

## IMMUNE SUPPORT

We know that it has been studied for centuries the importance of a restful night's sleep. Scientists have focused their attention on our bodies' T cells, the white blood cells that are responsible for combating viruses and pathogens, and found that sleep deprivation reduced the efficiency of these important immune cells.

As far as keeping our minds healthy, sleep replenishes our entire body and therefore is paramount in the effort to combat pathogens, as well as aiding in cognitive power (needed for balanced decision-making, reasonable responses to stress, empathy reserves, all of which are especially critical during this time of collective anxiety). Sleep also protects us from feeling lonely and isolated.



Clearly, getting good sleep is more crucial than ever right now, but at the same time, 70 percent of people say they feel unable to disconnect from technology as a result of the coronavirus outbreak.

We are continually exposed to organisms that are inhaled, swallowed or inhabit our skin and mucous membranes. Whether or not these organisms lead to disease is decided by the integrity of our body's defense mechanisms, or immune system.

When our immune system is working properly, we don't even notice it. But when we have an under- or over-active immune system, we are at a greater risk of developing infections and other health conditions.

A "HOLISTIC Approach" also means proper nutrition and the addition of antiviral supplements such as those containing garlic, oregano and citrus seed extracts.



Some herbs and foods inhibit the development and invasion of viruses. Many of the best antiviral foods & herbs boost the immune system, which allows the body to attack viral pathogens. This can be even better than attacking specific pathogens, which antiviral drugs are designed to do, because pathogens mutate over time and become less susceptible to treatment. Not only do antiviral herbs fight viral infections, boost the immune system and work as natural flu remedies, but they have a number of other health benefits, such as cardiovascular, digestive and anti-inflammatory support.

## FOOD & HERBS THAT ASSIST THE IMMUNE SYSTEM

### GARLIC

Garlic contains countless vital nutrients; flavonoids, oligosaccharides, amino acids, allicin and high levels of sulfur of sulfur (just to name a few) and eating this spice regularly has been proven to provide unbelievable health benefits.

Raw garlic also contains approximately 0.1 percent essential oil of which the main components include allyl propyl disulfide, diallyl disulfide and diallyltrisulfide. Raw garlic is conventionally measured for cooking and medicinal purposes by the clove. Each clove is packed with health-promoting components.



A clove (approximately three grams) of raw garlic nutrition contains; manganese, vitamin C, calcium & selenium. These are just some of the top nutrients found in this spice. It also contains alliin and allicin, which are both health-promoting sulfur compounds. Allicin benefits are especially well-researched in studies. Not only are Scientists interested in the potential for these sulfur compounds derived from the spice to prevent and treat chronic and deadly diseases, such as cancer and cardiovascular disease, but also for cold and flu viruses.

Experiments have shown that garlic (or specific chemical compounds like allicin found in the spice) is highly effective at killing countless microorganisms responsible for some of the most common and rarest infections, including the common cold. It actually might help prevent colds as well as other infections.



### DID YOU KNOW?

Chopped or minced garlic activates alliinase enzymes in the spice's cells, and sitting allows these enzymes to convert some of the clove's alliin into allicin. Allicin then rapidly breaks down to form a variety of organosulfur compounds. Scientists suggest allowing garlic to stand for 10 minutes after chopping or crushing before cooking it.

### TIDBIT

Don't throw away any leftover cloves from your curry dish or garlic recipe. Garlic clove food scraps are amazingly simple to use to regrow garlic plants!

## GARLIC AND GINGER

Ginger and Garlic are traditionally used in Herbal Medicine as an expectorant and antitussive to help relieve symptoms associated with upper respiratory tract infections and catarrhal conditions, including nasal congestion, coughs, colds and bronchitis.

Ginger is traditionally used in Herbal Medicine to help relieve digestive upset including lack of appetite, nausea, digestive spasms, indigestion, dyspepsia and flatulent colic. Helps prevent nausea and vomiting associated with motion sickness and/or seasickness."



## CAYENNE

Cayenne pepper contain Vitamins A, C, B6, E, potassium, manganese and flavonoids – which provide its powerful antioxidant properties.

One of the major cayenne pepper benefits is the positive effect it has on the digestive system. It helps produce saliva, which aids in digestion, reduces acidity and inflammation within the body and increases circulation to aid in ridding toxins such as bacteria, viruses etc.

Cayenne pepper benefits include being full of beta carotene and antioxidants that support your immune system. It aids in breaking up and moving congested mucus, and once this nasty mucus leaves the body, the symptoms of the flu or cold will diminish.

Cayenne pepper also raises your body temperature, which makes you sweat and increases the activity of your immune system. As a vitamin C food, cayenne pepper may also help you to kick that nasty cold.

### OREGENAO OIL



Oregano essential oil is known for its healing and immune-boosting properties. It fights infections naturally due to its antifungal, antibacterial, antiviral and anti-parasite compounds.

Several scientific studies show that oregano oil exhibited antibacterial activity against a number of bacterial isolates and species, including *B. laterosporus* and *S. saprophyticus*.

Oregano oil benefits are proving to be superior to some antibiotics, without the harmful side effects. That's because oregano contains two powerful compounds, carvacrol and thymol, that have powerful antibacterial, antiviral and antifungal properties. It's the carvacrol that reverses viral infections, as well as allergies, tumors, parasites and disease-causing inflammation.

Meanwhile, oregano oil benefits extend beyond just controlling infections. What else is oregano essential oil used to treat? Common examples of conditions that oregano oil can help manage include:

- Athlete's foot or toenail fungus
- Common colds
- Gingivitis
- Earaches or toothaches
- Digestive problems such as heartburn and SIBO (small intestine bacterial overgrowth)

Oregano oil is primarily made of carvacrol, while the plant's leaves contain a variety of antioxidant compounds, such as phenols, triterpenes, rosmarinic acid, ursolic acid and oleanolic acid. Carvacrol found in oregano essential oil is so potent that it has been the focus of hundreds of studies.

**It has been shown in studies to help reverse or reduce some of these common health problems:**

- Bacterial infections
- Tumors
- Viruses
- Parasites
- Allergies
- Fungal infections
- Indigestion
- Inflammation
- Candida

**Naturally sourced Myrrh and Goldenseal herbs are Traditionally used in Herbal Medicine:**



- to help alleviate infectious and inflammatory conditions of the digestive tract, such as gastritis and help relieve indigestive disturbances such as dyspepsia
- for its antibacterial and anti-inflammatory properties; often taken to prevent or treat upper respiratory tract infections and provide effective relief of the common cold, coughs and bronchitis
- Goldenseal is considered an herbal antibiotic and has been traditionally used for infections of the mucous membranes

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