number of infections.*



You may know that olive oil from the fruit and seeds is used to support cardiovascular function and prevent different types of cancer, but do you know that extracts from the olive tree leaves are anti-viral, anti-bacterial and anti-fungal? *WebMD states that olive leaf extract is used for treating viral, bacterial, and other infections including influenza, swine flu, the common cold, meningitis, Epstein-Barr Virus (EBV), encephalitis, herpes, shingles, HIV/ARC/AIDS, and hepatitis B.*

You'll get 200mg of olive leaf extract and three mushroom extracts, Shitake, Maitake and Reishi in this formulation of **Prevention ACF**. While these extracts claim individual health promoting qualities, what they do share is high B vitamin profiles. B vitamins are known to give you energy along with a large amount of beta glucans, polysaccharides that boost the immune system by feeding good gut bacteria and increasing white blood cells.

Colloidal Silver is included as an ingredient that works by suffocating bacteria, fungi and viruses. Finally, you will get the well-known immunity building benefits of Echinacea,

| Supplement Facts | | |
|--------------------------------------------------------------------------------|--------------------|-------|
| Serving Size: 2 Tbsp. (30 mL) | | |
| Servings per Container: 16 | | |
| | Amount per Serving | % DV* |
| Calories | 27 | |
| Total Carbohydrates | 7 g | 2% |
| Sugars | 3 g | † |
| Vitamin C (ascorbic acid) | 1200 mg | 2000% |
| Zinc (zincate) | 15 mg | 100% |
| Elderberry extract (sambucus) | 500 mg | † |
| Citrus Bioflavonoids Complex (hesperidin) | 300 mg | † |
| EpiCor® Dried Yeast Fermentate (from <i>Saccharomyces cerevisiae</i>) | 250 mg | † |
| Olive Leaf extract (<i>olea europaea</i>) 18-20% oleuropeins | 200 mg | † |
| Astragalus Root extract (astragalus membranaceus) | 200 mg | † |
| Beta 1, 3, 1, 4 Glucans (β-D-GAL) | 150 mg | † |
| Echinacea Purpurea extract | 150 mg | † |
| Cats Claw (<i>uncaria tomentosa</i>) | 100 mg | † |
| Reishi Mushroom extract (<i>ganoderma lucidum</i>) *hot water liquid extract | 100 mg | † |
| Shitake Mushroom extract (lentivula edodes) *hot water liquid extract | 100 mg | † |
| Ginger Root (<i>zingiber officinale</i>) | 50 mg | † |
| Maitake Mushroom extract (<i>grifola frondosa</i>) *hot water liquid extract | 50 mg | † |
| Rutin | 50 mg | † |
| Purified Silver (SilverSol) | 10 mg | † |

*Percentage of Daily Value based on a 2,000 calorie diet. †Daily Value not established.

Other ingredients: Pure mountain water, orange and apple juice, natural orange mango, creamy banana, mixed fruit, orange cream, coconut and other natural flavors, vegetable glycerin, xanthan gum, guar gum, potassium sorbate (to ensure freshness), nisin (naturally ensures freshness) and polylysine (natural preservative).

Elderberry and Astragalus herbs. To find out the other beneficial ingredients in this formula of Prevention ACF just read the supplement facts label; it is worth consideration this season.



Another popular immune booster is **oregano oil**. Well-researched, Oregano oil is effective for healing and prevention by stimulating the production of white blood cells. These cells are the body's main defense against colds and viruses. An 'in vivo' investigation of the antiviral efficacy of oregano oil and its primary active component, carvacrol, against the norovirus, concluded that the antiviral properties of oregano oil and carvacrol inactivated the norovirus within one hour of exposure. It also demonstrated the potential of carvacrol as a natural food and surface sanitizer to control human norovirus.

This season, make a commitment to your immune system by feeding it the nutrients it needs to keep you healthy. Start with quality, nutritious foods and supplements, followed with exercise, reducing your stress levels, don't or quit smoking and limit your alcohol intake. By boosting your immune system you will be taking a pro-active stance against the attack of colds and flu during the holiday season and throughout the year.

You can pick up these and many other immunity boosting products here at PBW and our staff is well trained to offer information and advice when needed. Contact the store: 352-597-8100 for hours and availability or with any questions.