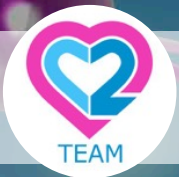


BOOSTING YOUR IMMUNE SYSTEM



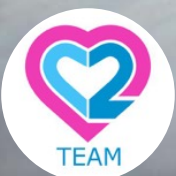
Live Life Optimized



WHAT'S INSIDE

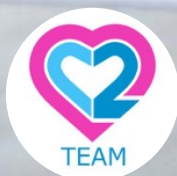


We are glad that you have taken the time to download and read this eBook, which we have put together. We hope that you will learn more about your Immune System and by taking some of the steps shown here, that you will benefit from the information.



SYNERGY HEART-2-HEART TEAM

[HTTPS://SYNERGYHEART-2-HEART.TEAM](https://synergyheart-2-heart.team)



What is the Immune System?



The Immune System



Firstly, it is important to differentiate between “Immunity” and the “Immune System”. Immunity is the ability of the body to fight infection and foreign invaders by producing antibodies or killing the infected cells.

The Immune System is the system in our bodies that is responsible for maintaining metabolic equilibrium, or homeostasis, by recognizing which organisms are good or bad for us and producing the right response.

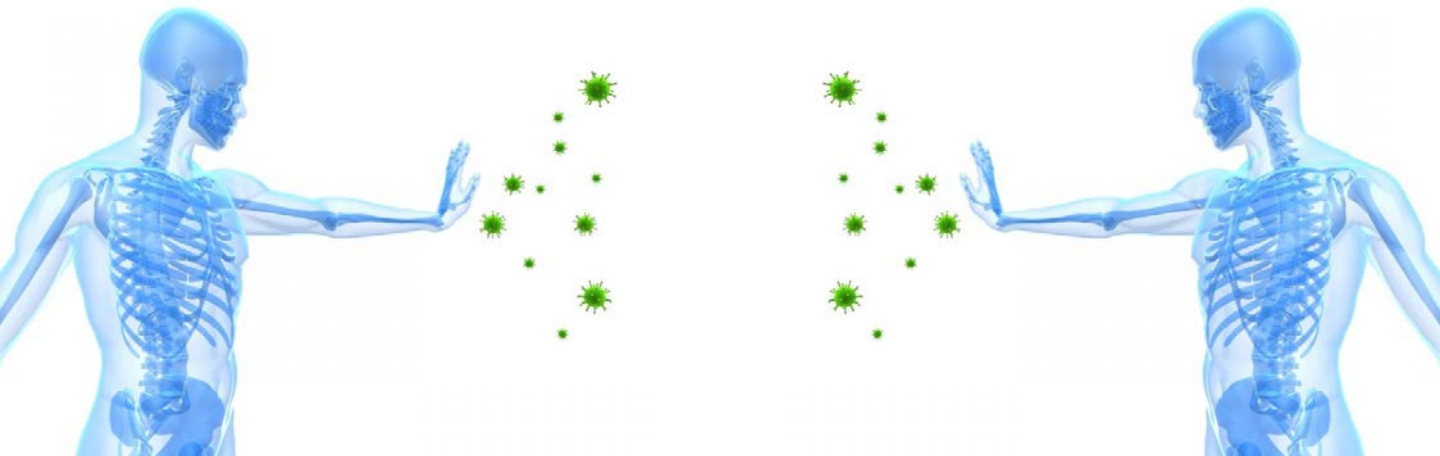
What we will be talking about in this eBook is the Immune System.

The main parts of the Immune System are;

- ❖ White blood cells
- ❖ Antibodies
- ❖ The Complement system
- ❖ The Lymphatic system
- ❖ The Spleen
- ❖ Bone Marrow
- ❖ The Thymus

The Immune System is a complex network of cells and proteins that defends the body against infection. It keeps a record of every microbe it has ever defeated, in types of white blood cells (B- and T-lymphocytes) known as memory cells. This means it can recognise and destroy the microbe quickly if it enters the body again, before it can multiply and make you feel sick.

Some infections, like the flu and the common cold, must be fought many times because so many different viruses or strains of the same type of virus can cause these illnesses. Catching a cold or flu from one virus does not give you immunity against the others.



The Immune System



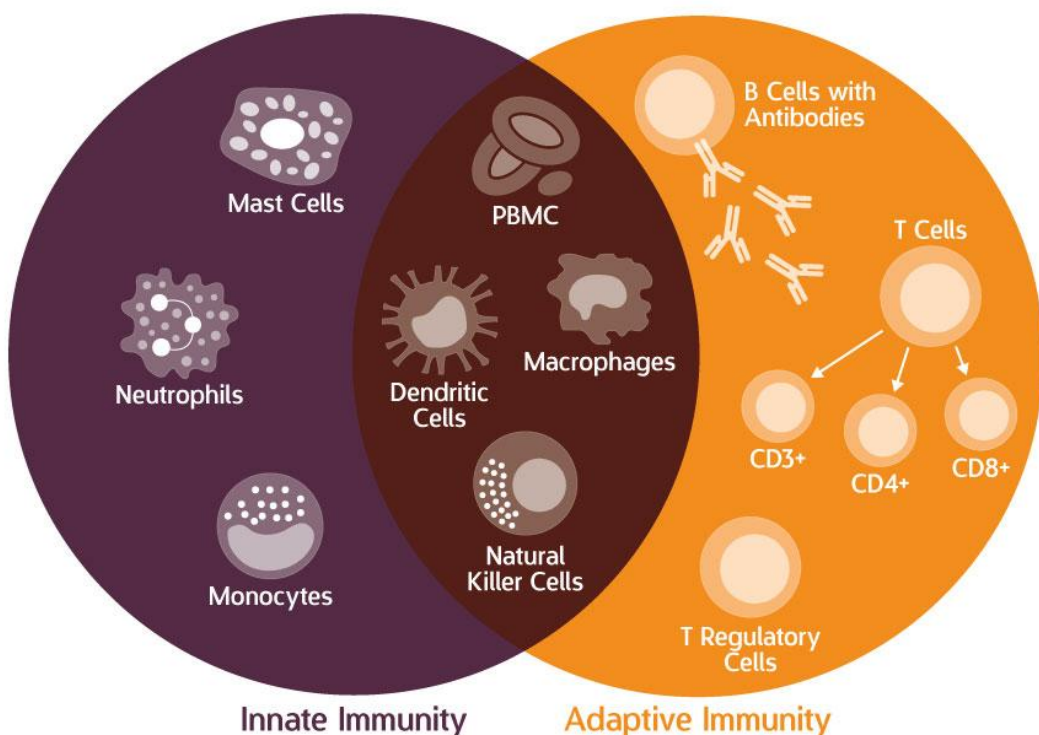
An optimally functioning Immune System is very important to staying healthy. When our Immune System is compromised, we are open to being attacked by the many different types of bacteria, parasites and viruses that we constantly meet. It is our Immune System that spots these attacks and launches its own counter-attack against these invaders – called an immune response. Our Immune System is clever enough to know the difference between our own tissues and any foreign bodies.

Our Immune System can be defined as 2 parts - innate and adaptive.

Innate immunity is the natural protection that we are born with and our first line of defence to combat infection. Upon detecting an infection, our innate response acts quickly to try and flush out the invader by producing extra mucus or cranking up the thermostat to blast it with a fever.

Adaptive immunity is protection that we gain throughout life as we are exposed to diseases or protected against them from vaccinations. The adaptive system spots an enemy and produces the specific weapons — or antibodies — that are required to destroy and eliminate the invader from the body.

Cells of the Innate and Adaptive Immune Systems



Foods that boost the Immune System





Foods That Boost The Immune System



Elderberries

Elderberry may stimulate the production of cytokines, compounds that play a role in the immune response system. They can help tame inflammation, lessen stress, and help protect your heart.

Açaí contains powerful antioxidants and anthocyanins, as well as an array of naturally occurring essential fatty acids, amino acids and plant sterols.



Acai Berries



Goji Berries

A very versatile berry, the Goji helps improve vision acuity as well as supporting your Immune System. It also helps protect against cellular damage and combats tiredness.

Wheat germ is packed with zinc, which is involved in over 300 different enzymatic pathways to help optimal health. It helps to maintain both the population and diversity of good bacteria in your gut, while helping to regulate cell production in your Immune System.



Wheat Germ



Spinach

Spinach leaves contain high levels of chlorophyll and health promoting carotenoids (beta carotene, lutein and zeaxanthin). These phytochemicals have anti-inflammatory and anti-cancerous properties and are especially important for healthy eyesight.



Foods That Boost The Immune System



Broccoli

Broccoli is a great source of vitamins K and C, a good source of folate (folic acid) and provides potassium and fiber. Vitamin C – builds collagen, which forms body tissue and bone, and helps cuts and wounds heal.

An excellent source of vitamins and minerals including A, B1, B6, C, E, K, Calcium, Potassium, Iron and Zinc. Contains essential enzymes including lipase, amylase, protease, and invertase that support healthy digestion of fats, proteins, sugars and starches.



Alfalfa



Chicory Root

Chicory is an excellent source of inulin, an excellent prebiotic. In addition to nourishing the good bacteria it also assists with the digestion and absorption of your food. Inulin plays a significant role in boosting your Immune System.

Pomegranates deliver antioxidant activity that were measured three times higher than red wine and green tea. Pomegranate is also clinically proven to reduce arterial plaque build up and neutralise free radicals.



Pomegranates



Ginger

Gingerol, the bioactive substance in fresh ginger, can help lower the risk of infections. It is very effective against the oral bacteria linked to inflammatory diseases in the gums. Fresh ginger may also be effective against respiratory infections.

Tips to boost the Immune System



Tips To Boost The Immune System



Quit or at least reduce smoking

This may seem obvious, but the fact is that nicotine is an immunosuppressant, and therefore bad for our Immune System.

Laugh more

Studies have shown that people who laugh more have experienced a boost in natural killer cell activity. Whilst more research is necessary to completely prove this, it cannot hurt you and could boost your Immune System.

Visit the outdoors

Whilst most of the country is currently closed, there are many open spaces you can visit. For many people, going outside and maintaining social distancing is important for their mental health, especially during a time when we are told not to go outside as much.

Exercise regularly

Just like eating a healthy diet, regular physical activity contributes to overall good health and, therefore, a healthy Immune System. Exercise promotes efficient blood circulation, which keeps the cells of the Immune System moving so that they can effectively do their job. A recent study revealed that just 20 minutes of moderate exercise stimulated the Immune System, which, in turn, produced an anti-inflammatory cellular response.



Take a walk, visit a park

Tips To Boost The Immune System



Reduce stress

Chronic stress depresses the Immune System and increases the risk of several types of illnesses. It raises the level of hormones called catecholamines. Being stressed out leads to increased levels of suppressor T cells, which suppress the Immune System. When this branch of the Immune System is impaired, you are more susceptible to viral illnesses including respiratory conditions like colds, flu, and the novel coronavirus infection. Stress leads to the release of histamine, a molecule involved in allergies. Combat stress with strategies like deep breathing, meditation, exercise, and relaxation.



Tips To Boost The Immune System



Maintain a healthy weight

During this time where we are more based at home, there may be a temptation to eat more. Combined with a more sedentary routine, this can adversely affect our weight. High fat and high-calorie diets trigger a response from the Immune System like a bacterial infection. Research has shown that eating unhealthy foods makes the body's defences more aggressive, which may contribute to conditions such as cardiovascular disease and diabetes.

Wash your hands regularly

Frequent handwashing is a simple and effective way to prevent the spread of respiratory infections like colds, flu, coronavirus, diarrheal illnesses, and other infectious conditions. Some germs are easily transmissible from person to person when we meet one another. It's easy to transfer germs from your hands to your nose, eyes, and mouth, if you touch them. This can get you sick. Wash your hands with soap under running water. Scrub the fronts and backs of your hands as well as in between fingers. Antibacterial soap and hand sanitizer may confer additional protection against microorganisms. Use an alcohol-based hand sanitizer that is at least 60% alcohol for times when you don't have access to soap and water.



Tips To Boost The Immune System



Get enough sleep

When it comes to your health, sleep plays an important role. Whilst more sleep won't necessarily prevent you from getting sick, skimping on it could adversely affect your Immune System, leaving you susceptible to a bad cold or case of the flu. Whilst sleep requirements vary slightly from person to person, most adults need between 7 to 9 hours sleep per night to function at their best. Without enough sleep, your body makes fewer cytokines, a type of protein that targets infection and inflammation, effectively creating an immune response.

Maintain social ties

Social distancing doesn't mean social isolation. There are many ways to keep your people network engaged – prior to COVID-19 many people were struggling to keep up with their social networks, don't let them fall away when you need them most. Use them to stay connected with friends and loved ones and ask how they are doing as well.

Pets can help!

If you have a pet, spend time with them whilst you are stuck at home. Research has shown that people with pets have lower cholesterol and a lower blood pressure. Dog owners also have the benefits of physical activity as they walk their dogs regularly. Also children who have pets at home have a decreased likelihood of developing an allergy.



Tips To Boost The Immune System



Keep your attitude right

Henry Ford was quoted as saying “Whether you think you can, or you think you can’t – you’re right”. Studies have shown that people who experience optimism have stronger Immune Systems. Saying a daily gratitude is a great way of keeping your optimism levels high and reminding yourself what you are grateful for. You cannot control everything that happens around you, but you can control how you react and respond.

Vitamins & Probiotics

Vitamins and minerals that your body needs to ensure the optimal function of your Immune System are;

- ❖ Vitamins A, C, D & E
- ❖ Zinc
- ❖ Selenium
- ❖ Magnesium

Probiotics are beneficial strains of bacteria that act as immune boosters in addition to improving your digestive health – make sure you get probiotics that can survive their journey to the gut.

Avoid processed food

When you eat processed foods, instead of foods in their natural, unprocessed form, your body is deprived of the vitamins and nutrients it needs to function at its best. Ditch processed foods and instead go for fruit, vegetables, lean meat, healthy fats, and whole grains which will give you and your Immune System what it needs.



Tips To Boost The Immune System



Cook with herbs and spices

Keep your spice rack well stocked. Studies show that garlic, ginger, black peppercorn, cayenne pepper, allspice, curry, and turmeric all contain properties that strengthen immune defences.

Maintain a healthy gut

The gastrointestinal tract houses a substantial part of the Immune System. Be passionate about good gut health because with a healthy gut comes a healthy Immune System. Taking care of your gut and friendly bacteria may be one of the single most important things you can do for your health.

Eat, drink, sweat, sleep - Repeat

Taking care of your Immune System requires all of the same steps it takes to sustain total body wellness. Feed your body whole foods, choose water over soda, tea & coffee, exercise moderately a few times per week, sleep 7 to 9 hours per night, and make each of these healthy choices a habit.





Extra nutrition for the Immune System





The Vital 3 System

Synergy's V3 System is your support system. It's a product line designed to preserve long-term wellness that carries you through all your body's highs and lows. The system's three products — PhytoLife, ProArgi-9+ and Mistify — are pure, safe products that collectively support you and your Immune System.

Together, these products build, sustain and enhance your body's performance levels. Each scientifically formulated product targets a vital system that contributes to your overall health, ultimately creating balance and long-term wellness.

With Synergy's V3, you can boost your Immune System and achieve a long-term state of well-being.



Ingredients



- Chlorophyllin
- Peppermint
- Alfalfa
- Barley
- Mulberry



- L-arginine – 5g free-form, pharmaceutical grade
- L-citrulline
- Vitamin D3
- Vitamins B3, B9 & B12
- Vitamin C
- Vitamin K2
- Pomegranate juice
- Grape skin extract
- Steviol

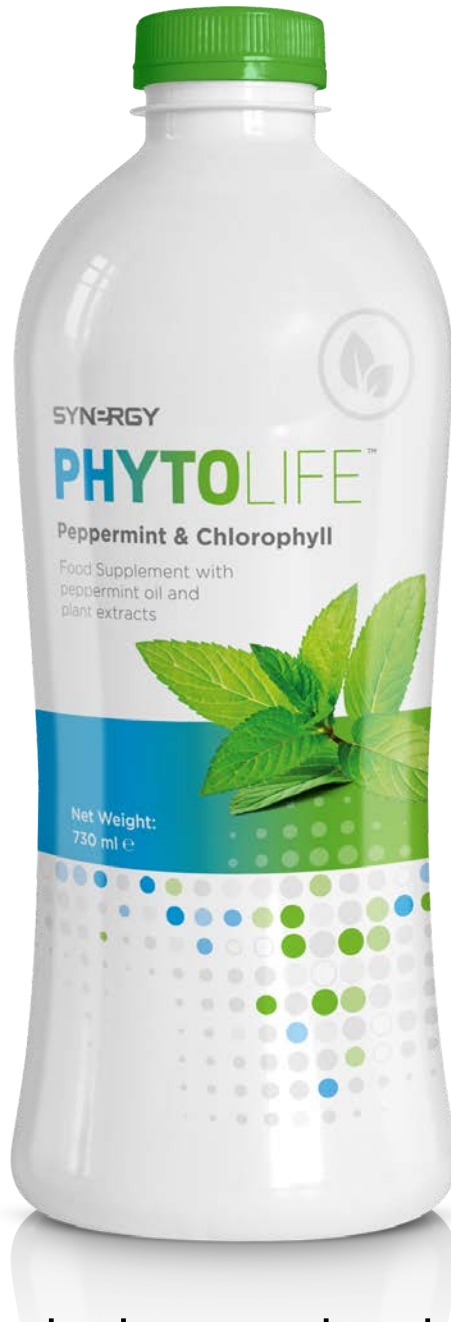


- Açai
- Concord Grape
- Elderberry
- Red Grape
- Bilberry
- Blueberry
- Pomegranate
- Red Raspberry
- Grapeseed
- Cranberry
- Green Tea Leaf
- Goji Berry (Lycium)

Nature's Solution for Health



Clinically proven, PhytoLife benefits you in five critical ways



Enables your body to produce healthy blood
Helps balance your pH against acidity
Antioxidant against Free Radical damage
Protects cells and builds immunity
Provides Chlorophyll, an essential nutrient



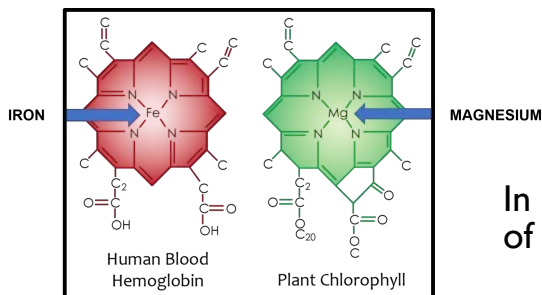
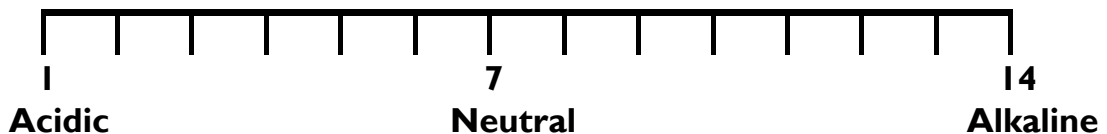
Chlorophyll is the lifeblood of plants and has been known to promote a strong immune system and eliminate toxins from the body. Additionally PhytoLife helps to boost the body's natural antioxidant enzymes, supporting your immune system, digestive track, and overall health.

With potent concentrations of chlorophyllin, barley grass, alfalfa and peppermint oil, PhytoLife provides powerful protection for your body through natural means—it's truly nature's simple solution for health.



- To remain healthy the body must remain in alkaline state
- Chlorophyll is a rich source of alkaline substances to help achieve proper pH
- Works in the digestive system where most acidity is generated

pH Balancing



Chlorophyll Breakthrough

In 1913 Dr. Richard Willstatter discovered the functions of Chlorophyll.

- Awarded a Nobel Prize for his work on Chlorophyll in 1915
- Discovered striking similarity between chlorophyll and hemoglobin, the red pigment in human blood
- Hemoglobin is a web of carbon, oxygen, and nitrogen atoms around a single atom of iron
- Chlorophyll is a similar web of the same atoms except at the core is a single atom of magnesium





ProArgi9 improves circulation and protects our cardiovascular system from fat and plaque build up. It has been clinically proven to reduce bad cholesterol, regulate blood pressure and helps all the cells in the body get enough oxygen and nutrition.

One of the primary ingredients in ProArgi-9+ is L-arginine, which was researched by three American scientists who were awarded the Nobel Prize in 1998 for discovering its powerful health benefits.

ProArgi-9+ also contains five essential vitamins: Vitamin C, Vitamin D3, Vitamin K2, Vitamin B6 and Vitamin B12. Each plays a vital role in supporting the body's overall performance.



High Desert Heart Institute

Study 2009



In 2009 the High Desert Heart Institute concluded a comprehensive clinical study of ProArgi-9+. The Institute was founded by Dr. Siva Arunasalam, who is an affiliate of Cedars-Sinai of Los Angeles and internationally respected for superior care of high-risk heart patients.

For this study 33 high-risk heart failure patients were selected. All patients in the study had reached the end of what medical science could do for them. They were at maximum drug levels, maximum supplemental oxygen and maximum therapy. 60% of these patients were on the heart-transplant list.



“There was nothing else for us to try, we had tried everything with these patients. All patients showed a tremendous improvement in many, many objective data points that only can be attributed to ProArgi-9+” Dr Siva Arunasalam

Overall Results

- 18% increase in HDL Cholesterol
- 40% decrease in triglycerides
- 8% Glucose reduction
- 25% decrease in c-reactive proteins
- 11% reduction in creatine levels
- 35% increase in magnesium levels (even though there is no magnesium in the product) magnesium is very important in improving heart health
- Decreases in platelets in the blood
- Albumin decreased by 70%
- Bilirubin decreased significantly
- Vitamin D levels increased by 183%
- Systolic BP decreased by 13%
- Diastolic BP decreased by 17%
- Peripheral blood flow increased to the feet (an ankle reading) by 16%
- CASP (Central Aortic Systolic Pressure) decreased by 6%
- Pulmonary Hypertension dramatically improved



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Pathogenesis and Immunity

Nitric Oxide Inhibits the Replication Cycle of Severe Acute Respiratory Syndrome Coronavirus

Sara Åkerström, Mehrdad Mousavi-Jazi, Jonas Klingström, Mikael Leijon, Åke Lundkvist, Ali Mirazimi

DOI: 10.1128/JVI.79.3.1966-1969.2005

L-Arginine Research



The number of studies by 2018 mentioning L-Arginine

| | |
|-------------------|--------|
| • Nitric Oxide | 31,036 |
| • Cardiovascular | 17,797 |
| • BP/Hypertension | 16,241 |
| • Circulation | 6,532 |
| • Diabetes | 5,308 |
| • Supplementation | 2,031 |
| • Exercise | 1,267 |
| • Other | 24,056 |

Total Studies 118,875*

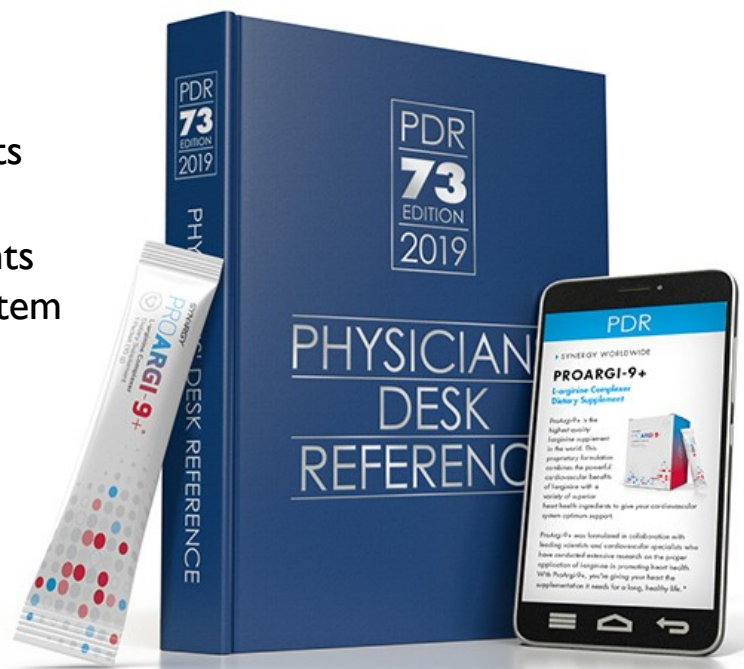
*Source: www.pubmed.gov - Internet Search January 22, 2018



2019 Physicians Desk Reference

ProArgi-9+ is the only L-Arginine supplement in the book

“ProArgi-9+ is the highest quality L-Arginine supplement in the world. This proprietary formulation combines the powerful cardiovascular benefits of L-Arginine with a variety of superior heart health ingredients to give your cardiovascular system optimum support.”



You Need A Better Defense



Clinically proven, Mistify benefits you in five critical ways



Cold, Flu &
other viruses

Free Radicals

Protects against inflammation caused by free radicals

Supports the immune system

Enhances mental focus

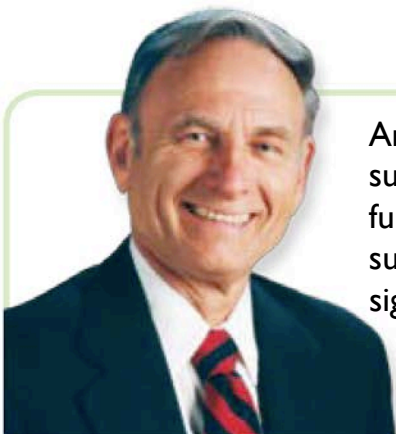
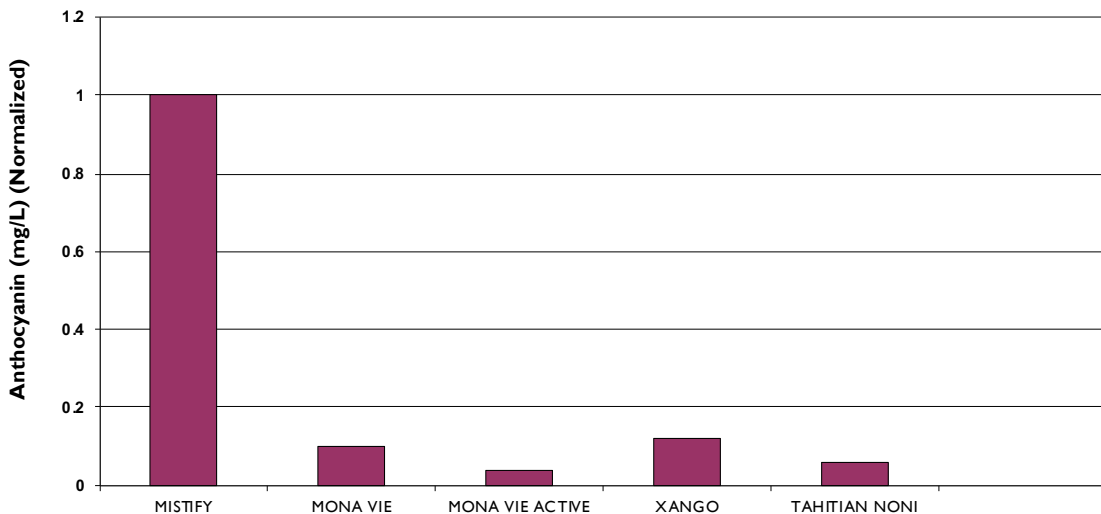
Promotes increased vigor and greater energy

Helps support cardiovascular and digestive tract health



It is a fact that one of the best ways to keep yourself from getting sick during the cold and flu season, or when there are specific outbreaks, is to fortify your immune system. Free radicals attack our cells thousands of times a day, weakening the body and contributing to the ageing process.

Mistify is clinically proven to boost your immunity and in recent studies has also reduced free radical damage by as much as 43%. Dr. Norman Shealy is quoted as saying “The results of the study were so impressive that I am thoroughly convinced that Mistify is a powerful and effective antioxidant. Mistify can help mitigate the effects of free radical damage in the body. This is the first, and only, example of a food supplement that I have found to have a significant impact on cellular membrane integrity.”



Antioxidants truly have the power to boost the body's immunity and supercharge our health. After years of examining every kind of functional food beverage, and hundreds of vitamin and herbal supplements, I have finally found a product that will actually make a significant improvement.

Dr. Norman Shealy, M.D., Ph.D., D. Sc.

Founder and first President of American Holistic Medical Association

The Vital-3 System



For details on how to order this Immune System boosting kit or to find out about our current Special Offers please talk to the person who shared this eBook with you.

We also offer a free 30-minute Lifestyle Analysis to identify any health areas you would like to improve.



For more information visit our website at

<https://synergyheart2heart.team>

Many thanks to The Hughes Centre for Research & Innovation, The National Sleep Association, Medical News Today, OnHealth and PubMed for some of the facts used to generate this article.



Live Life Optimized

