

TWENTY WAYS TO BOOST YOUR IMMUNE SYSTEM AGAINST COLDS, ETC.

1. Take a vitamin D with D3 supplement every day.
2. Get as much sunlight as you can for as late into the year as you can manage. Even getting sunlight on just your face helps produce more vitamin D in your body.
3. Use an immune-boosting supplement such as Nikken's Immunity Supplement. Nikken's Immunity Supplement contains a blend of 14 medicinal and proprietary mushrooms, from around the world. One even from the Himalayas .
4. Use a high-quality air filter such as Nikken's KenkoAir Air Purifier in your home to filter out bacteria and mold spores that may be circulating inside your home. The quality of air in your home is most often worse than the air outside.
5. Get regular exercise to boost your circulation and immune strength. This exercise should be frequent and moderate. Do not over-stress yourself at the gym, *or your immune system will be temporarily compromised.*
6. Take supplements especially designed to protect your body's systems. These include Greenzymes, an enzyme supplement. *It was proven in clinical test that the body could survive on this one supplement alone.*
7. Take measures to minimize your exposure to immune-damaging chemicals such as those found in laundry products, cosmetics, personal care products and fragrance products. The artificial fragrance chemicals found in most of these products are carcinogenic and can cause liver damage.
8. Get off all medications *that you can safely eliminate!* Work with a naturopathic physician to accomplish this. Remember, quitting medications cold turkey can be dangerous. Most medications suppress your immune system, liver function, kidney function and even your reproductive function.
9. Eat more meals that are rich in pungent spices. Eat more curry, which is rich in turmeric. Eat more ginger. Eat more cilantro, rosemary, thyme and other rich spices. This includes cloves and nutmeg, two spices you'll typically find in eggnog drinks. These spices boost immune function and taste great, too!
10. Clean up your diet. If you're eating cheese and drinking processed milk, those substances are to be avoided during the winter influenza season, especially. In many people, cheese and dairy products tend to cause sinus stuffiness, which is really a lack of sinus circulation. This can make you more susceptible to physically catching and harboring any virus floating around.

11. Boost your trace minerals intake, especially zinc. Both zinc and selenium are hugely important for immune function. Zinc is especially well known for functioning as a shield support against many viral attacks. One of the best ways to boost your trace minerals intake is to switch to a natural sea salt or a high-mineral salt. Himalayan Pink Sea salt is a great one..
12. Move your lymph! Rebounders (mini trampolines) are great for this purpose. Jumping rope also works, as does just hopping in place for a few minutes each day. You can also do arm rotations and other simple movements to keep your lymph circulating. Lymph movement is crucial for immunity.
13. Take immune-protective herbal tinctures such as **goldenseal, garlic, echinacea, osha root** and **elderberry**.
14. While you're at it, **wash your hands** more frequently. Many of the infections we receive during the flu season come from us touching contaminated surfaces and then touching our eyes, nose or mouth. The simple act of washing your hands can dramatically cut down on viral infections.
15. At the same time, demand high levels of hygiene by those around you. Ask them to wash their hands, for example. Ask them to boost their immunity with herbs, nutrients and supplements that really work. In fact, when others fail to boost their immune systems, it's actually highly irresponsible on their part. Merely relying on a vaccine is actually putting other people at risk, since vaccines don't work 99 times out of 100 (M.A.).
16. Have an emergency supply of colloidal silver available. Not only do you want the liquid colloidal silver, you may also want to consider an **inhalable form of silver**.
17. Get plenty of sleep. A lack of sleep greatly compromises the immune system.
18. Reduce your levels of chronic stress, if possible. Stress also compromises your immune system, and it even "uses up" nutrients in your body, leaving you nutritionally depleted.
19. Eat more "live" (raw) vegetables. A salad a day gives you're the bulk you need plus it's comprised of raw vegetables. Be careful of the salad dressings. Most contain Phosphoric Acid, which leeches calcium from your bones. Most salad dressings also contain High Fructose Corn Syrup, as do many other processed foods. The only dressing I've found locally without both, is (Paul) Newman's Own. Plus their Salsa is all natural, also.
20. Laugh a little, or better yet, laugh a lot! Watch some comedy movies, or spend some fun time with family and friends. Laughter boosts your immune function at many levels. It's good not only for your body, but also your attitude.

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