

Immune Health

The immune system is a complex blend of organs, tissues and specialized cells that protect the human body from germs and microorganisms. This natural defense system is a complex process that keeps us healthy. Its ability to function properly is affected by numerous factors including nutrition, lifestyle, and the environment.

Nutrition

Many antioxidants, vitamins and minerals contribute to the proper functioning of the immune system.

- **Fruits and vegetables.** Over 30% of cancers are caused by poor diet – too much fat and too few of the essential nutrients found in fruits and vegetables.
- **Mushrooms.** The immune system craves them – mainly shiitake, maitake and reishi. They build up bone marrow to aide white blood cell formation.
- **Yogurt.** Those who eat live-culture yogurt have four-times more immune enhancing chemicals.

Self-Care

- [Stress Management](#)
- [Life stress questionnaire](#)
- [Exercise Options.pdf](#)
- **Exercise:** Work out regularly. Aim for 30 minutes daily. Consider working with a personal trainer or fitness coach.
- **Massage:** Massage reduces stress, depression, and social isolation, all of which impair the body's immune response. Consider visiting a massage therapist or reflexologist.
- **Music Therapy:** An easy way to give your immune system a boost. After 30 minutes there is a measurable increase in immunoglobulin IgA.
- **Get social:** A strong social support system reduces stress hormones that suppress immune function. If you're having emotional issues simply talking it out can boost your immune system. Consider visiting a holistic counselor.
- **Chiropractic care:** Blood tests administered before and after treatments showed white blood cell counts (an immune system indicator) were higher after chiropractic treatment.
- **Alcohol:** An occasional beer or glass of wine probably won't increase your risk of catching a cold. But if you drink over the daily recommendations of 1 ounce of alcohol for women and 2 ounces for men your white blood cell activity becomes impaired, predisposing you to infection.

Supplements – Immune Support

A multivitamin is the best way to get all the individual vitamins you need if you're not getting them in your diet. Increase your multivitamin to twice daily if you're feeling run down.

Calmglow offers many supplements to support your immune system:

- [Body – Guard](#) can be used at the first sign of a viral illness.
- [Nat – Stim](#) is a unique immune enhancer developed by scientists affiliated with the World Health Organization to significantly help build and maintain health.
- [Super Immune Space Sprinkles](#) is an immune booster designed for children. This kid-friendly, color-changing dietary supplement has protective probiotics designed for young intestinal tracts.

Supplements – Sleep

Get quality sleep time. If you feel run down, try getting at least 8-9 hours every night. You'll probably feel better. [Sleep Management. pdf](#)

- [Melatonin](#) – 2-6 mg. daily will get your sleep cycles balanced, thus improving your overall immune function.
- [5- HTP](#) is the healthy breakdown product of tryptophan, the natural substance we make to have healthy sustained sleep. It is also effective for Seasonal Affective Disorder.
- Ultramultilogics for men and women – these are comprehensive multivitamin, mineral & herb supplements optimized for men and women.
 - [Ultra MultiLogics® for Women](#)
 - [Ultra MultiLogics® for Men](#)
- [B Complex Sublingual liquid wit B12](#) - Supports nervous system health and energy metabolism
- [Acidophilus Complex](#) – For digestive and intestinal health, 10 billion multistrain active cultures.
- [Mushroom Immunity Formula](#) – a blend of organic Reishi, organic Shitake and Maitake mushrooms; enhanced with vitamin C. This is a traditional Chinese formula designed to stimulate white blood cell and lymphocyte activity for improved immune support.
- [TurmericCurcumin](#) – Support reduction of oxidative stress levels caused by free radicals. May also contribute to overall brain health.
- [Pycongenal](#) - Super antioxidant to support circulatory health, joint function, immune system, eye health and supports blood sugar metabolism.