

Immune-Boosting Tips For Optimal Health

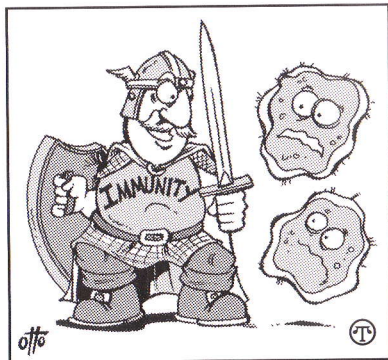
(NAPS)—Staying healthy is a challenge. Hectic schedules, work-life demands and lack of sleep can negatively impact the immune system. Luckily, there are simple steps we can take to naturally preserve health all year long.

“The immune system is the body’s warrior—it defends us daily from potential invasion or attack. Most people, however, only think about their immune system when winter arrives,” says Christine Evans, Nature Made consumer education nutritionist. “But immune system support should be a year-long concern. In fact, recent studies show that approximately 35 percent of adults need immune support during early fall, spring and summer.”

According to Evans, the foundations of a healthy lifestyle include eating a well-balanced diet, getting plenty of rest and exercise and supplementing with a daily multivitamin. Evans also recommends the following natural immune-boosting tips:

- **Get Your C’s:** Studies reveal vitamin C is critical for proper immune system function. It is found in citrus fruits and vegetables such as green and red peppers, tomatoes and spinach. Can’t eat enough fresh fruits and vegetables? Try Nature Made Vitamin C—the tablets are now smaller and easier to swallow.

- **Don’t Smoke!** Smoking and even secondhand smoke negatively impacts the immune system. It dries nasal passages and paralyzes cilia, the delicate hairs



in the nose and lungs that help keep germs out of the body.

- **Try Herbs:** Science has shown Echinacea, garlic and Andrographis paniculata, one of Sweden’s top-selling herbs, help stimulate the body’s natural defenses. Luckily, you don’t have to go to Sweden to try Andrographis. Just pick up a box of Nature’s Resource TriMune, which also contains immune-boosting Echinacea, vitamin C and zinc.

- **Stay Hydrated:** Drink at least 64 ounces of water daily. Green tea, milk and low-sugar juice are also good choices.

- **Reduce Alcohol Intake:** Alcohol consumption decreases the liver’s ability to filter toxins from the body.

- **Wash Your Hands:** Send germs down the drain by washing with soap and warm water for at least 20 seconds. Wash after touching your eyes, mouth, nose, door-knobs, keyboards and other shared items.

For more information on natural immune boosters, visit www.NatureMade.com.

Keep Red Noses At Bay

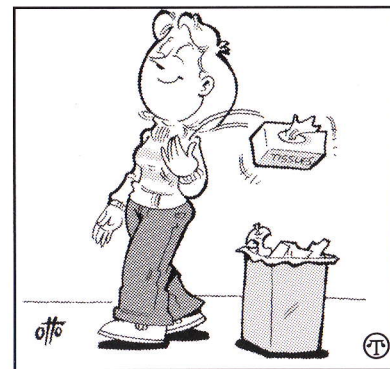
Registered Dietitian Deralee Scanlon Shares Her Powerful Immune-Boosting Strategies

(NAPS)—Shorter days and lower temperatures combined with increased stress levels can wreak havoc on the body’s immune system. In fact, according to the U.S. Centers for Disease Control, 90 percent of Americans need respiratory health support at least once during the cold weather season. Since no one wants to carry tissue boxes all winter and red noses are so passé, we’ve consulted registered dietitian Deralee Scanlon to share her immune-boosting strategies with us:

- **Vitamin C**—Most people have heard of vitamin C but don’t know why it’s important. Vitamin C is critical for proper immune system function and it’s an important and powerful antioxidant that works in the aqueous (water) environments of the body, such as the lungs and eye lenses. Scanlon recommends that adults take 100 to 500 mg of vitamin C year-round for maximum benefit.

- **Echinacea**—Echinacea is used to strengthen and enhance overall health and well-being. This herb may help stimulate the body’s natural resistance. For Echinacea to work best, Scanlon recommends only taking Echinacea at the first sign of feeling under the weather and for no longer than eight weeks at a time.

- **Zinc**—Zinc is a mineral with antioxidant activity that helps protect the body from certain free radicals that may damage cells. It’s important to remember that the body’s immune system needs zinc to function properly. Zinc works best when taken year-round.



- **Andrographis**—While this herb may be new to many U.S. consumers, Andrographis has been long used in traditional Indian and Chinese herbal medicine as an immune booster. Four major studies have shown its ability to support upper respiratory health and wellness. Scanlon recommends taking Andrographis at the first sign of a weakened immune system. This herb isn’t found readily as a single ingredient, so Scanlon recommends TriMune from Nature’s Resource, which combines Andrographis, zinc, vitamin C and Echinacea into a powerful immune defense product. TriMune can be found at Walgreens and CVS in the vitamin aisle.

“When you’re not feeling your best, you want something that helps you feel better faster,” says Scanlon. “Vitamin C, Echinacea, zinc and Andrographis are safe, effective and may naturally boost the body’s immune system.”

For more information on staying healthy all year, visit NaturesResource.com. Deralee Scanlon is a regular contributor to the site.