



Because Health Matters.

IMMUNE SYSTEM SUPPORT

Flu season is upon us and more than ever we need to become pro-active in supporting our immune systems naturally. Prevention is truly our best medicine. Medical authorities agree that controlling the possible epidemic and the swine flu will be a challenge. It is known already that the current strain of H1N1 is a mutant of the original, which means any vaccine developed earlier in the year will be ineffective. Additionally, there is no consensus regarding the safety or effectiveness of a flu vaccine. Many medical specialists warn of inherent risks with vaccines.

Here at Integrated Health Care, we encourage a pro-active approach in preventing infection by flu virus, and this can be done with a combination of various interventions. Here are our recommendations:

1. Avoid foods that are known to be “antigenic,” that are immune challenging. These include grains with gluten such as wheat, rye and barely; foods containing Casein, especially from milk and cheeses, and genetically modified foods such as corn and soy.
2. Avoid “new-to-nature” molecules: these include any chemicals in foods such as coloring agents, preservatives, stabilizers etc.
3. Support your health with foods that are rich in plant nutrients like fresh fruit, vegetables, nuts, seeds, and legumes. Use fleshy proteins from chicken, turkey, fish and red meats minimally. Try to use organically raised food whenever possible.
4. Practice stress management techniques such as meditation, yoga, quiet walks, massage and exercise. Remember stress hormones are some of the most damaging to our immune system.
5. Support your immune system with a protocol such as this;
 - Cat’s Claw – liquid or capsules
 - Myco-immune drops: ½ dropper twice/day
 - Or
 - Beta-Glucan capsules: 2 caps/day
 - Vitamin C: 1000 to 4000 mg.
 - Immuno Herbal formula:
 - UltraFlora DF: 1 to 2 caps/day
 - Astragalus: Tea, capsules or tincture
 - LivClearII 1 to 2 shakes/day

If you have any concerns regarding your immune system and health in general, please don’t hesitate to schedule a consultation with Dr. Bump.

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