

SPECIAL 3-PAGE
PULL-OUT
SECTION

astragalus



echinacea



goldenseal

Immunity ENHANCERS

HELP YOUR IMMUNE SYSTEM BEAT BACTERIA AND EVADE VIRUSES
WITH VITAMINS, HERBS AND OTHER NATURAL SUBSTANCES.

Just as flowers point to spring and thunderstorms usher in summer, autumn is marked by falling red and gold leaves, a hint of chill in the air and...the sounds of cold- and flu-ridden folks coughing and hacking away. A bad cold can try anyone's patience (and we catch 62 million of them annually), but the flu can be downright dangerous—just ask the 100,000 people who wind up in the hospital with influenza complications every year.

So it's no surprise that October is Immunity Issue month here at *Energy Times*; we

know what you're up against, virally speaking, and we want to help. That's why the chart on the next page lists the supplements we feel will give your immune system a decent shot at vanquishing the microbes swarming your neighborhood. Of course it doesn't hurt if you also eat right, get enough rest and wash your hands frequently (yes, with soap!). What's more, a tiptop immune defense can protect you against infections of all sorts and even help nip cancer in the bud.

Who knows? Maybe you can make it through to springtime without so much as a sniffle.

Immunity ENHANCERS

NOTE: Consult a qualified health practitioner before starting a supplementation program, especially if you have a pre-existing condition.

Name	Description	Function
Astragalus	A bushy herb that grows in the Far East, also known commonly as milk vetch; scientific name: <i>A. membranaceus</i>	Stimulates macrophages and T cells; Chinese studies report it reduces both incidence and duration of upper respiratory infections
Echinacea	Native to the US east of the Rocky Mountains and now naturalized throughout Europe; also known as purple coneflower	Activates macrophages and appears to do the same for natural killer (NK) cells; leads to reduced duration and severity of flu symptoms in clinical studies
Garlic	Culinary herb used in cuisines worldwide; scientific name: <i>Allium sativum</i>	Contains at least 15 immune-boosting phytochemicals; destroys microbes (bacteria, fungi and viruses) directly and may prevent them from producing toxins
Goldenseal	Herb native to North American woods; scientific name: <i>Hydrastis canadensis</i>	Contains berberine, a noted fighter of micro-organisms; enhances various aspects of immune function
Medicinal Mushrooms	A number of mushrooms used in cooking have immunity-enhancing qualities, including maitake (<i>Grifola frondosa</i>), reishi (<i>Ganoderma lucidum</i>) and shiitake (<i>Lentinus edodes</i>)	Maitake fights infection; reishi stimulates NK cells and speeds development of macrophages; shiitake strengthens immune defense against colds
Olive Leaf	Taken from the same tree that provides both olives and olive oil (<i>Olea europaea</i>)	Stimulates macrophage activity; inactivates viruses and fights bacteria as well
Pau d'Arco	Inner bark taken from a tropical evergreen tree, commonly known as <i>lapacho</i>	Immune stimulant that fights bacteria, fungi, parasites and viruses, but is especially useful against harmful yeasts
Probiotics	Various types of beneficial bacteria live within the bowel, where they aid in digestion; <i>Lactobacillus</i> and <i>Bifidus</i> are among the chief strains	Help prevent harmful micro-organisms from attaching to the digestive-tract wall; help infants develop resistance to intestinal viruses
Selenium	Trace mineral the body uses to create a powerful antioxidant called glutathione peroxidase	Vital to healthy immune function; deficiency may cause normally harmless viruses to become infectious
Vitamins A, C & E	Three major antioxidant vitamins that play important roles throughout the body; C is soluble in water, while A and E are carried by fat (natural E is the recommended form)	Being deficient in vitamin A decreases resistance to infection; vitamin C helps reduce cold duration and severity in trials; vitamin E works hand-in-hand with C
Zinc	Required for creation of superoxide dismutase, another body-generated antioxidant	B and T cells don't function as well as they should when zinc is deficient; reduces duration when used at the first sign of a cold

For More Information...

To learn about the different immune system components, turn to "Immunity All Stars" on page 18 and "Natural Born Killers" on page 23.

To find out how one woman used natural therapies to deal with an autoimmune disease, see "When the Body Betrays" on page 30.

Read about an immunity-enhancing fiber from the larch tree called arabinogalactan (AG) in Supplement Savvy on page 52.