

Focus on Immunity – Part 1

So, we all know that prevention is better than cure, so here are some tips to help keep you and your family healthy and thriving through the colder winter months.



Diet-wise, make sure to keep eating your **rainbow** of fruit and veg. Seasonal goodies at this time of year include blackberries and other soft fruits, apples (crumble anyone?) elderberries, rosehips and coming soon will be pumpkins and other squashes, full of those lovely orange carotenoid nutrients. Sprouted seeds and beans (alfalfa, mung, chickpeas etc.) are bursting with vitamins, minerals and live enzymes and are freshly grown all year round (or why not sprout your own on a jar on the kitchen window sill?)

For some **extra nutritional or herbal support**, here are some of my in-store favourites to help support immunity through the winter:

AllicinMax Capsules, containing stabilised Allicin from fresh garlic, is an inexpensive way to keep infections and bugs at bay. They can be taken on an ongoing one a day basis, with the dosage increased as needed in the case of infection or illness. These are **£7.64 for 30**, or **£20.41 for 90** Veg Caps.

Terra Nova's Resistance Support, this is a great formula, containing Astragalus, Elderberry, Garlic, Oregon Grape and Maitake Mushroom, to name just a few of the herbs in this synergistic formula made with **biodynamically grown**, fresh freeze-dried herbs. **£10.25 for 50** Veg Caps.

Pukka's Mushroom Formula for the immune system, Mushroom formula is a powerful adaptogenic blend which encapsulates the healing powers of three revered mushrooms to balance and support immune function. Mushroom Formula is rich in polysaccharides called beta glucans and a range of nutrients which work synergistically to benefit immune related conditions. It can be used to protect the body from the effects of pollution and stresses of modern living and strengthen the immune system to help deal with acute infections and degenerative diseases. It is an anti-ageing, anti-oxidant tonic which protects the liver, reduces cholesterol and boosts heart function.¹ **£19.96 for 90** Veg Caps.

Immiflex Beta Glucan Capsules with D3, Beta Glucan is a natural compound that primes the immune system, the body's first line of defence against infection. The beta glucan in Immiflex come from the cell wall in Baker's yeast. Clinical research comparing the beta glucans in Immiflex (Wellmune WGP) to a placebo in subjects experiencing high levels of physical or lifestyle stress, demonstrated reduced cold and flu symptoms. It also showed reduced fatigue, tension and increased mental clarity.² Immiflex is **£17.95 for 30** Veg capsules. Immiflex also make a children's formula - Kids Immiflex is **£10.95 for 30** Veg Caps.

Nature's Aid Immune Support +, an advanced formula to help support the body's immune system. This contains Beta Glucans, Elderberry Extract and Garlic powder, along with anti-oxidant vitamins and minerals including Vitamins A, C and D, Zinc and Selenium. Immune Support + is **£8.70 for 30** tablets.

¹ From Pukka's 'Your guide to Ayurvedic herbs and nutrition'

² From Immiflex customer information leaflet

Bee Prepared Daily Defence Immune Support, This daily maintenance formula for all seasons contains Beta Glucans, Bee Propolis, Elderberry extract and Olive Leaf extract. **£9.99 for 30 Veg Caps.**

Lamberts Imuno-Strength Syrup, This is a delicious blend of Elderberry, Rosehip and Blackcurrant Concentrates. These three fruits are all exceptionally rich sources of important compounds called flavonoids, including anthocyanidins that are known potent antioxidants. These compounds are believed to support the immune system by maximising the patient's antioxidant defence against free radicals. Recommended to those 5 years and upwards as a tasty way to boost the intake of these powerful plant compounds.³

Coming next week:

Focus on Immunity- Part 2- natural remedies to treat colds, coughs and flu

³ From <http://www.lambertshealthcare.co.uk/imuno-strength-p8601/>