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Keep Your Immune System Strong With Herbs

There have been numerous improvements to our quality of life over the last century with advancements in science and medicine. Most families in America have access to healthcare and tools which promise improved health and well being. Even with the benefits and comforts that living in the modern world provides, chronic and preventable illnesses continue to occur. The fast-paced and high-stress lifestyle that many Americans live impacts their health in a variety of ways.

We face more health challenges today than ever before, which makes it more crucial than ever to have a balanced immune system, something that many Americans lack. Although the US leads the world in quality of healthcare, an increasing number of people are suffering or dying from preventable health problems. The environment, lifestyle, genetics, age, and antibiotic resistance are just some of the factors that are to blame for this. Thankfully, boosting immune power can counteract the negative effects of these factors on health.

Most Americans do not sleep enough, do not eat right, and do not exercise like they should. Many of the most common health problems people suffer from today are a result of lifestyle. These problems include hypertension, heart disease, diabetes, cancer, depression, and unbalanced immune function. Despite this fact, Americans continue to take part in poor health habits and then give up billions of dollars in prescriptions, doctor's visits, and surgeries each year when they encounter an illness.

A sedentary lifestyle is a major cause for disease, as inactivity and obesity are both potential risks. Exercising as little as three times a week has been proven to enhance well-being and improve health. A lack of exercise can also contribute to stress, which we all experience. However, a healthy immune system can make our bodies more capable of withstanding the effects of stress. If immune systems can be balanced, Americans may be better able to withstand the potential health problems that living in the modern world brings.



We must take into account the fact that more health problems can arise as we age. Older individuals are much more susceptible to disordered immune systems, as the progressive immune system dysfunction that coincides with aging has been shown to influence an increasing number of age-related disorders such as Alzheimer's, osteoporosis, and late-life lymphoma. With this knowledge, we should want to supplement and strengthen our immune systems, especially as they get older. We can work to avoid the occurrence of autoimmune disorders and cancers that so commonly occur as we age by keeping our immune systems strong and functioning at optimum levels.

A lot of the potential health problems that we are facing today can be traced back to the environment. One environmental problem is the result of toxic chemicals, as the widespread use of pesticides and increase of benzene and other pollutants in the atmosphere are leading to cancer and other reproductive health problems such as endometriosis and fertility issues.

The chemical pollutants in our air, food, and water have been linked to asthma, allergies, autoimmune disorders and weakened immunity. Additionally, we are being exposed to increasing amounts of UV radiation, with occurrences of skin cancer continually rising. Researchers believe that one of the main reasons for the increasing number of melanomas may be due to people spending more time in the sun as well as artificial sources of UV radiation. There are many herbs available to help boost the immune system and detox the body to help one keep a strong immune system.



- [Immune Boost Blend 180ct](#)



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