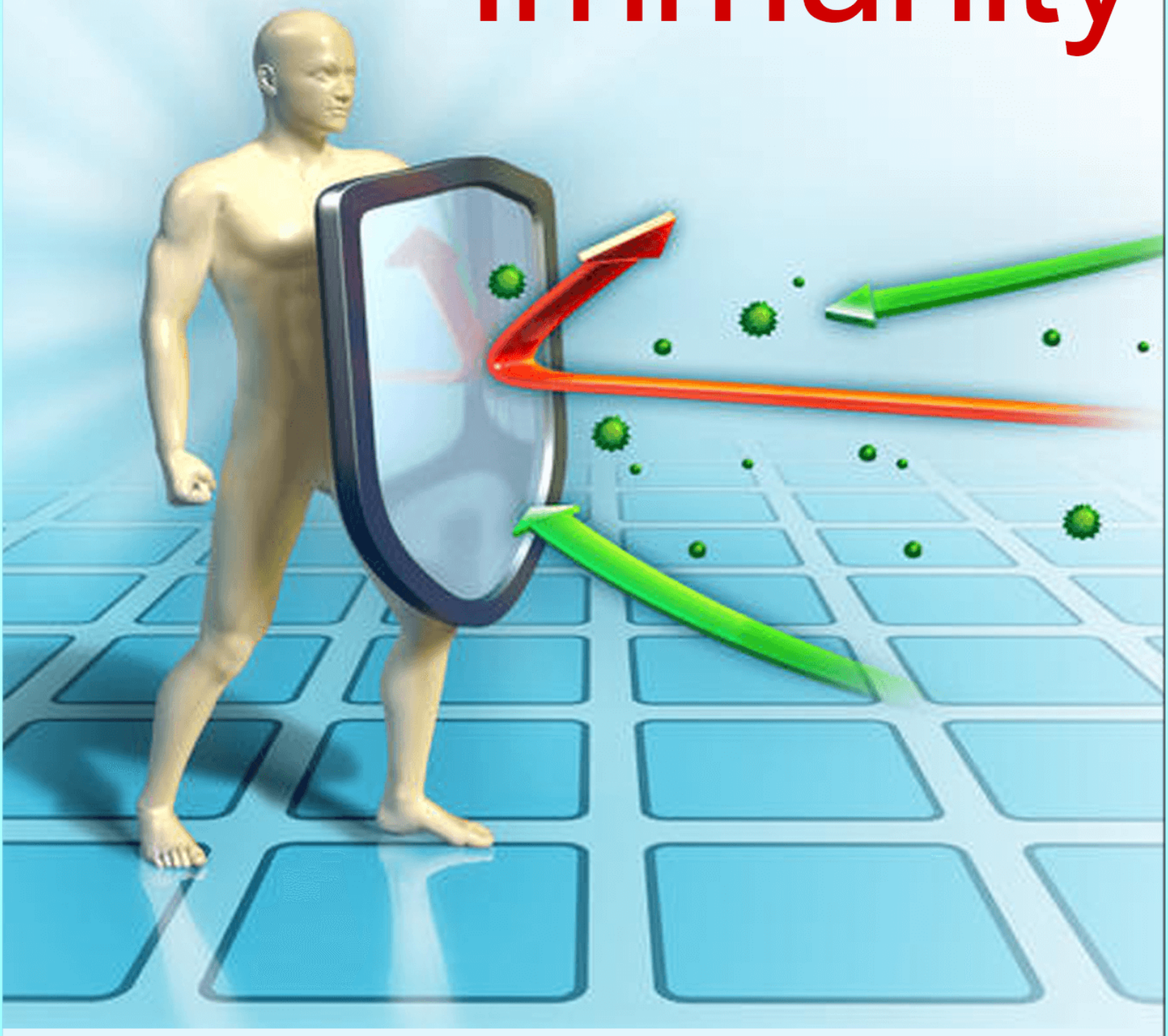
Superhuman Immunity



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I. Short information about immune system

A weakened immune system leaves your body susceptible to every cold and flu virus, especially during the holiday season when you are in close contact with others, often moving between time zones and changing climates.

The main function of the immune system is to protect the body against various infections. It is the most important body component that helps in determining one's state of health.

The effectiveness of your immunity varies from person to person. In case of weak immunization the person is more susceptible to infections and other health problems. Immunity system forms various antibodies that fight against germs.

The main components of the defense system are bone marrow, antibodies, cells, lymph nodes, spleen, chemicals, thymus glands and tonsils.

If you want start boosting your immunity, now is a good time.

So, how exactly do you go about boosting your immunization? There are a number of great methods.

Cold and flu season is upon us. The first line of defense is to wash your hands often, and keep your work area clean by wiping it down with an alcohol solution.

There are many foods that interfere with the working of immune system and various nutrients and herbs that enhance the immune system.

In this book you will find ten recommendations that will boost your body's immune system naturally.

II. Immunity UP!

1. **Amla** is the richest natural source of vitamin C. It is considered as a versatile and powerful antioxidant that protects the body against all types of cancer, fights against virus that is responsible for causing AIDS and HIV.

Various other benefits of Amla are:

- Helps in good iron absorption from the dietary sources.
- It increases the protein synthesis that strengthens the body muscles.
- Helps in better food absorption making the digestive system strong and balances the stomach acid.
- It strengthens the liver and helps in the easy removal of toxins and morbid matter from the body.
- It is also responsible for strengthening the hair, nails, bones and teeth. It prevents the premature graying of hair and dandruff.
- It provides nourishment to the brain and heart making the nervous system strong and lowering the blood cholesterol.
- It is considered best tonic for eyes .

All these benefits make Amla a strong immune enhancer.

Vitamin C:

You are probably already aware of this reliable supplement. Your body cannot store vitamin C so it is dependent on your dietary intake. To make sure you are getting enough it is recommended to take 1,000 mg a day to fight off infection.

2. Goldenseal and Ashwagandha

Goldenseal: You will find this remedy very effective in not only preventing infection but also reducing inflammation after you have a cough or flu symptoms.

Benefits of Goldenseal are:

- Is a gut antibiotic, which for example helps reduce adhesive e coli
- Encourages some immune functions of the body
- For example, berberine, which is one of its active constituents, has been shown to increase the activity of macrophages, which digest bacteria and viruses.

- Goldenseal, being a bitter herb, it is also good for the digestive system.
- It's said to helpgonorrhea, malaria, pneumonia, just about any stomach or digestive condition, skin problems such as dandruff, ringworm, and eczema, eye infections.

If you are pregnant or suffer from hypertension, however, you should not take goldenseal.

Dosage

There are many different opinions about the ideal dosage of Goldenseal. Please note that the dosages that follow are intended for adults only. Please consult a qualified practitioner before giving Goldenseal to children.

The general recommendations for adults include taking 400-2000 mg of the powdered root three times per day. Recommended dosage of an alcohol based tincture is 90-210 drops per day in divided doses.

Typical dosage for a powdered extract is 30-120 mg three times per day. As with any herb, discontinue use if any unusual symptoms or reactions occur after starting to take Goldenseal.

A low dose (500 mg, three times per day) of powdered root is effective for Candida overgrowth, while higher doses (1000-2000 mg, three to five times per day) are effective for bacterial infections.

Ashwagandha: In Ayurveda the herb ashwagandha is believed to have anti-inflammatory, anti-tumor, anti-stress, anti-oxidant, rejuvenating, aphrodisiac and immune enhancing properties.

Various other benefits of ashwagandha are:

- It reduces the inflammation of the joints, eases arthritis and increases the energy level of body.
- It is also considered as a sex stimulant for both men and women.
- It helps in preventing miscarriages in pregnant women by balancing the hormones that stabilizes the pregnancy.
- Its regular use helps in the maintaining the sugar and cholesterol levels.
- It is the only herb that supports the immune system of HIV patients.
- It has been used in prolonging life, improving overall health, enhancing mental function, increasing fertility and libido, augmenting physical energy, and preventing infections. Thus, acting as an immune booster.

Dosing information is limited. W. somnifera root powder has generally been used at dosages of 450 mg to 2 g in combination with other preparations.

3. **Turmeric:**

This herb is a member of the Ginger family and also known as Curcuma.

Animal research has shown this herb to be beneficial as an immune stimulant.

Benefits of turmeric are:

- Turmeric is a yellow spice used in much of Indian cooking.
- It has also been used as aAyurvedic beauty agent.

- Turmeric not only has antiseptic and anti-inflammatory properties, but also corrects hyperpigmentation and softens the skin.
- For these reasons, many Indian brides use a turmeric treatment to prepare for their wedding day – it leaves skin even-toned, shiny, soft, and supple.

  Recommended dosage is 200 mg per day to support immune health.

4. **Maitake:**

Maitake is also known by the name Dancing Mushroom, famous for its taste and health benefits.

In Japan, Maitake mushroom is called “King of Mushroom”. The fruiting body and the mycelium of Maitake are used medicinally.

In China and Japan, Maitake mushrooms have been consumed for 3000 years. Years ago in Japan, the Maitake had monetary value and was worth its weight in silver.

Benefits of Maitake are:

- Historically, Maitake has been used as a tonic and adaptogen.
- It was used as a food to help promote wellness and vitality. It was used as a food to help promote wellness and vitality.
- Traditionally, consumption of the mushroom was thought to prevent high blood pressure and cancer – two applications that have been the focal point of modern research.

- Clinical research with Maitake Mushroom has increased dramatically in the past several years. Laboratory studies have shown that Maitake Mushroom extract can inhibit the growth of tumors and stimulate the immune system of cancerous mice.
- These mushrooms enhance immunity, and are especially effective in helping the body to inhibit cancer growth.
- Maitake appears to activate the immune response by stimulating the T-cells that are the body's defence against viruses and cancer cells. **Recommended dosage is 3-7 g per day.**

5. **Aloe Vera:**

Supplementation with Aloe Vera has been shown to be extremely effective in bolstering and balancing the immune system.

Recommended dosage is a quarter glass of juice each morning.

Take twice a day when you feel a cold or flu coming on.

Benefits of Aloe Vera:

- Aloe vera plants, particularly aloe barbadensis miller plants, have been used for centuries to help burns, cuts, and other skin ailments. Perhaps your grandparents always had one of these unique, cactus-like plants nearby, just in case of an emergency. If someone got a cut or burn, they would break an aloe leaf apart to extract gel from inside the leaf. The aloe gel inside the leaf is used as a natural healing salve.
- With the onset of commercialism and the recent boom in all-natural products, aloe has become the ingredient of choice in many skin care and health products. Commercial aloe products include everything from creams to lotions to nutritional supplements in pill or drink form. The products often combine aloe gel with other ingredients to enhance the gel's natural healing components. For example, an aloe-based Hawaiian

product, called AhVahleen, combines aloe with some natural extracts taken from organic honey and a Hawaiian Kalo herbal plant.

- Aloe gel, especially when combined with other natural ingredients, can greatly enhance the skin and its ability to replenish skin cells. As skin cells die, new skin cells must replace the old to promote healthy skin. This also slows the aging process and helps keep the skin moist and beautiful. Aloe creams and gels on the market can help enhance this process. There are also creams and gels to help with itching, burns, cuts, psoriasis, shingles, and other skin conditions.
- Aloe Vera gel is also known to have antiviral, antibacterial, and antifungal properties, which allow skin ailments to heal while reducing risk of infection. Some aloe-based products are said to help soothe and dry up chicken pox as well. Aloe gel can work as a natural anesthesia to reduce or alleviate pain caused by burns, cuts, and skin rashes. For severe sunburn and/or sun poison, aloe vera gel can cool the burning skin and speed up the healing process

6. **L-Arginine:**

Is a non-essential amino acid that promotes wound healing and improves the immune response against bacteria, viruses and tumorcells.

Levels of L-Arginine drop during periods of increased stress. **Recommended dosage is 3-6 g per day.**

Benefits of L-arginine are:

- L-Arginine is used to promote the production of nitric oxide, a compound in the body that relaxes the blood vessels. Atherosclerosis (disease affecting arterial blood vessels), erectile dysfunction, and leg cramps. This amino acid is also involved in the formation of proteins. In larger dosages, L-Arginine may stimulate the release of growth hormones and prolactin, a hormone associated with lactation.

- L-Arginine may be used as a blood thinner and may stop the blood from clotting. This compound may improve blood flow to and from the heart and reduce excess cholesterol. L-Arginine may also preserve the elasticity of blood vessels because of its antioxidant properties. Patients with early stages of heart disease that are administered with L-Arginine prevents the disease from worsening and helps relieve back pain.
- Erectile dysfunction is another ailment that can be treated with L-Arginine. Like sildenafil citrate, this amino acid is thought to improve the action of nitric oxide which relaxes the muscles surrounding the blood vessels that supplies the penis. Because of this, the blood vessels dilate and increase the blood flow which aids in maintaining an erection.

Recent studies support the use of L-Arginine supplements to ensure that sufficient production of nitric oxide flow in the penis.

- Individuals who want to build muscle mass may use L-Arginine to aid them in their body-building goals. It is essential in muscle development because it increases blood flow and delivers more nutrients to the muscle cells. This development may help the muscles to grow during the recovery stage. In addition, L-Arginine may reduce muscle inflammation one it have been exposed to excessive stress. It can also boost human growth hormone levels within the body and promote fat burning.

7. **Astragalus:**

Used for nearly 4000 years in traditional Chinese medicine. Early Chinese writings refer to it as "the superior tonic".

Astragalus is a favorite immune system builder among the natural health community.

It is good for colds, immune- deficiency- related disorders, including AIDS, cancer, and tumors.

Benefits of Astragalus are:

- Astragalus is a good anti-viral, anti-bacterial, and anti-microbial.
- The polysaccharides in it support the immune system.

- Astragalus increases the activity of phagocytes, natural killer cells, and the levels of antibodies in the blood.

Dosage

There is not a lot of scientific evidence about giving astragalus to children, so ask your doctor first. According to TCM, you should not give astragalus to a child with fever because the herb may make the fever last longer or grow stronger. Dosage should be determined by your doctor.

Adult

Dosage depends on condition being treated, age, and weight. Work with your physician to determine the safest and most effective dosage for you. Higher doses may suppress the immune system.

For best results, use a standardized astragalus supplement. Dosages depend on a number of factors, such as whether astragalus is being used primarily as an adaptogen or for other reasons. People should work with a knowledgeable provider to determine the appropriate dosing schedule for their needs.

At recommended doses, astragalus has no serious side effects and can generally be used safely. It does interact with other herbs and medications

8. Black Tea:

When black tea caffeine first was discovered in the year 1827, it was thought to be a new substance and was named theine. It was found to have effects identical to coffee and in fact, eventually it was found out to be the same caffeine as found in coffee, so the term theine was dropped from use.

You may be able to boost your fight against the flu with black tea.

In a recent study, people who gargled with a black tea extract solution twice per day showed a higher immunity to flu virus compared to the people who did not gargle with black tea.

Black tea represents probably the single biggest source of flavonoids–a natural class of antioxidants that are found in many natural plant- derived foods.

Various benefits of black tea are:

- Black tea caffeine has the same effects on the human body as caffeine obtained by drinking coffee. It will speed up reaction time and increase alertness as well as improve overall concentration.
- It is thought that the increase in alertness and reaction time is a direct result of a stimulation of the cardiac and respiratory systems of the body which increases the amount of oxygen in circulation throughout

the body. In addition to that, black tea caffeine stimulates the kidneys and digestive juices, and may even boost metabolism and eliminate toxins.

- Some studies conclude that caffeine is beneficial in that improves the performance of the brain and helps to reduce heart disease and other diseases as well. More studies are needed to confirm these conclusions. Most dieticians continue to warn against consuming large amounts of caffeine since there are known undesirable side effects such as shortness of breath, insomnia, and heart palpitations.
- However, there is an advantage to consuming black tea caffeine as opposed to the caffeine found in coffee. The reason is because there is less caffeine overall in a cup of black tea as opposed to coffee. A typical cup of coffee has around 16 mg of caffeine while a cup of black tea might have only 6 – 8 mg. So you could drink a few cups of black tea caffeine and not have the potent effects you might obtain from one cup of strong coffee.

There are actually many interesting factors which influence the amount of black tea caffeine that is present. The variety of the tea leaves as well as where on the tea plant the leaves are located play an important part.

Leaves that are toward the bottom half of the tea plant are older and have more phytochemicals and other plant substances than the young leaves toward the top of the plant. In addition to that, where the tea plant is gown, how it is cut, and the length of time it is brewed or steeped will all have an effect on the amount of black tea caffeine available in each cup.

Compared to other varieties of teas, black tea has the highest caffeine content and is probably due to the way it is processed since it undergoes a full oxidation which gives it a uniquely stong taste.

The following doses have been studied in scientific research:

For headache or improving mental alertness: a typical dose is up to 250 mg of caffeine (several cups of black tea) per day.

For reducing the risk of heart attack and kidney stones: a dose of at least one cup per day.

For preventing "hardening of the arteries" (atherosclerosis): 125-500 mL (1-4 cups) of brewed black tea daily.

For preventing Parkinson's disease: men drinking 421-2716 mg of total caffeine (approximately 5-33 cups of black tea) daily have the lowest risk of developing Parkinson's disease, when compared to other men. However, men who drink as little as 124-208 mg of caffeine (approximately 1-3 cups of black tea) daily also have a significantly lower chance of developing Parkinson's disease. In women, moderate caffeine intake (1-4 cups of black tea) per day seems to be best.

9. **Olive leaf:**

Scientists are always looking to plants to find medicinal and therapeutic secrets. Discoveries of natural compounds within the olive tree and olives, provide promising health and medical benefits. Organic olive oil has

significant health related properties that have spanned centuries and cultures in the Mediterranean.

The Mediterranean olive dates back 6000 years and was native to Iran, Syria and Palestine (Asia Minor). From there it spread to the Mediterranean basin. It is one of the earliest known cultivated trees. According to the Bible, an olive leaf was that which a dove brought back to Noah, as an indication the great flood waters were abating.

The olive tree thrives best in a sunny position and climate. A rocky subsoil suits it well. The trunk is knotty, hard, and gnarled, the bark smooth and ash colored. Olive wood is valuable for its durability and is crafted into many items such as gourmet cooking utensils.

The olive tree experiences slow growth, but it lives very long. It is reported that the olive trees on Mount of Olives in Jerusalem, are over 2000 years old. It is commonly believed the Bible passage of “the fruit thereof shall be for meat, and the leaf thereof for medicine,” refers to the olive tree. Olive leaves are silver grey-green, and possesses the health qualities of “olive leaf extract” which is pressed from them.

The olive is believed to be a source of wealth for the Minoan Kingdom. Egyptians tombs dating back as far as 2000 BC have been proved to contain olives.

The Greeks spread the usage of olives to the Romans who, in turn, spread it across their vast empire.

The use of olive oil has been advocated by many religions and cultures. The early Greek Kings were anointed with olive oil. It was also used to anoint winning Olympic athletes. Across many cultures, olive oil is recognized for healthy benefits for both the inner and outward body.

Some research indicates extra-virgin olive oil is the most digestible of the edible fats.

Olive oil also it helps to assimilate vitamins A, D and K in the human body.

Benefits of consuming olive oil

- It include slowing down the aging process and helps liver, bile, and intestinal functions.
- Olive oil is valued for its culinary attributes and organoleptic virtues, these being: flavor, bouquet or aroma, and color. Various grades of olive oil are derived from the time of pressing. Earlier pressings are regarded as better quality. Cold pressed olive oil is a pressing process requiring no heat or chemicals, which destroy vital nutrients. This olive oil is generally the best to use for cooking and healthy cuisine.
- Olive oil has been extensively used in cooking and forms an integral part of the basic Mediterranean diet. It is a healthier substitute to butter.

Strong and pungent flavored olive oils are great for frying fish or other items having a strong flavor. Extra virgin olive oil goes well with salads. A late harvest mission variety olive oil, which is mellow, can be used for baking cakes. Gourmet olive oil is a healthier and tastier substitute to other fatty cooking oils.

- The health benefits of cold pressed olive oil already have federal agency approval. The U.S. Food and Drug Administration authorized marketing ads that say organic olive oil helps reduce the risk of coronary disease and disorders.
- Olive leaf extract is a powerful tool in the fight to kill viruses such as the cold, herpes, and Epstein-Barr.

Its power also extends to helping wipe out sinusitis and bronchitis, as well as reducing hypertension and cholesterol levels.

The most important element extracted from olive leaves is a bitter substance named oleuropein.

In the 1960's researchers reported that oleuropein lowered blood pressure in animals, this caused immediate medicinal interest in the olive leaf.

When purchasing this supplement, look for capsules standardized to 6 percentoleurpein.

The recommended dose is 500 mg daily to fight an existing bacterial or viral infection.

There are new studies that indicate olive leaf extract may be a natural preventative against the common cold and flu.

10. Liquorice:

Scientific studies have shown that liquorice stimulates immunity. Its ability to fight flu viruses and bacteria allows using it not only for treatment, but also for flu prevention during epidemics.

Liquorice root should not be used in cases of high blood pressure, water retention, pregnancy or if on medication.

Benefits of liquorice are:

- Licorice is used for various digestive system complaints including stomach ulcers, heartburn, colic, and ongoing inflammation of the lining of the stomach (chronic gastritis).
- Some people use licorice for sore throat, bronchitis, cough, and infections caused by bacteria or viruses.

Dosage:

Licorice root has been used in daily doses from 2 to 15 g for ulcer and gastritis. Higher doses given for extended periods of time may pose a risk of hyperkalemia. The acceptable daily intake (ADI) for glycyrrhizin is suggested to be 0.2 mg/kg/day.

III. Recommendations

These remedies are not designed as a prophylactic, like a vaccine. They work on the principle of giving your body an increased chance at staying healthy. But nothing replaces common sense.

- Wash your hands before eating.
- Don't drink ice or from water bottles where the seal has been broken.
- Drink cocktails in glasses, not cute but probably old coconut shells.
- Don't eat anything fresh that you can't peel.
- Don't eat ice cream or drink unpasteurized milk.
- Be wary of eating from street vendors. Some people do, and are fine. But they are a risk factor with gastrointestinal upsets. It's a good idea to pack some oral hydration salts as a precaution.

IV. Final Thoughts

It is best to start thinking about immune health before you become ill.

Now is a great time to start improving your diet, learning to cope with stress and taking an inventory of the gaps in your diet.

It's time to help decide which supplements will be of most benefit to you.

Now is that time of year again where virus' and bacteria's run a-muck and play havoc on our bodies. This is the best time to start preparing for the flu season.

There is no magic way of creating a healthy immune system. The best place to start is eliminating junk foods and beverages from the diet. Adequate rest and moderate exercise are also important.

There are certain supplements that are known for preventing sickness or taken during sickness to speed up recovery. Some of these are echinacea, goldenseal, elderberry, ginseng, astragalus, mullein leaves, yerba santaleaves, parthenium root, capsicum fruit, yarrow, paud'arco bark, and colloidal or ionized silver.

There are many immune building multiples that contain many of the supplements mentioned above. The trick is to start taking 2 a day in September and continue till spring.

Those with severely compromised immune systems may need more. There are homeopathics that are popular this time of year such as, oscillococcinum. It is natures # 1 flu medicine.

Silver water is a natural antibiotic. Wild Mediterranean oregano oil is famous for knocking out virus, bacteria and fungus.

60% of our immune system is in our "gut", therefore it is important to maintain an adequate amount of "friendly bacteria". Most people supplement with acidophilus and bifidophilus to achieve this, for the typical American diet, antibiotics and other prescription medications destroy these good bacteria.

Essential oils can also be used to enhance immunity. A disinfecting room mist can be made by taking a glass 4 oz. glass bottle with a sprayer and adding a

total of 90 drops of each; rosemary, tea tree and peppermint essential oils and fill the rest with spring or distilled water.

Shake 100 times and let it sit for 24 hrs before use.

It does take a substantial effort to build immunity and achieve optimum health but….you and your family are worth it!!!

In closing, I would suggest to that you take your time, do your research, analyze your health status or needs and then find the natural products to meet your needs.

It something you can do for yourself, which leaves you with a very good understanding of your health care needs. Many people go through life relying solely on other people when it comes to their nutrition or health care needs.

Here's to your health!