Germs, environmental toxins, allergens—they are all around us, invisible yet placing stress upon our immune systems, which are under constant assault. In particular, at this time of year, the many viruses and bacteria that we encounter daily need to be identified and eliminated from the body.

Our white blood cells function to protect the body when such a pathogen is detected. During the winter we are exposed to many more of these pathogens in our environment, so it is helpful to know which plant-based supplements can protect us from colds and flu.

When we talk of boosting the immune system, we are really talking about strengthening the immune cell defences in the body. Certain herbs and plants act within the body to create the proper signals that your body requires to mount a response to an invading pathogen.

Astragalus, olive leaf, and shiitake mushroom all have strong effects to help the white blood cells function and protect the body from infection.

STRESS AND IMMUNITY
Stress in any form can be damaging to the immune system. As many of us encounter stress on a regular basis, it may be beneficial to decide if one of these plants would be helpful for immune...
“Olive leaf was viewed by ancient Egyptians as a symbol of heavenly power.”

2. OLIVE LEAF

Olive leaf (Olea europaea) has a long history of use as far back as ancient Egyptians who viewed it as a symbol of heavenly power. Is it any question why the winners of the original Greek Olympics were given wreaths of olive leaves?

As early as the mid-1800s, olive leaf was used medicinally to bring down fevers in people who were suffering from malaria. Studies have shown that olive leaf can disable the proper replication of viruses within the human body by blocking essential pathways for amino acid use. Other studies show that it can slow the spread of the virus by inactivating the viral enzymes that are necessary to infect human cells.

In the early 1900s, oleuropein was isolated, and it was later revealed that this active ingredient had antiviral, antibacterial, antifungal, and antiparasitic properties.

Great digestion has never

Do you suffer from gas, bloating and occasional constipation?

Like all the Pearls™ brand products, Acidophilus Pearls™ features the True Delivery™ Technology to guarantee that active cultures SURVIVE stomach acids, ARRIVE in your intestines and THRIVE to provide exceptional support!

The Smarter Probiotic

* NO REFRIGERATION REQUIRED!
3. SHIITAKE MUSHROOM

The shiitake mushroom (Lentinula edodes) is widely cultivated for its nutritional value and its antiviral medicinal properties. While many types of mushrooms have been studied, it is the shiitake mushroom which shows the best antiviral activity.

Lentinan is the active ingredient and has been shown to stimulate the cells of the immune system and to inhibit the replication of certain viruses. Lentinan is a polysaccharide complex that signals the immune system to produce white blood cells, which defend against environmental pathogens.

Research has shown that shiitake mushrooms also stimulate the body to produce interferon, which is a protein produced by the immune system to inhibit viral replication.

Shiitake mushrooms are commonly eaten as protein sources in many Asian countries. As an added benefit, the shiitake mushroom is also high in fibre, folate, potassium, magnesium, vitamin B, and zinc.

Chronic, long-term stress has a negative effect on the immune system and may increase the risk of catching a cold or flu.

While reported side effects from astragalus, olive leaf, or shiitake mushroom are few, it is best to consult with a health care practitioner before taking any herbal supplement to ensure that it will not interact with other medications and to determine the correct dosage.

Brenna Jacks, ND, is a licensed naturopathic doctor in Langley, BC. Her family practice focuses on treating women's health, stress, infertility, and food allergies. drjacks.ca

been so convenient!

IMMUNE SUPPORT

Pearls Immune™ IMMUNE STRENGTHENING FORMULA

Strengthen natural defenses with Activ-Ferrin™ lactoferrin! 70% of your immune system is in your digestive tract. For the ultimate in immune protection, Pearls Immune contains superior probiotics, plus biologically-active power of Activ-Ferrin™ lactoferrin.

- Contains highly-concentrated Activ-Ferrin™ to naturally strengthen your immune health
- Delivers probiotics to balance your immune system by restoring digestive health
- No refrigeration required

SERIOUS SUPPORT

Pearls IC™ INTENSIVE CARE PROBIOTICS

Promotes intense digestive relief and long-term colon health!

When your digestive system is calling out for intense relief, go beyond basic and turn to Pearls IC™.

- Delivers more strains for deep intestinal care
- Promotes long-term colon health
- Supports MAXIMUM control of gas, bloating and occasional constipation
- No refrigeration required

1-800-665-3414 enzy.com