

## IMMUNE SUPPORT



Two of the main threats to our health are infections and cancer. These two killers are still responsible for many of the preventable deaths in the U.S. and worldwide.

Even with modern medical care, your first and last line of defense is still the power of your immune system.

To recover from an infection, antibiotics will not kill every last bacterial invader, but your immune system can. To cure cancer, chemotherapy will not kill every last cancer cell, but your immune system can.

Poor and inadequate sleep and nutrition with a good dose of stress is the recipe for a weak immune system, incapable of defending our bodies when we need it most. Nutritional supplements can help strengthen your immune system so that it can do the

job it is designed to do.

The Natural Pharmacy has assembled a variety of potent immune boosting vitamins that can help keep you healthy or recover more fully and completely from illness.

As a Primary Care specialist on the front lines of medicine, I am exposed daily to all manner of viruses and bacteria from patients who seek my help. An essential part of my personal health care regimen involves taking supplements to help my immune system keep me from catching the infectious diseases of my patients.

Busy moms, school teachers, office workers, students and business travelers also find themselves exposed to many of these same illnesses. Immune-boosting supplements have helped countless of my patients in these professions stop the cycle of recurring sinus and respiratory infections.

Eat well. Sleep well...and take your vitamins. You will be glad you did.

### Benefit of 10 cups of Tea

## GREEN TEA EXTRACT

by MyBestHealth

- **Helps prevent colds**
- **Keeps cancer cells from spreading**
- **Antiviral, antibacterial, antifungal and anti-tumor**



It seems every week more positive research is featured on the health benefits of green tea. Most studies show that to get the benefits of green tea you would need to drink five to ten cups per day.

That's a lot of tea.

Green tea supplements give patients all of the advantages of consuming pots of brewed tea but with the added advantage of

being able to concentrate the most important ingredients of green tea in every capsule.

Green tea contains potent antiviral, antibacterial, antifungal and anti-tumor substances that can help treat diseases from the common cold to cancer. Green tea extracts also seem to be able to help prevent colds and flu illnesses from taking root in the first place.

Recent scientific data has shown that green tea extracts help to keep cancer cells from being able to spread, making them easier to treat with both Western and alternative therapies.

Green Tea by MyBestHealth is decaffeinated which means you can have all of the benefits without any of the side effects of green tea drinks.

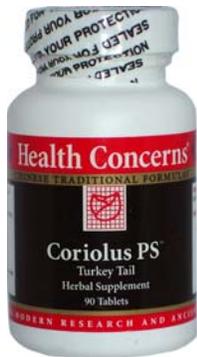
PRODUCT #	SIZE
148	60 cap



## Destroy Cancer Cells CORIOLUS-PS

by Health Concerns

- **Used by Japanese physician for decades**
- **Helps prevent infections**
- **Effective aid for cancer and HIV**
- **Increases immune system signals**



Medicinal mushrooms have formed an important part of the foundation of Natural Medicine for thousands of years.

Extracts of coriolus have been used by Japanese physicians as a prescription medicine for several decades. Solid scientific research has proven coriolus extracts as an effective aid in patients being treated for cancer and other infectious diseases, including HIV.

No matter how much chemotherapy or radiation a patient with cancer receives, these treatments are never enough to kill every last cancer and “cure” the patient. Only a patient’s immune system can find every last cancer cell and win the final battle against cancer. The same is true for curing infections with antibiotics; you still need a strong immune system to help kill every last bacteria.

Preventing infections and cancer also requires a strong immune system. Coriolus boosts immune system strength and activity by increasing the molecular signals that direct the immune system to where it is needed most. Coriolus also helps to tell the immune system how aggressive to be in the face of an attack by bacteria or cancer cells.

PRODUCT #	SIZE
131	90 tab

## Reduces Severity of Respiratory Infections

### LTP

by Ecological Formulas

- **“T” Cell Special Forces Unit**

L.T.P. is a thymus gland extract, a little appreciated part of the immune system’s “T” cell Special Forces unit. “T” cells are critical to a healthy functioning immune system.

## Vitamins: The Toxic Avenger

*Eating a “healthy” diet is not enough to help you thrive in a stressed-out and polluted world that punishes our bodies every day.*

*Using nutritional supplements for optimal health—what I call true health—is about more than just trying to meet the government’s minimum daily requirements for their basic list of vitamins and minerals.*

*True health requires us to go beyond minimal supplementation and begin employing nutritional supplements to counteract the negative forces on our bodies that can cause pre-mature aging and disease. The two major negative forces that must be countered and controlled for true health are inflammation and oxidation.*

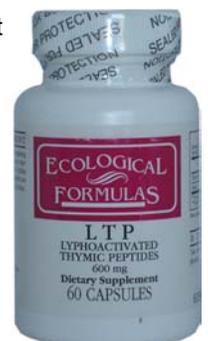
*The powerful role that inflammation enjoys in the aging and disease process is a fairly recent discovery. Typically, we think of inflammation when we see a painful, swollen knee or a hot, red skin condition. But inflammation can also happen inside the body in a more subtle, insidious way. Right now the inflammation process in our arteries is being researched intensely because inflamed arteries are more likely to become clogged with cholesterol than “normal” arteries. Inflammation can be controlled and minimized using Integrative Medicine.*

*Oxidation is all around us. It is the process that rusts metal and turns newspapers a brittle yellow when left outside for a few days. Oxidation occurs when oxygen molecules collide with objects, such as metal, newspaper or our bodies. We obviously need oxygen to live, but we also must counteract the punishing effects of oxidation—welcome to the anti-oxidants.*

*Nutritional supplements that complement a good diet are also keys to true health. Anti-oxidant and anti-inflammatory supplements are particularly important to counter pre-mature aging. Ask Dr. Hirt for help in selecting your best choice supplementation.*

Thymus gland extracts help fight harmful germs and can reduce the number and severity of respiratory infections in adults and children who repeatedly get sick.

PRODUCT #	SIZE
163	60 cap



## Strongest Medicinal Mushroom

# CHAGA

by JHS

- **Targets cancer cells**
- **Grows only in wild**
- **Treats cancer of breast, uterine, liver and stomach**
- **Also treats high blood pressure, diabetes, influenza, stomach ulcers and arthritis**
- **Documented healing**



In the United States, we have always appreciated mushrooms for their gastronomic delights, but we are only just beginning to explore the tremendous value of mushrooms for their medical benefits.

For more than 3,000 years, Asian cultures have been using medicinal mushrooms to heal conditions ranging from fatigue to cancer. As an herbal therapy, Chaga stands

out as one of the most potent mushrooms.

Chaga is a mushroom that grows only on the Birch tree and is only wild-crafted, never farmed. There is an extensive, international body of research that has documented the healing properties of Chaga. This includes specific studies of Chaga as adjunctive treatment for a variety of cancers, including breast, uterine, liver, and stomach. Chaga has long been used in folk medicine as a treatment for high blood pressure, diabetes, influenza, stomach ulcers, and arthritis.

As with other medicinal mushrooms like Shitake, Maitake, and Reishi, Chaga also contains a panoply of nutrients to stimulate the immune system which is important for the body to fight conditions ranging from the common cold to cancer. Chaga, however, also contains specific nutrients that directly target and kill cancer cells. As such, Chaga is considered by many herbalists to be the strongest of all medicinal mushrooms.

PRODUCT #	SIZE
239	150 cap

## 16 Powerful Medicinal Mushrooms

# HOST DEFENSE

by NewMark

- **Boost immune system by 400%**
- **Organic and wild**
- **Recommended for patient with increase risk of cancer**



As a physician practicing Integrative Medicine, I continue to be impressed by the healing powers of medicinal mushrooms. Scientists continue to add to the list of mushrooms that have proven health benefits which include boosting the immune system, reducing inflammation, promoting healthy cellular activity, supporting a healthy cardiovascular system, and promoting longevity.

With all of the good health news on so many different mushrooms, it is hard to pick just one or two specific mushroom extracts for your daily regimen.

NewMark has solved this problem by creating Host Defense, a blend of 16 of the most powerful, best studied medicinal mushrooms. These mushrooms are wild-crafted and organic and then processed at the peak of their medicinal value for maximum health benefit.

NewMark has gone one step further and scientifically tested Host Defense which demonstrated the ability to boost key aspects of immune strength by 400%.

Host Defense should be used by patients who have or who are at increased risk for cancer and by those who need to boost their immune systems.

PRODUCT #	SIZE
240	60 cap

