



From cancer to the common cold, Sue Visser gives the lowdown on how to defend yourself from unseen enemies and boost your immunity. Winter, here we come!

You do not begin a fight with your hands tied behind your back. Nor do you wear a blindfold or have your feet embedded in a concrete block when somebody is threatening you. Yet we face Aids, cancer, tuberculosis, colds and flu head on, totally unprepared, with an already weakened immune system. We look to doctors and medicines for a cure, but they do not always succeed. How can we defend ourselves from killer diseases, or even recover from them?

Change all the factors that are weakening your immunity. A healthy immune system will hit back first and protect you from infection.

### **Strengthen your immune system: start now!**

Think more positive thoughts and avoid negative statements about your health: every cell in your body is listening. Learn to meditate: if every cell vibrates in harmony, you will have a perfectly healthy body that is able to resist disease.

Eat the foods that suit your blood group. Even so-called health foods may not be agreeing with you at a cellular level. Adequate protein, vitamins, minerals and trace elements are required every day and herbal supplements such as Echinacea, Ginseng, Aloe, Wilde als, Centella and Don Quai (angelica) are good to take in preparation for winter. Some foods contain potent anti-viral and anti-cancer substances called protease inhibitors. They occur in the outer skin of seeds and nuts such as sesame seeds, soya beans, flaxseed, lentils and brown rice. We also need foods that contain anti-oxidants like citrus fruit and green, orange or yellow vegetables to prevent damage

to genetic material within the cell. Supplements containing vitamin A, C, E and selenium are a good investment. Adequate supplies of calcium, magnesium and zinc are vital to immune function. Food is not always a reliable source of nutrients.

Avoid obvious toxins and carcinogens such as fluoride, cigarette smoke, exhaust fumes, pollution, etc. Limit your exposure to harsh sunshine or use a good sunscreen and wear hats or protective clothing. Take more vitamin A.

If you feel a cold coming on, take 1 gram of vitamin C and 15mg of zinc immediately. Mix vitamin C with fruit juice and sip continuously. You can add sulphonyl (a natural anti-oxidant) to the water. Take Echinaforce drops or Echinacea to boost immunity. Try the new 2000 anti-flu preparation in Homeopathic drops or pillules.

Look after your liver. It produces cells that gobble up genetically damaged material on a constant basis. Any breakdown in this function and the material can start proliferating into tumours: especially if parasites carry it to other parts of the body. Detoxify and strengthen the liver with the supplements: Milk thistle, choline and inositol and Aloe products. Destroy parasites with herbal compounds containing: cascara, echinacea, cat's claw and Aloe bitters.

Olive leaf remedies are a safe, natural alternative to antibiotics. They are powerful stimulants to the immune system and are proving to be very effective in dealing with disorders associated with weak immune systems, eg: candida, colds & flu, kidney infections, food poisoning, microbial infections, etc.

*For more information, visit Nature Fresh: [www.naturefresh.co.za](http://www.naturefresh.co.za).*