



# Health Matters

by  
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This time of year we always get frequent questions about ways to reinforce resistance to seasonal viruses like colds and flu. Of course, we suggest that our first line of defense is lifestyle practices that keep our immune systems resilient.

Everyday immune resistance requires a plentiful array of antioxidants in fruits and veggies, regular exercise, fresh air and quality sleep. Over 70% of our immune system resides in our gut, so beneficial bacteria in a daily probiotic also provides extra support.

Another valuable measure in helping fight viruses like colds and flu is **Elderberry Extract**. In the 1980's, virologists discovered that proteins in elderberries inhibit the activity of an enzyme produced by viruses that break down cell walls. Without the ability to invade our cells and use them as hosts, viruses are unable to survive. Offered in extracts, syrups, capsules and lozenges, **Elderberry Extract** is clinically proven effective and it's even safe for kids.

As always we guarantee your satisfaction.

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