



Natural Health Research Institute

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JANUARY 2018

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Naturally Strengthen Your Immune System



The start of the New Year is the perfect time to change your diet and lifestyle for the better. Maintaining a healthy body is dependent on a strong immune system. The components of the body's immune system provide protection against the ravages of undesired invaders like free radicals, bacteria and viruses or defective cells such as those found in cancer. These dangerous entities are detected, located and destroyed by a competent immune system. A weak or sub-functioning immune system, however, cannot effectively fight off these undesired invaders. The result is more frequent illnesses such as colds or flu. Severe and debilitating disease states can also develop. Follow these tips to keep a strong and balanced immune system: eat a diet of whole foods high in fruits and vegetables, supplement with vitamins and minerals, get adequate sleep, reduce stress, maintain a healthy gut with probiotics, and get plenty of exercise.

Supplements for Immune Support

- Zinc
- Selenium
- Astragalus
- Vitamin D
- N-acetyl cysteine
- Mushrooms
- Fish oil
- Ginger
- Dimethylglycine
- Vitamin A
- Echinacea
- Astaxanthin
- Vitamin E
- Probiotics
- Elderberry



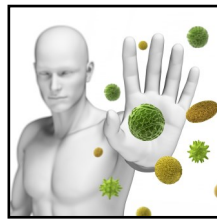
Immune Function Improved by Dietary Intake of Yogurt



Zinc Helps Regulate the Immune System



Mushroom Improves Immune System Strength in Men

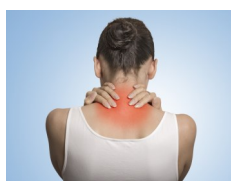


Some Foods and Herbs May Help Ward Off the Flu

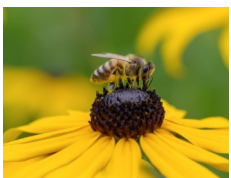
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