



Immunity. What does it mean?

We hear the word “immunity” on many reality TV shows. What it means is “protection” from a future challenge or harm. Our immune system is perhaps one of the most complex and fascinating systems of the human body.

Our immune system is composed of organs such as the thymus gland, spleen, tonsils, white blood cells and specialised serum factors.

When the thymus gland is functioning efficiently (see the article of prevention of colds) it protects us from things like candida, herpes, cancer and allergies.

Simple dietary support like fresh fruits and vegetables raise levels of the nutrients vital for immune support. Zinc, vitamin C and vitamin B6 are critical. If you are unsure about these nutrients take a multivitamin every day.

Herbs supporting immune function include Echinacea, Korean ginseng and goldenseal. All year round support means that your immune system is primed to protect. In a similar way to putting petrol in the car and air in the tyres. We do it for the car, so why can't we do it for ourselves?

Ask your Chemist for advice.