



Modern research shows astragalus to:

- promote immune system function
- be a potent antioxidant and free radical scavenger
- help maintain a healthy cardiovascular system
- increase endurance and stamina

Give your immune system a head start and beat the winter ills.

You know how it is when winter has only just arrived and bang! – your first cold of the season. And every year you think – “this year I am not going to catch a cold”.

Well, your best battle plan in the war to beat colds is to strengthen your defences – that is your immune system.

Building and maintaining a healthy immune system before winter arrives will swing the odds in your favour when it comes to fighting off the winter nasties. And nature has provided a few amazing plants to help.

Olive Leaf

Extracts from the olive leaf have been used for centuries in many cultures for medicinal purposes. More recently it has been studied extensively by the modern scientific world. Olive leaf extract is not only effective against pathological microbes such as bacteria, viruses and fungi, but it apparently has a variety of other health benefits as well. ^{1,2,3,4}

In a recent survey of over 1000 people who took olive leaf extract for a 20 day period, 88 percent said that they had received some benefit. These included improved energy, reduced cold and flu symptoms, relief of sinus congestion, improvement in joints, improvement of skin, improvement from aching muscles, and general wellbeing⁵.

Astragalus

This ancient herb has been used in traditional Chinese Medicine for many centuries as a major herb for strengthening the immune system. It is prescribed by Chinese doctors for people suffering from immune system deficiency and general weakness, tiredness, frequent colds and mild infections and susceptibility to allergies. However it is usually prescribed in conjunction with other herbs to promote the immune building effects.

Shitake Mushroom

The Shitake mushroom is originally from China but has been used in

Japan for a variety of conditions.

Today it is used in traditional medicine for increasing stamina and enhancing the immune system.

The shitake is one of a group of particular mushrooms known as medicinal mushrooms which have been shown in clinical studies to stimulate the immune system and possess antioxidant properties.

So... as part of your battle plan this cold season, these herbs are a must in your armoury, and are available as single extracts or in combinations from all good health stores and pharmacies.

1. Markin-D; Duek-L; Berdicevsky-I. In vitro antimicrobial activity of olive leaves. *Mycoses*. 2003; 46(3-4): 132-136;
2. Aziz, -N-H; Farag, -S-E; Mousa, -L-A; Abo-Zaid, -M-A. Comparative antibacterial and antifungal effects of some phenolic compounds. *Microbios*. 1998; 93(374): 43-54;
3. Micol V., Caturla N., Perez-Fons L., Mas V., Perez L., Estepa A. The olive leaf extract exhibits antiviral activity against viral haemorrhagic septicaemia rhabdovirus (VHSV). *Antiviral Res* 2005 Jun;66(2-3):129-36. Epub 2005 Apr 18.
4. Renis, H. In Vitro Antiviral Activity of Calcium Elenolate. Department of Virology Research, The Upjohn Co., Kalamazoo, Michigan 49001
5. National Australian 20 day Trial conducted by Olive Leaf Australia 2006.