

## Winter Fortification

Autumn is making its presence felt and now is a good time to ensure we have built up our immune systems to withstand colds, flu's and other common health challenges that predominate in the cooler months.

Building and maintaining a healthy immune system is something we can do throughout the year to ensure we are 'fighting fit' for winter and beyond. If we focus on establishing the right conditions within the body, we are less susceptible to infections and health problems.

Most health challenges stem from poor digestive function and disruption to the balance of beneficial flora, which is an integral part of our immune system and overall health. Imbalances in beneficial flora can result from:

- antibiotic use
- use of prescription drugs including the oral contraceptive pill
- stress
- gastrointestinal infections and other illnesses
- poor dietary habits.

Beneficial bacteria are known to enhance cellular immune responses, particularly via the gut-associated lymphoid tissue in the intestinal tract. Immunoglobulin production is reduced when insufficient beneficial microbes are present in the gut.

Eating a nutrient-dense diet rich in vitamins, minerals, beneficial fats, complex carbohydrates, high quality proteins and cultured foods provides a solid foundation from which we build our physical health.

We have an abundance of remedies to naturally support the immune system to fend off viruses, bacteria and other pathogens and strengthen the immune system and the bodies healing processes to work better and faster to recover from the bug you didn't manage to avoid.

So if you feel that your digestive system isn't in perfect shape, now is a really good time to get in to see me for a bit of a spruce up to make sure your immune system won't let you down this winter!

Or if you simply would like to get the best products available to reinforce your immune system this winter, please don't hesitate to call or email me to get your supplies.

Have a happy healthy winter season!

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