The idea behind vaccines is to confer immunity to a specific virus. Since this is not an option, why not take steps to improve general immunity. We hear that half of Europe died during the Bubonic Plague in the 14th century. That means that the other half didn’t die—better immunity.

We use language like, “I caught a cold,” or “I caught the flu”. It makes it sound like the virus has moves like LeBron James. It fakes left, spins right and slam dunks into you. But we know that even in a pandemic, not everyone gets sick.

So the goal is to enhance your immune system as much as possible. First do all the things your mother told you: wash your hands before eating, eat a good diet, and get plenty of rest. Stress really puts a strain on the immune system and can increase your chances of getting sick. Researchers from the University of Florida and the University of Iowa reported in the *Journal of Psychosomatic Medicine* (May, 2001), that those who have a lot of pain and stress are more likely to become sick than those who claimed to have little pain and stress. It is reasonable to expect that other stressful procedures may hamper immune function.

Diet is very important. Sugar and refined flour products stress the immune system. Similarly, hydrogenated oils and deep-fried foods should be avoided. Fresh, brightly colored produce will help to boost your immune system. Fresh produce is high in vitamin C. The bright color in plant foods is from carotenoids and bioflavonoids. These are powerful antioxidants that will help to protect your cells. The carotenoids are precursors to vitamin A.

Also, supplementation often helps with immunity: Vitamin C is antiviral and antioxidant. It protects your cells from chemical stress and from viruses. Vitamin A is a much neglected immune support nutrient. Research shows that chemical exposure, along with bacterial and viral exposure reduces vitamin A levels (get professional help before taking vitamin A, because too much of it can be toxic). Arabinogalactan can be purchased as a powder. They exist in high amounts in herbs that boost the immune system like: *Echinacea purpurea*, *Baptisia tinctoria*, *Thuja occidentalis*, *Angelica acutiloba* and *Curcuma longa*. In short, arabinogalactan is found in herbs that boost the immune system.

The idea is to improve your body’s infrastructure. Fortify your immune system and the chances of getting sick decrease.
It’s flu season. The posters are up at Walgreens, yet there are still some who do not like being injected with a concoction of virus, formaldehyde, preservatives and other mystery chemicals.

The idea behind vaccines is to confer immunity to a specific virus. Since this is not an option, why not take steps to improve general immunity. Even during flu season, some people get sick and others do not. Is it because some successfully avoid the virus or is it because of their immune health?

So you want to enhance your immune system as much as possible. Make the lifestyle suggestions in the article on page 1. Supplementation can also help the immune system. There are some products that will help improve your immunity:

**IAG™:** This is arabinogalactan powder obtained from the Western larch tree (Larix occidentalis). It is approved by the U.S. Food and Drug Administration (FDA) as a source of dietary fiber. Arabinogalactans exist in high amounts in herbs that boost the immune system like: Echinacea purpurea, Baptisia tinctoria, Thuja occidentalis, Angelica acutiloba and Curcuma longa. In short, if you have used arabinogalactan in your office, you know how effective it is. Many patients keep it on hand and take it at the first sign of illness, and many have found it very effective in preventing illness.

**ADP®:** The letters stand for Anti Dysbiosis Product and it is commonly given to patients with Candida or parasites. It is also very effective for upper respiratory problems. This product is a “must have” for sore throats. Dissolve a tablet in some water (as best you can—it will be a little lumpy) and gargle with the solution. You will be surprised at its effectiveness.

**BIO-IMMUNOZYME FORTE™:** A broad-spectrum product containing vitamins, minerals, enzymes, as well as neonatal and adult bovine glandular and organ components known to support immune function. The product is in a base of SOD, catalase, echinacea, methyl-donors and chlorophyll.

**CYTOZYME-THY™:** Source of neonatal bovine thymus. Use with viral or bacterial infections, immune insufficiency, decreased gamma globulin, croup, inflammation, thyroid hyperfunction, healing, lymph edema, and myasthenia gravis.

**NEUTROPHIL PLUS®:** An herbal vitamin blend designed to stimulate phagocytosis and inhibit bacterial
multiplication. It is effective for upper respiratory problems, including, otitis media, throat, sinus and bronchial conditions.

**ULTRA VIR-X®:** A broad-spectrum herbal and nutrient product with anti-viral and immune stimulating properties. It has been shown to be effective with chronic and acute viral problems.

**BIO-C PLUS™:** Be it ever so humble, there is nothing like vitamin C. **Bio-C Plus™** contains mixed ascorbates (500 mg) and 100 mg of citrus bioflavonoids. Because the product contains mixed ascorbates, it is less likely to cause digestive distress.

**BIO-Ae Mulsion FORTE®:** Vitamin A is a much neglected immune support nutrient. Research shows that chemical exposure, and both bacterial and viral exposure reduces vitamin A levels. This product is identical to Bio-AeMulsion except it contains 12,500 I.U. of vitamin A per drop rather than 2,000 I.U. per drop. Use it with immune problems (virus, colds, environmental allergy, flu, bacterial infection), acne, ringing in the ears, and mixed in water as a vaginal douche for candidiasis and vaginitis.

Of course, lifestyle choices are more important than supplements. Standing in line in the cold for a flu shot, for instance, may challenge your immune system. Patients should get plenty of rest and eat in a healthy manner. Is it any wonder that flu season occurs after the holidays? Stress and poor diet can undermine your health and immune system.
IAG™ is the Biotics Research trade name for arabinogalactan powder obtained from the Western larch tree (*Larix occidentalis*). It is approved by the U.S. Food and Drug Administration (FDA) as a source of dietary fiber.

Arabinogalactan is actually a description of a whole class of polysaccharides. They are long chained (10,000-120,000 Daltons) polysaccharides that are found in many plants, including common foods like radishes and carrots. Arabinogalactan from the Western Larch tree is composed of a 6:1 ratio of galactose and arabinose (with small amounts of uronic acid). Arabinogalactans exist in high amounts in herbs that boost the immune system like: Echinacea purpurea, Baptisia tinctoria, Thuja occidentalis, Angelica acutiloba and Curcuma longa. 1,2,3,4

**Arabinogalactan is also beneficial to the digestive tract.** As stated before, the FDA recognizes use of arabinogalactan as a soluble dietary fiber. But its value goes beyond that role. It has the added benefit of feeding normal bacteria, in much the same way as does fructooligosaccharides. It also helps normal bowel flora to produce short-chain fatty acids, including butyric acid, which nourishes the cells of the intestinal tract. 1,2,3,4 Butyric acid levels have a protective effect on cells of the colon, reducing the instance of colon cancer. An adequate supply of short-chain fatty acids is thought to make colon cells more resistant to both tumors and a number of intestinal diseases. Arabinogalactan has also shown anti-viral properties in animal studies.

**Arabinogalactan is beneficial to the immune system.** As stated previously, arabinogalactan is actually composed of several molecules of varying molecular weights. The molecular weights of the major fractions are 16,000 and 100,000. The low-weight fraction (< 50,000 Daltons) has a stimulating effect on the immune system as well as an anti-inflammatory effect. 1,2,3,4 Arabinogalactans of a larger molecular weight are useful for stimulating natural killer (NK) cell activity.

The NK stimulation is not direct, but rather through the cytokine network. Research was done on human blood cell cultures of peripheral non-adherent cells and monocytes that were pretreated with arabinogalactan were found to have enhanced NK cytotoxicity. Also, they demonstrated increased release of interferon gamma, tumor necrosis factor alpha, interleukin-1 beta and interleukin-6. 1,2,3

Arabinogalactan also has anti viral effects. In an animal study, injection with arabinogalactan decreased serum levels of viral DNA. 1,2

In cancer patients, arabinogalactan has shown to reduce the instance of liver metastasis. This has also been demonstrated in human and animal studies.

5. Wagner H. Low molecular weight polysaccharides from composite plants containing arabinogalactan, arabigianucan and arabinoxylan. Bundesrepublik Deutsches Patentamt DE 3042491 7/15/82
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Whole Health America
F E V E R  C A N  B E  A  F R I E N D

For some reason we tend to view a fever as a problem that needs to be brought under control. Even if there is a fever, or temperature that is 99.5 degrees or higher, the fever is not the problem—it is a symptom. The fever is a positive response to the disease. It is a sign that the immune system is working. Fever increases the amount of a natural antiviral and anticancer substance in the blood, called interferon. Fever can also increases the white blood cells, and improves their ability destroy bacteria and infected cells. Fever also hinders the reproduction of many viruses and bacteria. A mild fever may be a good thing—the immune system is working.

The idea of trying to stop a mild fever with a drug is not a good one. The fever is actually your body fighting the illness. If a child is sick monitor him or her for dramatic increases in temperature and worsening of any other of his symptoms.

A temperature of 106° Fahrenheit can harm the heart and brain. If it gets that high, then you need to be concerned. During most infections, however, the temperature does not rise above 104° Fahrenheit.

Aspirin reduces fever, pain, and inflammation, but pediatricians rarely recommend it. Taking aspirin during viral illness has been linked to Reye’s syndrome. Reye’s syndrome is a rare, potentially fatal childhood disease. In general, it strikes children under the age of 15 upon recovering from an upper respiratory illness, flu or chicken pox. Reye’s syndrome is characterized by abnormal accumulations of fat in the liver and a severe increase of pressure in the brain. Typically the first symptom is uncontrollable vomiting and nausea. Other early symptoms include lethargy, drowsiness, disorientation and irritability. The swelling in the brain may cause seizures or coma, and the child may stop breathing. A child with Reye’s syndrome needs immediate medical care. The earlier it is diagnosed, the better the chance for a successful recovery.