



## PREVENT ILLNESS BY BUILDING A STRONG IMMUNE SYSTEM

By Dr. Bo M. Nielsen

As autumn settles in, so do diseases and infections, namely the dreaded cold and flu. That is, if your immune system is not up to the challenge.

### What causes a weakened immune system?

Putting aside underlying medical conditions such as AIDS, allergic disorders and autoimmune disorders, here are the most common culprits of weakened immune system: stress; lack of exercise; lack of sleep; being overweight; overuse of prescription and non-prescription medications; poor hygiene; and poor diet, such as consuming too many refined sugars.

### Diet is a major factor in immune health

Diet actually plays a major role in how well, or not, our body deals with foreign invaders. That is because our complex immune system relies on an ample supply of vitamins, minerals, antioxidants and other essential nutrients to do its job properly - to protect our body from harmful bacteria, viruses and other unwanted visitors.

*In this newsletter issue find out which nutrients you should be taking to tweak your immune system and stop cold and flu viruses in their tracks.*

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### Our immune system has three layers of defence

- 1. Physical barriers:** includes the skin and mucous membranes which prevent germs from entering your body.
- 2. Innate immune system:** if germs get past the physical barriers, our innate immune system takes over. The result is an immediate, non-specific response to the invading germs.
- 3. Adaptive immune system:** this layer is activated when our innate response cannot deal with the germs. Here, white blood cells gather to embark on a powerful, specific attack on germs, which results in long-term and protective immunity.

# VITAMIN D ACTIVATES THE IMMUNE SYSTEM

Of all the vitamins that are necessary for good health, vitamin D is quite certainly *the* vitamin that should be at the top of your list. Why? First of all most people don't get enough vitamin D, especially during the winter months when sun exposure is minimal. Also, vitamin D has been shown in many scientific studies to play a major role in the protection of chronic diseases such as: cardiovascular disease; osteoporosis; cancer; autoimmune diseases;

Alzheimer's disease; diabetes; and many more.

The best news we could hear during this season is that vitamin D also protects us against infectious diseases like the common cold and flu by activating our immune system's T-cells - white blood cells that fight infection. Without sufficient levels of vitamin D in our body, these T-cells would not be activated and we would be vulnerable to germs.

## Daily supplements of vitamin D lower risk of flu by 40%

The importance of vitamin D to our immune system is evident in a new study that says daily supplements of vitamin D3 reduces our risk of falling prey to flu by 40%.

## How much vitamin D?

Participants in the study received 1200 IU of vitamin D3 daily and most researchers recommend at least 1000 IU a day with 2000 IU being a more protective dose for most people.

### How to determine your vitamin D blood level

Because not everyone's rates of vitamin D absorption or needs are the same, you may want to check your blood levels of vitamin D. Make sure you ask for the most accurate test, which is called 25-hydroxyvitamin D, also known as a 25(OH)D test. Use the following chart to determine your vitamin D status:

Deficient	Inadequate	Optimal	Excess
<20 ng/ml or <50 nmol/L	<50 ng/ml or <125 nmol/L	50-80 ng/ml or 125-200 nmol/L	>100 ng/ml or >250 nmol/L

On average, every 1000 IU increase in daily supplemental vitamin D results in a 10 ng/ml increase in vitamin D blood levels. So if for example your test results show that your vitamin D level is 40 ng/ml, you need to take at least 1000 IU of vitamin D every day to be within the minimum optimal range of 50-80 ng/ml. It wouldn't be a bad idea to have your vitamin D blood levels tested every six months or so to make sure you are in the optimal range.

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### 2000 IU OF SUNSHINE RAYS CAPTURED IN A DAILY DOSE!



Fine tune your immune system and protect yourself against flu and the common cold with Doctor's Natural Vitamin D Extra!



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## DID LACK OF VITAMIN D KILL MOZART?

The cause of Mozart's premature death at 35 has been debated by researchers for decades. In fact, over 100 theories have been put forward; but in all likelihood his demise was caused by a number of factors that could very well include a new theory that vitamin D deficiency played a role.

Throughout his lifetime, this musical genius appeared to be afflicted with many chronic and infectious diseases such as bronchitis, pneumonia, sepsis, heart disease, kidney disease and depression.

We now know that these conditions are strongly correlated to low vitamin D blood levels. Furthermore, Mozart did not get much sun exposure as he tended to compose music at night and sleep during the day. This paired with the fact that in Austria sun rays are very weak during at least six months of the year, makes it highly likely that Mozart (and many other inhabitants) was deficient in vitamin D.

Could vitamin D have saved Mozart from premature death? No one knows for sure, but it could be a plausible theory and all the more reason to make sure we have optimal levels of vitamin D!



## INGREDIENTS IN DOCTOR'S NATURAL PHYTO-SYNERGY IMPROVE BODY'S NATURAL DEFENCES



Two ingredients in Phyto-Synergy (broccoli and green tea) have been found in scientific studies to strengthen our body's immune system.

### **Broccoli protects against age-related immune system deterioration**

As we age, we produce more and more free radicals - highly reactive, unstable molecules that weaken

the immune system and cause cellular damage, which in turn results in aging and many chronic diseases.

A study from the University of California, Los Angeles (UCLA) shows that broccoli contains an antioxidant compound called sulforaphane which neutralises free radicals and improves immune function in older individuals.

### **If you are taking antibiotics, green tea helps kill bacteria**

According to another study, green tea (also contained in Doctor's Natural Phyto-Synergy) significantly helps antibiotics destroy bacteria, even superbugs - antibiotic-resistant bacteria.

Antibiotics were found to be more effective at killing over 28 types of microbes when taken together with green tea. Green tea was also able to make 20% of antibiotic-resistant bacteria vulnerable to antibiotic treatment.



**Build a strong immune system and fight germs with Doctor's Natural Phyto-Synergy. Phyto-Synergy contains caffeine-free green tea extract, broccoli extract and other potent antioxidants.**

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## BASIC VITAMINS AND MINERALS ARE THE FOUNDATION TO A STRONG IMMUNE SYSTEM

The nutrients we have mentioned in this newsletter issue are great for giving our immune system a boost; but don't forget to also take basic vitamin and mineral supplements. This will give your immune system all the nutrients it needs to be in tip-top condition.

For example, folic acid is important for a strong immune system and vitamin E helps our white blood cells fight invading germs. Also, the mineral zinc has been shown to reduce the severity and duration of common cold symptoms.



**DOCTOR'S NATURAL MULTI-VITAMIN AND MULTI-MINERAL SUPPLEMENTS CONTAIN ALL THE ESSENTIAL VITAMINS AND MINERALS IN THE MOST EFFECTIVE DOSES TO HELP BUILD A STRONG IMMUNE SYSTEM!**

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**Did you know...?  
If you are an amateur or professional athlete, apples and onions may help protect you against flu**



An antioxidant substance found in apples and onions called quercetin may protect you against flu through its immune boosting and antiviral effects. Because strenuous exercise increases the risk of upper respiratory tract infections and flu, athletes could benefit from daily consumption of quercetin.

Not a fan of apples or onions? Don't worry because Doctor's Natural Phyto-Synergy contains a daily dose of 400 mg of quercetin!

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