

Our immune system and some of the immune factors that help to feed it and stimulate it

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Our immune system is a complex network of cells, *tissues**, and organs that work together to defend the body against attacks by “foreign” invaders. These are primarily *microbes* (germs) - tiny, infection-causing *organisms* such as *bacteria*, *viruses*, *parasites*, and *fungi*. Because the human body provides an ideal environment for many microbes, they try to break in. It is the immune system’s job to keep them out or, failing that, to seek out and destroy them.

When the immune system hits the wrong target or is crippled, however, it can unleash a torrent of diseases, including *allergy*, *arthritis*, or *AIDS*.

Our immune system is totally automatic and immediately responsive when healthy and supplied with the required amount of nutrients. We will call the nutrients that make-up and/or stimulate the immune system, "immune factors." Our immune system can also be under-active, over-active, or non-existent. Factors that may contribute to these altered states can be environmental in nature (pollution...); chemical in nature (drugs/medications, fungicides, pesticides...); and/or emotional in nature (work, relationships, stress...). An inadequate daily intake of immune factors (vitamins, minerals, protein/amino acids, phytochemicals...) can also adversely affect the immune system. *Glossary @ bottom of page.

One of the simplest ways to stimulate and protect our immune system is by supplying our body with a daily dose of immune factors. Here are a few inexpensive and potent examples:

Whey Protein – Gold Isolate Plus™ - Gold Isolate Plus contains lactoferrin. There are many research studies that have proven lactoferrins anti-cancer and immune enhancing properties.

Gold Isolate Plus™ contains an ample supply of the amino acid cysteine. Cysteine appears to enhance the levels of another amino acid, glutathione, which has been shown to have very strong antioxidant properties. Low glutathione levels contribute to oxidative stress, which plays a key role in aging and the pathogenesis of many diseases (including Alzheimer's disease, Parkinson's disease, liver disease, cystic fibrosis, sickle cell anemia, HIV, AIDS, cancer, heart attack, stroke, and diabetes). ([Read more about this product here](#))

Power-C™ - Vitamin C is an antioxidant required for normal tissue growth and repair, adrenal gland function, and healthy gums. The body cannot manufacture vitamin C, so it must be obtained through our diet or by supplementation. Some of the other functions, based on published research, of vitamin C are:

Aids in the production of anti-stress hormones, protects against the effects of pollution, may help prevent cancer and protects against infection, enhances the immune system response, increases the absorption of iron, may reduce cholesterol levels, may lower high blood pressure, protects against blood clotting, and bruising, promotes the healing of wounds and burns, and neutralizes free radicals. ([Read more about this product here](#))

Immune-Plus Elixir™ - The immune stimulating power of black elderberry, red raspberry, pomegranate, and honey.

For centuries the black elderberry has been used as a healing remedy for flu, colds, coughs & respiratory infections. Red raspberry and pomegranate are the most concentrated sources of the immune factor, ellagic acid. "Research has shown that ellagic acid is a promising natural substance because it causes apoptosis (cell death) to abnormal cells in lab tests with no change to normal healthy cells." American Cancers Society's Complimentary and Alternative Cancer Handbook ([More here](#))

Colloidal Silver "Synergistic Immune Formula™" - Is the most powerful colloidal silver formula available. Our proprietary blend of grapefruit seed extract and pure wild oregano oil make it one of the best immune boosting formulas at any concentration. Colloidal silver, grapefruit seed extract, and oregano oil are like a 1 - 2 punch to what ails you. ([More here](#))

Other Immune Factors by California Academy of Health:

Pomegranate Juice Concentrate 15:1 ([Read more about this product](#))

Ultra Supreme Greens™ ([Read more about this product](#))

100% Pure, Wild Mediterranean Oregano Oil ([Read more about this product](#))

Probiotic Flora-Health™ ([Read more about this product](#))

Power E Complex™ ([Read more about this product](#))

***Glossary**

AIDS (acquired immunodeficiency syndrome) - life-threatening disease caused by the human immunodeficiency virus, which breaks down the body's immune defenses.

Allergy - a harmful response of the immune system to normally harmless substances.

Bacteria - microscopic organisms composed of a single cell. Some cause disease.

Fungi - members of a class of relatively primitive vegetable organisms. They include mushrooms, yeasts, rusts, and molds.

Microbes - microscopic living organisms, including bacteria, viruses, fungi, and protozoa.

Organisms - individual living things.

Parasites - plants or animals that live, grow, and feed on or within another living organism.

Tissues - groups of similar cells joined to perform the same function.

Viruses - microorganisms composed of a piece of genetic material - RNA or DNA - surrounded by a protein coat. Viruses can reproduce only in living cells.

For more detailed information please go to www.caoh.org

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* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.