

RECOMMENDATIONS FOR KEEPING YOUR IMMUNE SYSTEM STRONG

System overload can cause allergy symptoms and stuffy noses, also sinusitis, rashes, muscle pain, bloating, diarrhea, body aches, and even depression. Here are 5 easy things for you to do to help keep your immune system strong.

1. **Pure Water.** Don't drink chlorinated city tap water. Well water is OK if the well has been tested and you are not in a contaminated area. If you are close to a contaminated area you might consider filtering your water even if you have a well. All city water should be filtered. The best filtration system is reverse osmosis or RO type of filter. Britta filters are barely adequate but can do the job. The more you remove the chemicals the less your immune system has to process.
2. **Eat Healthy.** Try to avoid all sorts of chemicals and additives in foods. These include food coloring, artificial dyes, artificial sweeteners, and preservatives. When you pick up the food and start reading the label and you can't understand what is in the food, consider that it contains significant chemicals. The more of these that you eat over time the more your immune system is stressed. Examples would be Crystal Lite, Kool-Aid, Gatorade, Cool Whip, etc. Develop the habit of reading the labels. You can't be perfect but you sure can avoid stressing your immune system most of the time.
3. **Avoid Chemicals.** Avoid sprays and chemical exposure in the house. Understand that paint fumes, burning candles, spraying all sorts of deodorizers, new carpet, wallboard, glues and other solvents all have an added stress on your immune system. The less you expose yourself to these the better off you will be in the long run.
4. **Exercise!** Make sure that you exercise. Sweating removes more toxins from your system than any other mechanism. Exercise is probably the most important thing that you will do to remove toxins from your system. In a large study of thousands of women, there was a decrease in heart attack and stroke by a rate of 50% if women exercised 1 hour a week – that is walking, not major aerobic exercise. Most people do not even do that, so I encourage you to make a new habit and exercise on a regular basis. We recommend 20 minutes of good brisk walking at least 3 times a week. If you have weight problems and other challenges you may want to do more.
5. **Multi-Vitamins.** Get on a good quality multi-vitamin supplement. Finding the cheapest one at Wal-Mart or Costco won't do it. There is no way to put all the nutrients you need into one pill that you take once a day. One pill is convenient but that is not what works best. I suggest that you go to a good nutritional store or health food store and find their best quality multi-vitamin, get on a program early in life and stay on it. The benefits are immense. In a recent study in Lancet, one of the most prestigious medical journals, there was a 70% decrease in heart attack and stroke in patients that had been on Vitamin E. This is significant in that it just gives you an example of what one single vitamin can do. Most people peck at their vitamins. They take some Vitamin C, Calcium and Vitamin E because someone told them they are good for them. If you take the full complement of vitamins and minerals you will feel better and have less wear and tear on your immune system. If you read the medical literature like we do you will come to the conclusion that a complete supplement program is critical to your health. We recommend that you take 5000U of Vitamin D3 and 2000mg of Fish Oil to help control inflammation.

We think that a nutritional program is very important. You will never know what illnesses you might prevent or what health improvements you might have! Prevention is the key.