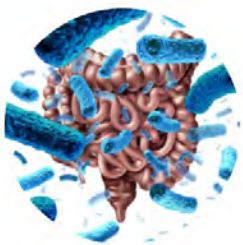


## Strauss education series – Immune and Gut Health – A Symbiotic Relationship

As we know, most of the human microbiota resides in the gut, and as it turns out, so does 70-80% of the body's immune system. The relationship between the two is symbiotic whereby they've evolved together to ensure that the body is protected and is eliminating any harmful pathogens that it encounters.

In time, the immune system forms the diversity of the microbiome, and the gut influences the strength and development of the immune system. Throughout life, other factors also shape the composition of the gut flora, i.e. diet, environment, lifestyle habits. The gut and the immune system support one another to promote a healthy body. It has been said by some researchers that up to 90 percent of all diseases can be traced in some way to the gut and health of the microbiome. And, that inflammation rooted in an unbalanced microbiome, is a main source of degeneration of the body.

When everything is running smoothly, the gut sends signals for the development of healthy immune function modulating immune responses. In exchange, the immune system helps to populate the microbiome with health-promoting microbes. When these two are in good relations, the body is equipped to respond to pathogens and to tolerate harmless bacteria, preventing an autoimmune response and ensuring overall well-being.



It is therefore, imperative to provide the body with the ingredients to succeed in terms of optimal health, such as eating alkalizing foods, drinking plenty of filtered water, minimizing stress and adding certain herbs, such as those found in the Immune Support Drops formula.

**Let's take a closer look at the active ingredients in Immune Support Drops and how the formula supports the symbiotic relationship between gut & immune health.**

### Naturally sourced Myrrh, Goldenseal and Cayenne are Traditionally used in Herbal Medicine:

- as bitters to aid digestion and to increase appetite, help alleviate infectious and inflammatory conditions of the digestive tract, such as gastritis and help relieve digestive disturbances such as dyspepsia.
- to help provide effective relief of coughs, colds, and bronchitis.

#### FUN FACT!

Myrrh scored an extremely high ORAC value, which measures antioxidant activity. Antioxidants help reduce inflammation/acidic environment in the body.

We will begin with **Myrrh**, the main ingredient in Immune Support Drops. Myrrh has historically been used as an anti-bacterial, anti-parasitic, analgesic, anti-microbial, anti-candidiasis agent. All the while being gentle on mucosal lining. In Traditional Chinese Medicine and Ayurvedic Medicine, Myrrh has been used as a potent Inflammatory Bowel Disease and disorder remedy. (Those who may suffer from colitis, for example.) Myrrh has been traditionally used to fight gastrointestinal pathogens which includes *Helicobacter pylori*, it's a spiral-shaped bacterium which is a very difficult shape of bacteria to conquer, and oftentimes leads to stomach ulcers. Myrrh takes care of both; it helps destroy this bacteria, while it enhances wound healing via increasing white blood cells to the affected area. Myrrh has also been shown to be very effective against *Candida Albicans* overgrowth and SIBO (small intestinal bacterial overgrowth). *Candida*, aside from being a leading cause of vaginal yeast infections and oral thrush, is known to run rampant in the digestion tract of some people. Overgrowth becomes a problem because it sets the stage for gastrointestinal issues and lowers overall immunity.

### LET'S TAKE A LOOK AT ANOTHER POWERFUL INGREDIENT IN IMMUNE SUPPORT DROPS: GOLDENSEAL

This herb is naturally rich in a class of alkaloid compounds, with berberine, hydrastine, and canadine being found in the highest concentrations. Classified as a bitter herb, goldenseal is thought to stimulate digestive function by increasing saliva production and stomach acid. It also provides digestive enzymes that may aid in relieving intestinal tract upset.

Additionally, the powerful anti-inflammatory action of goldenseal can protect and heal our gut and intestinal tract thus providing relief from bloating, constipation, and cramping.

**Goldenseal** root extract may be effective against the C., jejuni bacterium, which is a main cause of gastroenteritis. an inflammation of the stomach and intestines that causes diarrhea and digestive upset. Furthermore, it was revealed that berberine, the herb's major alkaloid, is the one responsible for its ability to fight off against H. pylori (sound familiar? Myrrh does this too! What a great combo!). Alkaloids are defined as a class of organic compounds of plant origin containing mostly basic nitrogen atoms. Consuming them can have pronounced physiological actions on gut, immune, and heart health. Constituents in Goldenseal, also work by inhibiting the growth of dangerous pathogens whilst enhancing the growth of beneficial bacteria. Just like Myrrh, Goldenseal can help manage SIBO (overgrowth of bacteria in small intestines).

Goldenseal may help to normalize endothelial function via berberine compounds. This gives rise to Nitric Oxide bio availability and reduces oxidative stress, which results in better blood flow, less inflammation, and therefore less discomfort and dis-ease. Berberine is also known for increasing another powerful antioxidant, Superoxide Dismutase (SOD). SOD is one of the body's key antioxidants that protects cells and tissues from damage by neutralizes peroxides that can otherwise cause cellular damage in the body. **Less cellular damage = more energy and less dis-ease!** Several studies have also shown berberine, as found in Goldenseal, to support the liver to metabolize cholesterol (LDL) more efficiently. We know that this also helps with the overall digestion process.

Well, it seems as though both Myrrh and Goldenseal work to keep the GI tract healthy, now let's "up the ante" with Cayenne!

**Cayenne** is the third ingredient in Immune Support Drops formula. It is known to help to increase the production of gastric juices, stimulate stomach enzymes to aid in digestion, and provide extra protection to the stomach (fights H. pylori). Cayenne is known to systemically increase blood flow and speed of immune cells getting transported to sites of infection. Coupled with the fact that cayenne also helps the entire IMMUNE SUPPORT DROPS formula get into every "nook and cranny" in the body to begin fighting the infection.

### IN CONCLUSION

The combination of these 3 powerhouse herbs in the Immune Plus Drops formula can help alleviate infectious and inflammatory conditions of the digestive tract and help provide effective relief of coughs, colds, and bronchitis. This makes the Immune Plus Drops an excellent choice for supporting gut and immune health.



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