

# Building a Strong Immune System to Fight Off Invaders

BY LORNA VANDERHAEGHE

The immune system is your powerful internal army, seeking, recognizing and destroying invaders to keep us free of disease. When the immune system is functioning optimally, few viruses, bacteria, cancer, or parasites are allowed to set up house in the body.

Two main parts of the immune system are the innate immune system you were born with and the adaptive immune system, which develops over time as it is exposed to viruses and other microbes.

The cells that make up the innate immune system, for example, macrophages, are called big-eater cells since they engulf and devour invaders. Sugars have been found to deactivate the big-eating cells for up to five hours, making us vulnerable to infection; yikes!

The adaptive immune system creates memories so that when you are exposed to the same virus again, the immune system recognizes it for quick destruction. For example, if you got mumps as a child, your immune system created antibodies, which now make you immune from getting mumps again.

**There are several ways we can build a strong immune system. For example, letting our children play in the dirt, providing a variety of nutrient-dense foods, ensuring adequate sleep, and taking two key nutritional supplements known to balance the immune system, so it is strong enough to fight off invaders.**

## STRONG IMMUNITY WITH VITAMIN D3

**Vitamin D3, called the sunshine vitamin, works on both the innate and adaptive immune system.**

The American Journal of Clinical Nutrition published a trial with 340 children during flu season. Half of the children received 1200 IU of Vitamin D3 per day, and the other half received a placebo. Rates of influenza A were 40% lower in the group receiving vitamin D3 compared to those kids not taking vitamin D3. Another study in 400 infants, 3 to 12 months old, found that a dose of 1200 IU per day of Vitamin D3 was more effective at rapid relief of cough, fever, and wheezing compared to 400 IU per day. So for a robust immune system, everyone should be taking this superstar immune nutrient daily.

## PLANT STEROLS AND STEROLINS = BALANCED IMMUNITY

Plant sterols and sterolins, in a specific ratio of 100:1 sold only under the brand Moducare®, have been extensively researched for over 20 years for their effects on immune-related disorders from rheumatoid arthritis, infections including human papillomavirus (HPV), as well as allergies in children. **Plant sterols and sterolins balance both the innate and adaptive arms of the immune system, enhancing a weak immune system while controlling inflammation and an overactive immune system.**

Moducare was evaluated in children with allergic rhinitis. Pollen, dust mites, mould, and animal



## SYMPTOMS OF A WEAK IMMUNE SYSTEM

- FREQUENT COLDS & FLU
- ALLERGIES
- CONTINUAL FATIGUE
- PSORIASIS & ECZEMA
- PAINFUL JOINTS & MUSCLES
- HERPES (COLD SORE) OUTBREAKS
- PARASITE INFECTIONS

dander are common causes of allergic rhinitis. After six months of treatment with Moducare, children had an 89% reduction of symptoms of nasal obstruction, sneezing, runny nose, and itching. Thus, Moducare is an important daily immune supplement for children and adults to support optimal immune health.

Supporting a strong immune system is the key to the reduction of colds, flu, and other infections. These two nutrients should be a part of everyone's daily immune system nutrient program. ★



Lorna Vanderhaeghe is a natural health expert who has been researching and writing on nutritional medicine for over 35 years. Lorna is the author of 13 books, including her first book, *The Immune System Cure*, published in six countries and four languages.