



Health Matters

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The over-all stress of seasonal changes often has a detrimental effect on our immune system's ability to cope. Allergens, bacteria and viruses can take over only when our inner environment allows, so strengthening our immunity is the best way to prevent, as well as contain such challenges.

A "super immunity" checklist includes: quality sleep, regular exercise, wholesome food, sugar avoidance, controlled stress and a positive outlook. A natural respiratory and immune support supplement called **AIR DEFENSE** can also be a valuable ally in building resistance during stressful times and seasonal changes.

AIR DEFENSE contains a patented extract of Andrographis, a medicinal herb used for centuries with upper respiratory conditions (sinus, bronchial and lung), as well as a host of other immune strengthening herbs such as Elderberry, Echinacea, Olive leaf and Astragalus. Sustain "super immunity" throughout the season with **AIR DEFENSE**.

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