



Immune Defense

STAY HEALTHY USING ALL AVAILABLE TOOLS

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EXPERT ADVICE

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COVID-19 has caused the world to re-evaluate many aspects of healthcare. Completely ignored by the conventional medical world are herbal and nutritional approaches. Considering there are few therapeutic options available against this virus, Americans should take advantage of what the world of supplements has to offer.

Nutritional Integrity

If you do nothing else nutritionally, consider these superstars.

Vitamin A: Helps maintain the health of the mucous membranes and cells of the respiratory system.

Vitamin C: This vitamin is an essential factor in antiviral immune responses, especially against flu. It contributes to immune defense by supporting various cellular functions of both the innate and adaptive immune system and provides protection against pathogens.

Vitamin D: Reduces the risk of flu. Schoolchildren and the elderly in nursing homes benefit the most from supplementation.

Zinc: More than 50 years of research has provided evidence for an antiviral activity of zinc through numerous mechanisms and is especially important for the elderly.

Botanical Superstars

As with the key nutrients, botanicals can be used both for prevention and treatment.

Elderberry juice has documented effectiveness against H1N1. Some have warned against use of elderberry, claiming it can worsen COVID-19 symptoms. There is virtually no good evidence to support this, and its safety and efficacy,

especially for children, is too good to ignore.

Astragalus root, and its key formula Astragalus Jade Wind Screen Powder, was key in preventing hospital workers from contracting the SARS virus, which is closely related to COVID-19.

Andrographis and the Chinese herbal formula **Yin Qiao San** are first-response formulas to take as soon as you feel you've been exposed or feel symptoms coming on.

Additionally, there have been more than 320 large-scale epidemics in China over the past 2,000 years, which has resulted in the development of many herbal treatment protocols available from professional Chinese medicine practitioners. Naturopathic physicians and integrated medicine physicians can also provide individualized herbal and nutritional recommendations.

Get more health information! Pick up a free copy of Taste for Life magazine, and go to www.tasteforlife.com for more articles on building immunity.

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SELECTED SOURCES "Andrographis paniculata (chuan xin lian) symptomatic relief of acute respiratory tract infections in adults and children . . ." by XY Huo et al., *PLoS One*, 11/14/18 ■ "Chinese herbal medicine for acute upper respiratory tract infections . . ." by Z.S. Huang et al., *BioScience Trends*, 5/12/19 ■ "The role of zinc in antiviral immunity" by S. Read et al., *Advances in Nutrition*, 4/22/19 ■ "SARS: Clinical trials on treatment using a combination of Traditional Chinese medicine and Western medicine," Report of the WHO International Expert Meeting to review and analyse clinical reports on combination treatment for SARS, Beijing, People's Republic of China, World Health Organization, 10/03 ■ "Vitamin C and immune function" by A.C. and S. Maggini, *Nutrients*, 11/17 ■ "Vitamin C is an essential factor on the anti-viral immune responses through the production of Interferon- β /D at the initial stage of influenza A virus (H3N2) infection" by Y. Kim et al., *Immune Network*, 4/13 ■ "Vitamin D for influenza" by Gerry Schwalfenberg, *Canadian Family Physician*, 6/15 ■ "Vitamin D supplementation to prevent acute respiratory tract infections . . ." by A.R. Martineau et al., *BMJ*, 2/15/17