



# Boosting Immunity

## Special points of interest:

- > How to boost your immunity naturally
- > A new nice tasting children's range of supplements
- > How to fight of those colds and flu more effectively
- > Dietary and nutrients to take when you fall ill.

## Poor Immunity Colds and Flu

Whether you have a simple cold a 'flu that makes you ache and sweat, or a long – term infection such as Ross River Fever, your body has become vulnerable to attack.

We are all exposed to viruses and bacteria every-day, however we only fall ill sometimes and some of us more often than others.

The reason for this difference in susceptibility is to do with how strong and effective your immune system is.

If your immune system is robust, then even if you are in a crowd of sick people, you won't develop symptoms of an infection. On the other hand, if your immune system is struggling due to poor diet,

lack of sleep or too much stress, then you will get sick more often and take longer to recover.

The secret to getting sick less often is to build a strong, healthy immune system.

Tracey Lee can assist you with advice on diet, exercise and supplements that are specifically designed to boost immune resistance and reduce the incidence of infection.

If you already have an infection, there are natural medicines that you can use to reduce the time that you are sick, and help to prevent it from recurring.

What factors contribute to the weakening of your immune system?

Physiological, psychological and emotional stress.

Lack of exercise (or too much exercise if you are overtraining).

Lack of sleep, rest and relaxation.

Diet low in fresh fruit, vegetables and lean protein sources.

Exposure to pollution, cigarette smoke, extremely cold weather.

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## Chronic and Recurrent Infections

If you have been under considerable stress, eating poorly or just generally run down, your immune system may not be receiving the nourishment that it needs to effectively protect your body from infection or to fight off an infection once it occurs.

When your immune system is in this state, you may get infections more frequently or develop a chronic or long-lasing infection that you just can't shake.

If this is the case, Tracey Lee will want to provide the nutrients that your immune system needs to work properly as well as stimulating your immune system so that it is able once again to fight off infection.

**Nutrients to help build a stronger immunity**

**VITAMIN C**

Vitamin C is perhaps the most recognised nutrient associated with immunity. Scientific studies have shown it has some very powerful effects. Vitamin C increases the activity of infection fighting white blood cells. It also inhibits vital growth and reduces the incidence of the common cold. When combined with minerals such as magnesium, vitamin C forms ascorbates, which have a greater effect on increasing white blood cell activity. Vitamin C has been shown to be most effective when given with other nutrients such as nicotinamide, hesperidin and L-cysteine.

**ZINC**

Tracey Lee can test your body's stores of zinc using a simple taste test. Zinc is critical for immune function and the production of antibodies, which allow your body to remember previous infections and protect you against them in the future. It has been shown to reduce the severity and duration of colds and sore throats quite considerably. If your test shows you to be low in zinc, then Tracey Lee can give you a tablet or a special zinc drink, which will improve your zinc levels.

**IRON**

If you are low in iron, then you are at risk of anaemia, which reduces the ability of your blood to carry nutrients. It is well known that low iron is a risk factor for poor immunity and Tracey Lee may recommend a blood test to check your iron levels. People who have a low iron diet, such as vegetarians, elderly people and some children may be at risk and women who lose a lot of blood through menstruation may also be deficient. Iron should be in a chelated (highly absorbable) form and be combined with folate and B12 for the best results.



**“Being stressed can leave you run down and exhausted and can have a similar effect on your immune system”**

**Flu Fighter Tea**

This tea is fantastic to drink when you have a cold or ‘flu. It is very warming and soothing for a cough or sore throat and can help to support your immune system.

Bring 1 litre of water to the boil and add:

- 1 Tablespoon of honey
- 2 teaspoons of fresh grated ginger
- 1 lemon sliced (leave skin on)
- 1 cinnamon stick or half a teaspoon of cinnamon powder
- 6 cloves
- 1 clove of garlic

¼ teaspoon of fresh chopped chilli

Continue to boil for 1 minute. Allow to cool slightly and drink the warm tea freely throughout the day.

**Stress-Immune Connection**

Being stressed and not getting enough rest and relaxation can put a strain on your immune system.

Being stressed for a long time can leave you run down and exhausted and can have a similar affect on your immune system. One of the body's responses to stress is to produce

a chemical called cortisol. Over time higher levels of cortisol can lead to increased susceptibility to infection.

Tracey Lee can provide you with supplements and herbs that help to reduce the impact of stress on your body and immune system as well improving your ability to cope with

stress.

When you are stressed, you body uses more nutrients and Tracey Lee May also want to replace the nutrients that have been lost because of stress.





### Children's coughs, colds and ear infections

Natural medicines for children can be difficult especially herb due to their taste.

But now a much easier way to treat children's coughs, colds and middle ear infection with a new range of children's supplements and herbs.

This new range for children has been tested on children and the taste has been picked BY children.

This range is now available at Tracey Lee's clinic.

There is and immune care for kids, a cough care for kids and a multi for kids.

The best way to take these nice tasting powders are as follows;

- Simply add to water or juice
  - Straight off the spoon
  - Add to smoothies
  - Mix into rice milk, soy milk, goats' milk or for babies mix into breast milk.
  - Mix into whey protein powder
- or other food supplements.
  - Mix into formulas
  - Mash into fruit and/or vegetables for babies.
  - On cereal.
  - Sprinkle over toast with a spread
  - Mix into yogurt
  - Mix into water and make them up into iceblocks.
  - Make up a fruit frappe and either drink or freeze them into an ice block (my daughter's favorite)

### Toxicity—Immune Connection

They now know that 70% of the immune system is center in the digestive system.

If your digestive system contains a high level of 'overload' or toxicity this can lead to poor immunity.

By completing Tracey Lee's gentle detox program often your immune system (and many other health problems) greatly improve.

Some of the most common symptoms and signs of toxicity include;

- Recurrent infections
- Post viral syndrome
- Tiredness
- Recurrent headaches
- Muscle aches and weakness
- Poor short term memory and concentration
- Depression, anxiety and/or mood swings
- Adverse reactions or sensitivity to environmental chemicals, odors.
- Inability to take vitamin and mineral supplements as they make you feel 'sick'
- Anaemia
- Nerve pain or numbness
- Infertility
- Indigestion
- Nausea
- PMT and other hormonal imbalances
- Constipation
- Irritable bowel syndrome.

**“70% of immune function comes from the digestive system, by completing Tracey Lee's gentle detox program your immune system is given a 'boost'”**

### Herbs to boost immunity; The Echinacea debate

There are many herbs to help fight off colds and flu. Depending on the type of infections different types of herbs are used.

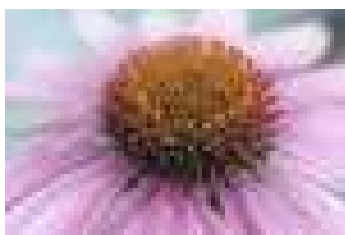
For preventative Echinacea is the most widely known herb. But is it important to buy the correct type of Echinacea. One study of Echinacea products you can buy off the shelf

found that most of these products had little or NO active constituent in them, i.e. they were poor quality and not tested correctly hence they simply would not work (and some of these were from well know brands).

The same study found that Echinacea products from qualified herbalist had the highest

active constituents (i.e. the part of the herb that works on the immune system). Remember herbalists are trained to know what to look for when purchasing herbs. Few companies do the intensive testing of the herbs they buy that I consider to be adequate.

So buy your herbs from a qualified herbalist.





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### Dietary and Lifestyle suggestions

- Eat a diet high in colourful fruits and vegetables, as these have the best levels of immune protecting nutrients. Fresh is best, void produce that has been stored for long periods. Fresh homemade vegetable juices (with carrot, celery, beetroot, ginger, lemon and apple) daily if you are sick or feel like you are coming down with something.
- Avoid sugars, white flour (bread, pasta, biscuits, cakes etc.) and excess alcohol as these foods are very low in nutrients and deplete your immune system.
- Avoid or minimise stress at work and home. Exercise is a great stress management tool, especially relaxing ones like yoga or tai chi.
- Get enough sleep. Your immune system does it's repair and rebuilding while you are asleep at night.
- See Tracey Lee before you get sick to find out what is the best immune building approach specifically for you.
- When you are sick see Tracey Lee for the best immune support to help your body fight off the infection effectively, naturally and without side effects of drugs.

### **Herbs for immunity continued**

Some of the other lead herbs to boost immunity are;

#### **Picrorrhiza Kurroa**

Difficult to pronounce, but easy to take in tablet form, this herbal medicine has been used for many years to boost immunity. Scientific research shows that it has an anti-inflammatory action, reducing pain and other symptoms of infection. It is also immune stimulating and reduces the time that it takes to get over an infection.

#### **Andrographis Paniculata**

This herb has a long history of use for viral and bacterial infections. Andrographis is effective in the treatment of the symp-

tomms of colds, including sneezing, runny nose, nasal congestion, sore throat, cough, hoarseness, fever, chill and malaise. Improvement in influenza symptoms of myalgia, headache and fever, have also been reported. An important finding is that Andrographis, at a dose of 6g daily, compares favourably to paracetamol, at a dose of 3.9g daily, in the treatment of the symptoms of fever and sore throat in upper respiratory tract infections.

#### **Japanese Mushrooms**

The Japanese mushrooms Coriolus and Grifola also have a powerful effect on the immune system by enhancing the activ-

ity of NK cells – the Body's main defence against viruses. Japanese mushrooms can be used daily as a remedy for chronic or severe weakness and also as a tonic to promote and maintain good health.

#### **Astragalus Membranaceus**

Astragalus has been traditionally used for centuries in China to support healthy immune function, it may reduce the severity and duration of colds and upper respiratory tract infections and is beneficial during times of stress, as it improves stress adaptation. In combination with a phytosterol complex, it is an excellent choice for maintaining the balance of the immune system leading up to winter.

