



Don't Catch a Cold, Catch Health!

**Herbs and Good Nutrition
Can Keep Your Immune
System Strong and Help You
Avoid Illness This Winter**

Playing, "catch" with a ball is fun. The right person of the opposite sex can also be a good "catch." It's even fun to "catch" a good movie or play. But, it's no fun to catch a cold, flu or other infection.

Since Louis Pasteur advanced the germ theory of disease, people have been looking for more effective ways to avoid catching an infection by killing microbes. While cleanliness and sanitation are helpful to a point, people seem to forget that the body is designed to be naturally resistant to infection. As a result, people spend more time and effort killing microbes than they do trying to "catch" good health by keeping their immune system strong.

The misplaced emphasis on killing germs has serious negative effects on health. For starters, the overuse of antibiotics in treating contagious disease has resulted in a weakening of people's immune systems. Antibiotics kill the friendly microbes in our intestines known as probiotics. These probiotic microbes are a key component of our immune system because they inhibit the growth of yeast and harmful bacteria.

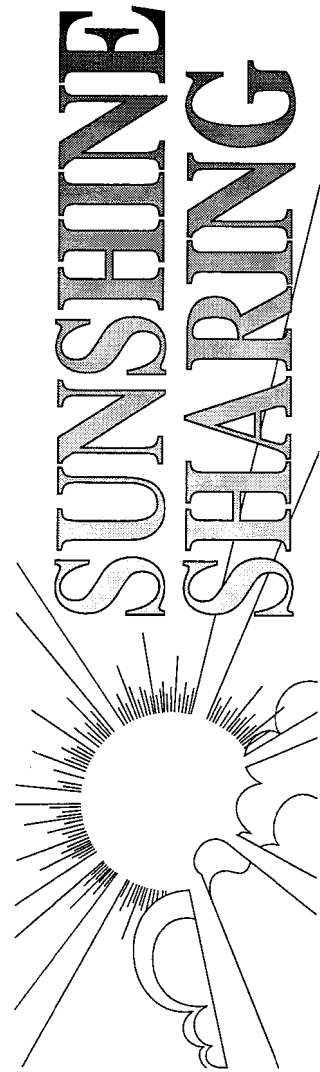
When our intestinal probiotics are destroyed, we can get an overgrowth of yeast in our system that makes us more susceptible to infections. Imbalances in these friendly microbes can also lead to inflammatory bowel disorders and allergic reactions.

It isn't just antibiotics that cause a problem, either. Research shows that children who are raised in homes where a lot of disinfectants are used actually have weaker immune systems. They are more prone to asthma and allergies, and less resistant to infections if they actually get one. It appears that our immune system needs to be exposed to at least some level of microbes in order to learn how to fight infection and keep us healthy.

Fortunately, there is another way to help us stay healthy besides trying to kill germs. We can use herbs and nutrients that can build up our immune system. Using these remedies during the cold months of winter is like coating yourself with a microbe non-stick surface. Even if you are exposed to some "bug," it's likely to "slide off" your healthy immune system, allowing you to stay well when others around you are sick.

In this issue of Sunshine Sharing, we'll provide you with a list of remedies you can use to catch health this winter instead of sickness. When combined with good hygiene and general health practices, these remedies will help you dodge, rather than catch, whatever infections get thrown your way.

Discover how natural remedies can build your immune system inside...



Your guide to better health the natural way.

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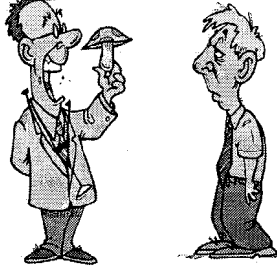
Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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Immune Enhancing Herbs and Nutritional Supplements

Modern medicine does not have immune-boosting medicines. Only nature provides us with substances that increase our natural immune response. Immune enhancing herbs and nutrients put your immune system on "red alert" to be prepared to ward off infection. They can also be used to speed recovery if you actually do get an infection. These remedies are the principle ingredients in the immune formulas discussed on the facing page.

Echinacea

Due to the large body of scientific research documenting its ability to stimulate the immune system and help the body fight infection, echinacea is one of the most popular herbs in America today. It is able to stimulate the immune system because it contains polysaccharides (complex indigestible chains of sugar molecules) that resemble bacteria. The immune system responds to these harmless compounds as if it is being invaded by something dangerous, increasing the number of phagocytes and macrophages (white blood cells that destroy infection). Echinacea contains other compounds that inhibit the spread of infection and have antimicrobial actions, making it an outstanding herb for preventing and treating infections.

Echinacea is commonly used to both prevent and treat the common cold. It's a great remedy to take when colds and flu are "going around" to keep you healthy. It has been successfully used to treat acne, boils, Epstein-Barr virus, gangrene, malaria, meningitis, strep throat, tonsillitis and infected wounds. Echinacea is a good choice for intermittent or low-grade fevers, toxemia, blood poisoning, swollen lymph nodes and a run down immune system that makes one easily prone to infections.

Echinacea is available as a single herb in capsules, **Echinacea purpurea**, and in a liquid form, **Ultimate Echinacea**. Ultimate Echinacea is an alcohol-free formula containing three species of echinacea, *Echinacea purpurea*, *Echinacea angustifolia* and *Echinacea pallida*. It's a great remedy for both children and adults.

The effects of echinacea last about two hours, so it is important to take doses at two-hour intervals for maximum effectiveness when fighting an infection. For prevention, it can be taken two or three times daily.

Astragalus

Astragalus can be thought of as "poor man's ginseng." It's an important tonic herb that has numerous uses, but is not as widely known in the West as ginseng. The roots of astragalus have been used in Chinese medicine to strengthen the wei chi or defensive energy of the body, and modern research has demonstrated that astragalus has potent immune enhancing activity.

A number of ingredients in astragalus contribute to its benefits. These include bioflavonoids, choline and astragalan B. Astragalan B is a polysaccharide that works like the polysaccharides in Echinacea

to stimulate the immune system. It binds to viruses, weakening their defenses and allowing the immune response to take over. Astragalus is also known to increase interferon production, thus enhancing T cell activity and resistance to viral conditions.

Astragalus is also an adaptogen, meaning it reduces stress responses in the body. This further benefits the immune system as stress weakens our immune responses.

Traditionally cooked with rice or used in soups and stews during the winter to promote health, astragalus is a mild and safe remedy for children, adults and the elderly. It can be taken throughout the winter months to ward off infection, especially in cold climates.

Medicinal Fungi

Many fungi, including cordyceps, reishi and maitake, contain polysaccharides that stimulate the immune system. **Cordyceps**, a fungi from China, increases production of those all-important T-cells and B-cells and has a powerful tonic effect on the whole body. It strengthens the lungs and kidneys, increases energy and reduces stress. It even protects genes by helping to repair DNA.

Reishi and maitake mushrooms help to activate macrophages. Reishi increases natural killer cell activity, restores normal T-cell function and increases interferon production. Maitake has been used for centuries to prevent cancer. Both have also been shown to help modulate the immune system (i.e., to bring it into balance), making them potentially beneficial for autoimmune disorders. They have antioxidant properties, help to lower blood pressure and inhibit platelet aggregation in the circulatory system (which causes blood clotting).

All three of these fungi, cordyceps, reishi and maitake, are very safe remedies and can be used by people of all ages throughout the cold and flu season. Besides preventing and treating common colds and flu, they have potential benefits in immune diseases like cancer, AIDS, asthma, allergies, pneumonia and lowered resistance.

Elderberry

Elderberries have long been used to fight the common cold. In England, a teaspoon of a syrup made from elderberries was taken daily to prevent sickness during the winter. Modern research shows that this practice has merit. Not only are elderberries high in vitamins A and C, which have immune enhancing effects, they also inhibit viral infections. This makes them an excellent choice for preventing colds and flu.

Probiotics

Probiotics are the friendly bacteria found in our digestive tract. As discussed on page one, these microbes are part of our immune system, inhibiting both fungal and bacterial infections. A good probiotic supplement, like **Probiotic Eleven**, can provide an extra boost to your immune system.

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Natural Formulas to Keep Your Immune System Going Strong



Single remedies are great, but why not get the benefits of multiple immune enhancing herbs and nutrients in one formula? Here are products that utilize the immune-boosting nutrients and herbs discussed on the preceding page, in convenient dosage forms.

Immune Stimulator

As its name implies, Immune Stimulator is a blend that acts as a non-specific immune stimulator. By boosting white blood cell count, and enhancing antibody and white blood cell activity, Immune Stimulator can augment the body's natural ability to destroy viruses, bacteria, fungus and even cancer cells. Immune Stimulator can be helpful for problems as simple as warding off a cold in the early stages or as difficult as dealing with serious infections such as pneumonia. It can even be helpful when dealing with immune disorders such as AIDS and cancer.

Immune Stimulator contains cordyceps, reishi and maitake mushrooms, along with colostrum, beca-glucans and arabinogalactan. Beta-glucan is a polysaccharide that stimulates the immune system and strengthens resistance to infection by activating macrophages ("big eaters"), T-cells, natural killer cells and cytokines. Arabinogalactan helps to increase friendly bacteria such as lactobacillus in the gastrointestinal tract and significantly decreases harmful bacteria like E-coli and salmonella. It also increases white blood cell production and motivates the macrophages to do their work of killing microorganisms.

Immune Stimulator can be taken at the first sign of a cold or infection to boost the immune system for faster recovery. Take 2 capsules every two hours, up to 10 capsules per day, with lots of water, until one starts to feel better.

Solstic Immune

Solstic Immune is a convenient drink mix that can be added to water and taken anytime to give your immune system a rapid boost. The packets can be easily carried in a purse or briefcase. Solstic Immune contains elderberry, echinacea, vitamin D3, arabinogalactan and beta glucans, ginseng, vitamin C, zinc and fruit flavorings. Like Immune Stimulator, it can be taken at the very first sign of a cold or infection to speed recovery. Because it is dissolved in water, it will also encourage you to drink more, which also speeds recovery.

Elderberry D3fense

This encapsulated formula contains Vitamin D3, elderberry, echinacea, willow bark, olive leaf and royal jelly. Willow bark has analgesic and fever reducing properties due to its natural aspirin-like properties. Olive leaf has numerous antioxidant ingredients and is known to be antibacterial, antiviral and antifungal.

Royal jelly is a special compound nurser bees feed to worker bee larva for the first couple of days of their lives. The bee selected to be the queen is fed royal jelly continuously, which results in

her enhanced growth, fertility and energy.

Scientific research and numerous practitioner case studies are proving that royal jelly is just as beneficial to humans as it is to the queen bee. It is rich in nutrients, so it strengthens the body against stress and other outside antagonists. In addition, its antibiotic properties help protect against ailments such as the cold or flu.

Zinc Cold and Flu Lozenges

Research shows that sucking on zinc lozenges can ease colds and flu and help sore throats. These lozenges contain two homeopathic (2X) forms of zinc, zinc gluconium (zinc gluconate) and zincum acetium (zinc acetate). They are sweetened with mannitol and stevia and have an orange flavor.

Sunshine Heros Elderberry Immune

For children who are too young to swallow capsules, Sunshine Heros Elderberry Immune provides a chewable immune stimulator that kids can take to ward off infection during the winter. They contain vitamin D3, vitamin C, zinc, elderberry, astragalus, echinacea, reishi mushroom and maitake mushroom.

Chinese Lung Support

The chief ingredient in this blend is astragalus. It is used to strengthen the lungs and the immune system. It is particularly helpful for people who live in cold, dry climates to help prevent respiratory infections during the winter.

Chinese Trigger Immune

This final formula is a great tonic for the elderly or those whose immune system has been run down due to chronic stress or illness. It helps rebuild the body's health and strength and restore energy and immunity to the system.

Additional Help and Information

For more information about boosting your immune system to prevent illness this winter, contact the person who gave you this newsletter. Their contact information should be found at the top of page four. They have additional handouts and resource materials to help you. You can also consult some of the following sources:

Echinacea: Nature's Immune Enhancer by Steven Foster

Herbal Defense by Robyn Landis and Karta Purkh Singh Khalsa

Medicinal Mushrooms by Christopher Hobbs and Harriet Beinfield

Herbal Antibiotics by Stephen Harrod Buhner

Healing Power of Echinacea and Goldenseal and Other Immune System

Herbs by Paul Bergner

Don't Play "Catch" This Winter

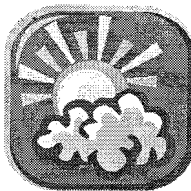


Avoid colds, flu and other contagious diseases by keeping your immune system strong

Continued from Page Two

Vitamin D3

When our skin is exposed to sunlight, the body converts cholesterol into vitamin D, an important fat-soluble vitamin that assists in the utilization of calcium. But, vitamin D isn't just for the structural system. It is also necessary for immunity and low levels make a person more prone to getting sick.



Vitamin D3 deficiency is the primary nutritional deficiency in North American diets. Many people do not get enough exposure to sunlight, especially in the winter months. Getting adequate intake of vitamin D3 may be helpful in combating many chronic diseases. Insufficient levels of vitamin D have been linked to high blood pressure, periodontal disease, depression, schizophrenia, seasonal affective disorder and autoimmune diseases.

Vitamin C

A water-soluble vitamin, vitamin C must be obtained from our diet daily as the human body is unable to make it on its own. It is a powerful antioxidant that works inside and outside of cells. Although the research on the subject is mixed, there are studies that suggest that adequate intake of vitamin C helps prevent (and possibly speed recovery from) the common cold. Since vitamin C is primarily found in fresh fruits and vegetables, which are less plentiful in the wintertime, supplementation with vitamin C during the winter months does make sense.

These aren't the only herbs and nutrients that can strengthen your immune system. Zinc, vitamin A and ginseng are just a few of the other options. Talk to the person who gave you this newsletter to learn about more about how herbs and nutrients can strengthen your immune system.