



## October Highlights!



### ! Don't Want To Catch A Cold This Winter?!

Winter is when we are most likely to catch a cold or the flu. Therefore, it is important at this time (in the fall) to strengthen the immune system to protect the body against infections. A strong and healthy immune system can recognize and destroy anything foreign invading the body, including bacteria and other unfriendly particles. Prepare yourself now and strengthen your immune system with one or more of the following herbal formulas made for you by The Herb Stop:

#### Immune Builder©

Many people have been using this formula at the onset of a cold (first two days), to relieve swollen lymph nodes, sore throat, aching body and fever with chills. The herbs in Immune Builder© are known to stimulate and support the immune system, warm the body and promote sweating.

*Contains: Echinacea root and herb, astragalus, schizandra and cayenne.*

#### Body Defense©

The herbs in this formula have been known to clear up viral and bacterial respiratory problems. Many well-known herbalists use this formula for lung infections and bronchitis with yellow phlegm as well as in the aftermath of illness to clear up residual sticky phlegm.

*Contains: Echinacea root, goldenseal, slippery elm, horehound, yerba santa, ginger and cayenne.*

#### Herbal C©

Rosehip and amla make up this wonderful elixir. These two fruits are known to have the highest amount of vitamin C and vitamin C complex including bio-flavonoids, which are necessary to enhance the body's ability to absorb it. They boost body immune response against colds, flu, infections. Vitamin C is famous for enhancing the vitality of everyday cell.

#### Immune Enhancer©

When you increase oxygen levels in the body along with building a more alkaline system you create an unfriendly environment for harmful bacteria and viruses and other diseases. Immune Enhancer© supports a healthy immune system.

*Contains: Echinacea, aerobic oxygen, chamomile, almond extract*

#### Personalized Immunity©

This herbal formula can be taken as a preventative for maintaining a healthy immune system, and/or it can be taken right at the onset of a cold. Herbs, unlike pharmaceutical drugs, do not attack a virus or bacteria but are impacting the immune system, and in turn the immune system attacks the disease, flu, virus, etc. People take this herbal formula to mitigate a cold caused by stress and nervous tension.

*Contains: Eleuthero, Amla, Astragalus*

#### 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.

*Cayenne, Bromelaine, Echinacea root, Acidohoolus*

#### Floo Shut Tea©

I like to drink one cup of this tea periodically to neutralize heavy or deep compounds of toxicity in my body, therefore strengthening my immune system.

*Red Clover, Chamomile, Almond Shavings*

#### Baking Soda

Here is an age old secret! When you alkalize your body with baking soda you create an unfriendly environment for viruses in your body. Add one level teaspoon of baking soda to one cup of hot distilled water. Drink this mix as hot as you are able to tolerate, three to four times a day (Don't do this every day).

#### Thymus Thump

*Thumping the sternum area lightly for a few seconds highly stimulates the thymus gland (the place where T-Cells mature).*