

## **Immunity Boosting to Fight Viral Attacks:**

All you have to do is enhance your body's natural immune system and make it as strong as it possibly can be. You should be aware that modern day living with its increasingly sedentary lifestyle and excessive consumption of junk foods, depresses the immune system.

To add to this, antibiotics and other pharmaceutical weapons invade the body and battle with the disease as well as the immune system.

Increasing work pressures, poor stress management, pollutants in the air, pesticides in the food all add up to ruining our disease fighting capacity.

But remember, you are as strong as your immune system allows you to be. What you choose to put into your mouth accounts for your first line of defence against disease. Irrespective of exercising everyday, having a positive state of mind, keeping your sexuality under control, you can upset everything by eating foods which subtract from your health.

Refined flour, white sugar, processed and canned foods, deep fried foods, red meat can damage your health and depress immunity.

Eating foods in their most natural forms like whole grains, fruits, vegetables, nuts and seeds is the easiest way to enhance immunity. Some vitamins and herbs have special immune enhancing powers.

Your immune system is a very complex defence system that is your first line of protection in all matters related to your health. In simplest terms, it fights off potentially harmful infectious organisms in a constant effort to maintain a healthy state.

## **Factors that affect your immune system**

- Stress
- Poor Diet
- Drugs (including alcohol and tobacco)
- Some prescribed medications (including antibiotics)
- Physical or emotional trauma
- Genetic predisposition
- Unhealthy lifestyle
- Poor hygiene
- Exposure to infectious organisms
- Other environmental factors including weather, pollution, public health campaigns, physical home & work environment.

Try to be aware of your personal circumstances, your stress levels and how you manage them. Do you know how you relax best? I know someone who finds it very difficult to relax except when they sit by a river or have a bath.

If you are under a lot of pressure you could look at taking our Burn Out Mix and or

## **Robert McDowell's Herbal Treatments**

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our powerful and popular antioxidant Maritime Pine Bark which we recommend for all patients who have some compromising health problems.

[http://www.herbal-treatments.com/herbs\\_burn\\_out.html](http://www.herbal-treatments.com/herbs_burn_out.html)

[http://www.herbal-treatments.com/maritime\\_pine\\_bark\\_extract\\_pycnogenol.html](http://www.herbal-treatments.com/maritime_pine_bark_extract_pycnogenol.html)

[http://www.herbal-](http://www.herbal-treatments.com.au/human_treatments.html#nervous_system_treatment)

[treatments.com.au/human\\_treatments.html#nervous\\_system\\_treatment](http://www.herbal-treatments.com.au/human_treatments.html#nervous_system_treatment)

The reported symptoms of most influenza strains in humans range from typical influenza-like symptoms (e.g., fever, cough, sore throat, and muscle aches) to eye infections (conjunctivitis), pneumonia, acute respiratory distress, viral pneumonia, and other severe and life-threatening complications.

Our herbal mix to boost the immune system includes Maritime Pine Bark, Gelsemium, Comfrey, Golden Seal, Hypericum, Yarrow, Garlic, Echinacea, and Thyme along with the Bach Flowers Chestnut Bud, Oak and Holly.

Robert McDowell  
Herbalist