

# HERB STOP

## May 2011 Highlight



### How Is Your Immune System?

The immune system is a complex network of cells, tissues, and organs that work together to defend the body against invasion of “unfriendly” intruders, such as bacteria, parasites, and fungi that can cause diseases. In addition, studies in psycho-neuro-immunology confirm how much our thoughts and emotions affect the immune system as well. Diet, lifestyle and mental/emotional health have a large impact on the immune system. Stress is a leading factor in the decline of the immune system. Common signs of a weakened immune system are: fatigue, chronic repeated infection, inflammation, allergic reactions, slow healing, diarrhea, and candida.

The best way to protect the body from “unfriendly” invaders is to strengthen the immune system and use natural methods of healing, such as herbs, when needed.

### How To Strengthen The Immune System

Balance and harmony are the key elements to an excellent functioning immune system. How you relate and interact with your environment on a daily basis can either create ease or disease. Taking care for one’s own health and well-being is an individual responsibility. Sadly, the mentality in today’s society is on the “Big Brother”, expecting the government to take care of us, the healthcare system, or insurance companies, rather than assuming personal responsibility for our own lives. Here are some key issues to consider for a strong and healthy immune system:

- ☼ Nutrition must be of quality to nourish and renew the body. The appropriate diet depends on your own specific health needs. There are no good foods or bad foods, only the ones you can tolerate.
- ☼ Organic body care or non-toxic cosmetics reduce the toxic burden on your body.
- ☼ Organic, non-toxic household cleaners are good for your home and everyone that lives in it.
- ☼ Exercise impacts every aspect of your health and the immune system is no exception. Moderate and enjoyable exercise is all you need, but you need it every day.
- ☼ Emotional life, conscious and free-flowing, is vital to your inner harmony and overall well-being.
- ☼ Mental factors are crucial for we are what we think. If you don’t like where you are in your life, look at your thoughts.
- ☼ Spirituality is very personal. It can be simply in finding joy in being alive, being touched by poetry, music, or uplifted by a sunset.

### Herbs For The Immune System

Much attention has been placed on herbs for the safe alleviation of illness. This is not the only way to use these wonderful herbs. They can be used to prevent ill health and diseases. Before you start taking immune building herbs check your acid/alkaline balance (see December 2009 Highlight). If your body pH is off you may want to balance your body chemistry. A light detox, such as drinking the Deceleration Tea, may be helpful to improve absorption of your immune building herbs and other important nutrients. Today’s most popular herbs known to strengthen the immune system are:

## Personalized Immunity

The herbs in this formula focus on the stability and support of the immune system. It can be taken as a preventative for maintaining a healthy immune system, as well as right at the onset of a cold, to stop it. For someone who already has a cold, it is known to boost the immune system. Traditionally, this herbal combination has also been taken for extreme autoimmune diseases. The herbs in Personalized Immunity do not attack the virus, flu, disease, etc., but are impacting the immune system, and in turn the immune system attacks the disease, flu, virus, etc.

## Viral Defense

The ingredients in this formula are traditionally known to highly stimulate the immune system and increase viral resistance. You can increase the dosage when you are experiencing flu like symptoms, chest congestion and stomach disorders.

## Immune Builder

The herbs in Immune Builder are known to have blood cleansing, immune building/stimulating properties, raising T-Cell count, increasing antibodies, and nourishing to the adrenal glands.

## Immune Enhancer

The herbs in Immune Enhancer have traditionally been known to strengthen the immune system. When the immune system goes to work many complex health problems fade away. We have received many testimonials from people taking these drops for only a short time, for such conditions as colds, flu, herpes, warts, infections, low energy, as well as ringing in the ears. Sometimes it creates a popping sound in the ears because this formula also drains sinuses.

## Immunity Tea

This is a delicious tea and can be enjoyed everyday or once a week to enhance the natural defenses of the body, prevent the flu and other viral infections, and to neutralize heavy and deep compounds of toxicity in the body.

## Deceleration Tea

This medicinal tea assimilates and works directly with the liver, kidneys and lymphatic system (body purifying organs), increasing antibodies and hemoglobin levels, strengthening the body to combat impurities and toxins. It enhances the filtering process of the kidneys, cleanses urinary system and gallbladder.

## Herbal Program For Social Diseases (Super Bugs)

The three main issues when we are dealing with a social disease or a highly contagious infection such as MRSA, VRS, and many others, are to firstly boost the immune system, secondly weaken the virus simultaneously, and thirdly increase detoxification.

## Clear Cell

Clear Cell is a formula (available in mid-June 2011) include the following herbs traditionally known to: red clover, a blood purifier and cell rejuvenator, juniper, a detoxifier; echinacea root, boosts the immune system, rosehips, increases oxygen delivery; cayenne, to cleanse the colon area, which is where the virus tends to hide and spread out; milk thistle, to detox the liver and other organs. The suggested dosage for Clear Cell is to take (for a person of about 150 lbs) 2 capsules 4 times a day for a 21 day cycle. If needed, this program may be extended to a maintenance cycle of one capsule twice a day.

## Critical Relief Spray

A combination of herbs in Critical Relief Spray has traditionally been used as a soothing spray for staph infections, both as a preventative and treatment. It can be used both internally and externally. If the infection is somewhere on the skin spray the area and the throat area as well, as it is absorbed through the mucous membranes and carried into the blood stream. The suggested dosage for serious conditions is to spray affected areas on an hourly basis. As a preventative, spray 3 times a week. Assess your environment and risk levels. If it is low you may only need it once a week.

## Hand Sanitizer And Air Disinfectant

Here is one of our formulas we use at The Herb Stop to sanitize and disinfect our environment to protect ourselves and our clients from potential viruses, bacteria, etc.

Distilled water	8 oz
Hydrogen Peroxide	16 drops
Lemongrass	15 drops

Fill a spray bottle with the ingredients, shake and mist air, door knobs, hands, etc.

The Herb Stop	toll-free 877-345-Herb (4372)
P.O. Box 673	w. 928-476-4144
Pine, AZ	f. 928-476-4806

*\*These statements have not been approved by the FDA. This information is not intended to treat, diagnose or cure.*