

## Don't Catch a Cold, Catch Health by Steven Horne, RH(AHG)



Playing “catch” with a ball is fun. Finding the right person to spend your life with is another way to make a good “catch.” It’s even fun to “catch” a good movie or play, but it’s no fun to catch a cold, sinus infection or flu during the cold, dreary months of winter.

Ever since Louis Pasteur proposed the germ theory of disease, people have been looking for more effective ways to kill germs in the belief that it would protect them from illness. While cleanliness and sanitation are helpful to a point, people seem to forget that the body is designed to be naturally resistant to infection. Consequently, they spend more time, money and effort trying to kill germs than they do “catching” good health by keeping their immune system strong.

The misguided emphasis on killing germs is having a serious negative impact on human health and the environment. For instance, the overuse of antibiotics in treating contagious disease has resulted in a weakening of people’s immune systems. Antibiotics kill the friendly microbes in the intestines known as probiotics. These probiotic microbes are a key component of the immune system because they inhibit the growth of yeast and harmful bacteria. The overuse of antibiotics has also forced pathogenic bacteria to mutate into superbugs (antibiotic-resistant strains such as MRSA).

When your intestinal probiotics are destroyed you can develop yeast overgrowth that makes you more susceptible to infection. Imbalances in your intestinal probiotics can also lead to inflammatory bowel disorders and allergic reactions. Antibiotics are not the only cause of the problem. 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 when they 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 destroy them and keep us healthy.

Fortunately, there is a better way to stay healthy than by killing germs. You can use herbs and nutrients that strengthen our immune systems. Using these remedies—especially during the cold months of winter—is like coating yourself with a non-stick surface that microbes can’t cling to. Even if you are exposed to a “bug,” it is likely to “slide off” your healthy immune system, allowing you to stay well when others around you are sick.

To avoid catching something this winter make sure you eat a healthy diet with plenty of fruits and vegetables. Avoid excessive consumption of sugar and simple carbohydrates. Get adequate rest and minimize your stress. Finally, take something to boost your immune system. Here are some products to consider.

### [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 enhance the body’s natural ability to destroy viruses, bacteria, fungi and even cancer cells. Immune Stimulator can be helpful for simple problems like warding off a cold in the early stages. It can also be helpful for serious infections such as pneumonia. It can even be helpful when dealing with immune disorders such as AIDS and cancer.

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 you start 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 pocket. Solstic immune contains elderberry, echinacea, vitamin D3, arabinogalactan, 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 prevents dehydration and speeds recovery.

### **Elderberry D3fense**

This encapsulated formula contains Vitamin D3, elderberry, echinacea, willow bark, olive leaf and royal jelly. The vitamin D3 in it is very helpful for boosting immunity during the dark days of winter and elderberry has been proven to inhibit the spread of viral infections. Elderberry D3fense can be taken both for prevention and as a remedy to speed recovery if you do play catch with a cold.

### **Sunshine Heroes Elderberry Immune**

For children who are too young to swallow capsules, Sunshine Heroes 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. These can also be taken to boost recovery if children actually get sick.

### **Seasonal Defense**

This unique formula combines andrographis, thyme, bitter orange, eleuthero root and oregano to destroy fungi and bacteria infecting the sinuses and the lungs, reduce inflammation and relieve digestive problems. Its key herb, andrographis, has antimicrobial properties, enabling it to fight off and prevent infections from harmful microorganisms. Andrographis boosts the immune system by stimulating the body's production of antibodies and macrophages. In addition, it is a powerful antioxidant that helps prevent free radical damage to your cells and DNA.

In summary, taking something to keep your immune system strong during the winter months can be really helpful, especially for those who are most susceptible, such as little children or the elderly. In fact, it's a whole lot smarter (and more effective) than getting a flu shot. Don't play "catch" with colds and flu this winter. Instead, use herbs and supplements that help you catch health for the whole year through.