

## **Immunity is the Key to Good Health**

Immunity is important to us all. We all need and want good health and freedom from illness and disease in order to enjoy a full and healthy happy life. So many of us are overworked and our bodies can get run down, our immunity levels get low and all of a sudden we have come down with something. Maybe a cold or a flu or even something more serious.

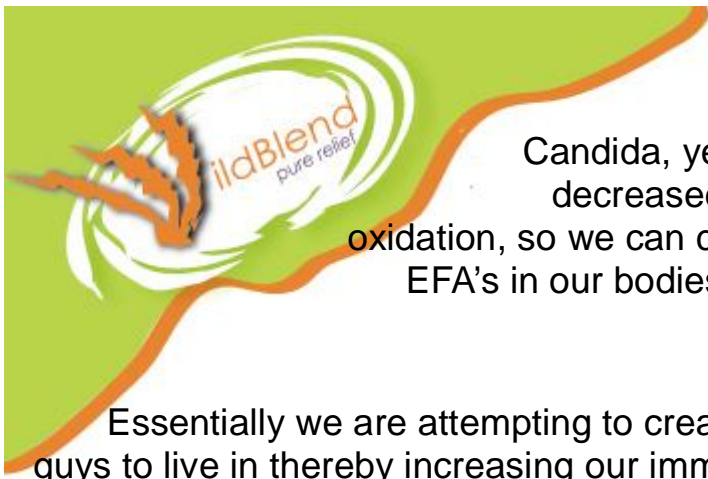
Our bodies are finely tuned machines which , when working at their optimum can deliver us a wonderful quality of life and experiences. Most of us take this for granted until it is taken away.

Often it is not until we become ill or run down, that we decide to take better care of our bodies and really assess whether our nutritional needs are being met. Along with a well balanced diet including lots of fruit and vegetables, and a good balance of foods from all food groups, we may also need to assess whether we are getting adequate amounts of Essential fatty acids to sustain a strong and robust immune system.

When we are busy, it is very easy to let bad thoughtless habits and addictions affect the strength of our immune systems. Lets face it, we all have a bad habit or two, something we cannot live with out..... perhaps its that midnight chocolate or a few too many drinks each night after work. If you only have a penchant for the occasional chocolate it is probably not something you would worry about, but other more habit forming dependencies can affect your immunity in a major way.

Other things can affect our immunity also. For instance, antibiotics can have a major effect. When we take antibiotics and other medications, the friendly bacteria we need are eradicated as well as the non friendly ones, which affect whether our systems, like our intestinal systems, remain healthy. The routine use of antibiotics can deplete the bodies reserves and our immunity, to fight against infection and disease. In recent years, there has even been a major increase in the inclusion of antibiotics in cattle and other stock feed, which indirectly finds its way into our bodies though ingesting these foods, like beef and other meats. This has meant that we are probably unaware that we are adjusting a much larger amount of these substances in our bodies than we think.

Essential fatty acids ( EFA's)can assist us in maintaining and improving our immunity by promoting more complete digestion of our foods and assisting in slowing down the digestion rate. This ensures that no undigested foods enters the colon to feed strange bacteria, yeasts and fungi while also inhibiting their growth in our systems.



Candida, yeasts and fungi thrive in an environment of decreased metabolic rate and body temperature and low oxidation, so we can counteract this activity by increasing the level of EFA's in our bodies, which in turn will increase both our metabolic rate and oxidation rate in our cells.

Essentially we are attempting to create an unsustainable environment for these bad guys to live in thereby increasing our immunity. The highly active qualities of Wild Blend increase the EFA's in our body and encourage this benefit in our systems daily.

The effects the EFA's in Wild Blend will have in our bodies are multi-faceted.

The EFA's will:

- Increase metabolic rate, oxidation rate and body temperature
- Improve the ability of immune cells to produce hydrogen peroxide, which increases their ability to kill bugs in our systems.
- Make more energy available to the cells for 'cellular housecleaning'
- Speed up the rate of immune reactions, killing bugs faster.
- Re-establish a balanced control of yeasts like candida and other bugs, some of which are not normally present in our intestinal tracts

What you may not be aware of is that Omegas 3 fatty acids have been used in studies to kill both malaria and staph. This is a powerful reason to use their properties for our bodies benefit. What more proof do we need to know that we need these EFA's in our diets and body systems? As with many things, the best results are achieved when a complete nutritional package is introduced to the body including all the omegas, zinc, vitamins A and C and antioxidants.

This balance helps the vitamins to do what they do best in enhancing immune functions and allows the antioxidants to perform their role in snagging the free radicals that are produced as a result of bugs, EFA oxidation and metabolism.

So as you can see, the EFA's in Wild Blend provide an amazing source of the essential factors the body needs to maintain and build and solid immunity against disease and contribute to our good health. Whether we give these bugs the opportunity to harm us, is a factor that is largely in our control.

Some simple changes in our diet and the inclusion of the EFA's in our diet will go a long way in increasing our levels of immunity and giving us the opportunity to live full, healthy lives doing what we love. What more could we ask for?

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