

## **Sick & Tired of Being Sick & Tired?**

Sometimes there are individuals who seem to catch every cold that comes by and sometimes even get the same infection over and over again. Why would that be? In a healthy immune system, with a proper functioning innate and adaptive immune, once they have gotten a specific infection they should have acquired immunity that protects them well into the future.

For this scenario, it is important to insure the innate immune system is intact. A good innate immune reaction is required to trigger the adaptive immune system. Initially, the innate immune system must be strong enough to resist invading organisms and then it must be able to signal to the acquired immune system. The Antigen Presenting Cells (APCs) present antigens to the Helper T-Cells before acquired immunity is engaged. In an under functioning innate immune response, the failure to initiate helper T-cells results in never getting over the flu, a cold, or some other immune challenge, lingering for months or sometimes even years. In this scenario nutritional support may be indicated.

Consider supplementing to promote innate immunity increased WBC production and enhanced phagocytosis with the following:

**Neutrophil Plus**® is a broad-spectrum immune formulation and a unique combination of vitamin, mineral, glandular and botanical constituents, along with RNA for acute immune challenge, upper respiratory, sinus, throat, other bacterial or immune conditions, and promoting healthy phagocytosis.

Also, to increase innate immunity, promote bone marrow and blood cell production (hematopoiesis), consider adding good sources of B vitamins (B12, Folate, B6), chlorophyll, minerals, Tillandsia, and essential fatty acids. The following are good choices:

**B12-2000 Lozenges** supply vitamin B12, B6, and folic acid where additional therapy is needed. Pleasant tasting, let lozenge melt in the mouth, do not chew for best absorption. Each is important in a wide range functions, and the status of each impacted by a number of pharmaceutical compound. B12-2000™ Lozenges are especially important for women who are pregnant or who are wishing to become pregnant.

Then choose one or more of the following forms of Folate:

**Methylfolate Plus**™ is a methylated form of Folate with vitamin B12 for support of RBC and WBC production, and may be helpful with some cancers. B12 Folate Plus is a reduced form of folic acid (200 mcg), vitamin C (30 mg), and B12 as cobalamin (2,000 mcg), with Spanish Moss, SOD, and Catalase. Spanish Moss (Tillandsia) promotes blood cell production. Used as a tonic, to support the normal conversion of iron to hemoglobin and to support healthy female hormone production.

**Folic Acid 800**™ is a reduced form of folic acid with B12 as cobalamin, SOD, and Catalase. Supplies folic acid with vitamin B12 and antioxidant enzymes SOD and catalase. Use where supplemental folic acid is indicated.

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