# Why Immune Boost?

**What is a Virus?**
**Virus**: A microorganism that is smaller than a bacterium that cannot grow or reproduce apart from a living cell. A **virus** invades living cells and uses their chemical pathways to keep itself alive and to replicate itself.

**Did You Know Viruses play a big role in Weight Gain!**
Anti-Viral is an exclusive anti-viral formulation, consisting of all natural herbal ingredients formulated to wipe out viruses that effect weight loss! For those that diet and exercise don't work… Anti-Viral just may be the solution!

**Most Common Human Viruses:**

**Common Cold**
The common cold (also known as nasopharyngitis, acute viral rhinopharyngitis, acute coryza, or a cold) (Latin: rhinitis acuta catarrhalis) is a viral infectious disease of the upper respiratory system, caused primarily by rhinoviruses and coronaviruses. Common symptoms include a cough, sore throat, runny nose, and fever. Symptoms usually resolve in 7 to 10 days with some symptoms possibly lasting for up to three weeks. The common cold is the most frequent infectious disease in humans with the average adult contracting two to four infections a year and the average child contracting between 6 and 12. Collectively, colds, influenza, and other upper respiratory tract infections with similar symptoms are included in the diagnosis of influenza-like illness.

**Influenza**
Influenza is a viral infection that affects mainly the nose, throat, bronchi, and occasionally, lungs. Infection usually lasts for about a week and is characterized by sudden onset of high fever, aching muscles, headache, sever malaise, non-productive cough, sore throat, and rhinitis. The virus is transmitted easily from person to person via droplets and small particles produced when infected people cough or sneeze. Influenza tends to spread rapidly in seasonal epidemics. Most infected people recover within one to two weeks without requiring medical treatment. However, in the very young, the elderly, and those with other serious medical conditions, infection can lead to severe complications of the underlying condition, pneumonia and death.

**Rotavirus**
Rotavirus is the most common cause of sever diarrhea among infants and young children and is one of several viruses that cause infections often called, stomach flu, despite having no relation to influenza. It is a genus of double-stranded RNA virus in the family Reoviridae. By the age of five, nearly every child in the world has been infected with rotavirus at least once. However, with each infection, immunity develops, and subsequent infections are less severe; adults are rarely affected. There are five species of this virus, referred to as A, B, C, D, and E. Rotavirus A, the most common, causes more than 90% of infections in humans. The virus is transmitted by the faecal-oral route. It infects and damages the cells that line the small intestine and causes gastroenteritis. Although rotavirus was discovered in 1973 and accounts for up to 50% of hospitalizations for severe diarrhea in infants and children, its importance is still not widely known within the public health community, particularly in developing countries.

**Yellow Fever**

The yellow fever virus is transmitted by the bite of female mosquitoes (the yellow fever mosquito, Aedes aegypti, and other species) and is found in tropical and subtropical areas in South America and Africa, but not in Asia. The only known hosts of the virus are primates and several species of mosquito. The origin of the disease is most likely to be Africa, from where it was introduced to South America through the slave trade in the 16th century. Since the 17th century, several major epidemics of the disease have been recorded in the Americas, Africa and Europe. In the 19th century, yellow fever was deemed one of the most dangerous infectious diseases.

**Chickenpox**

Chickenpox is a highly contagious illness caused by primary infection with varicella zoster virus (VZV). It usually starts with vesicular skin rash mainly on the body and head rather than at the periphery and becomes itchy, raw pockmarks, which mostly heal without scarring. On examination, the observer typically finds lesions at various stages of healing. Chickenpox is an airborne disease spread easily through coughing or sneezing of ill individuals or through direct contact with secretions from the rash. A person with chickenpox is infectious one to two days before the rash appears. They remain contagious until all lesions have crusted over. Immunocompromised patients are contagious during the entire period new lesions keep appearing. Crusted lesions are not contagious. It takes from 10 to 21 days after initial infection for the disease to develop.

**Shingles**

Shingles is caused by the same virus that causes chickenpox.

After you have chickenpox, the virus that caused it, called varicella-zoster virus, remains in your body. It's always inside you, lying dormant (or asleep) in your nerve cells. At some point later in life, your immune system may weaken, allowing the virus to resurface as Shingles. You may be feeling great, but if you've had chickenpox, the Shingles virus is already inside you. And your risk for Shingles increases as you get older. If you had chickenpox 25-30% of the population get shingles usually between 55-65 years of age. The Shingles rash usually affects only one of the parts of the body. Most often, the Shingles rash occurs in a band or strip on one side of the body. This band is called a dermatome, which is the area where one of the nerves from your spinal cord connects with the skin. Each dermatome is located on one side of the body. Shingles usually appears along a single dermatome. Shingles may also appear on a single side of the face, in the area around the eye and the forehead. But Shingles can strike any dermatome on the body. Never get the Shingle Virus Vaccine the side effects can last for months 4-12.

**Herpes**

Herpes viruses are a leading cause of human viral disease, second only to influenza and cold viruses. They are capable of causing overt disease or remaining silent for many years only to be reactivated, for example as shingles. This reflects the creeping or spreading nature of the skin lesions caused by many herpes virus types. There are at least 25 viruses in the family Herpesviridae. Eight or more herpes virus types are known to infect man frequently.

**Hepatitis**

Hepatitis is an inflammation of the liver, most commonly caused by a viral infection. There are five main hepatitis viruses, referred to as types A, B, C, D and E. These five types are of greatest concern because of the burden of illness and death they cause and the potential for outbreaks and epidemic spread. In particular, types B and C lead to chronic disease in hundreds of millions

of people and, together, are the most common cause of liver cirrhosis and cancer. Hepatitis A and E are typically caused by ingestion of contaminated food or water. Hepatitis B, C and D usually occur as a result of parenteral contact with infected body fluids. Common modes of transmission for these viruses include receipt of contaminated blood or blood products, invasive medical procedures using contaminated equipment and for hepatitis B transmission from mother to baby at birth, from family member to child, and also by sexual contact. Acute infection may occur with limited or no symptoms, or may include symptoms such as jaundice (yellowing of the skin and eyes), dark urine, extreme fatigue, nausea, vomiting, and abdominal pain.

**Encephalitis**

Encephalitis literally means an inflammation of the brain, but usually refers to brain inflammation caused by a virus. It's a rare disease that occurs in approximately 0.5 per 100,000 individuals most commonly in children, the elderly, and people with weakened immune systems. Although several thousand cases of encephalitis (also called acute viral encephalitis or aseptic encephalitis) are reported to the Centers for Disease Control and Prevention (CDC) every year, experts suspect that many more may go unreported because the symptoms are so mild.

**Human Papillomavirus**

Human papillomavirus (HPV) is a virus from the papillomavirus family that is capable of infecting humans. Like all papillomaviruses, HPVs establish productive infections only in keratinocytes of the skin or mucous membranes. While the majority of the nearly 200 known types of HPV cause no symptoms in most people, some types can cause warts (verrucae), while others can – in a minority of cases- lead to cancers of the cervix, vulva, vagina, and anus in women or cancers of the anus and penis in men. It can also cause cancers of the head and neck (tongue, tonsils and throat). Recently, HPV has been linked with an increased risk of cardiovascular disease. More than 30 to 40 types of HPV are typically transmitted through sexual contact and infect the anogenital region. Some sexually transmitted HPV types may cause genital warts. Persistent infection with "high-risk" HPV types different from the ones that cause skin warts may progress to precancerous lesions and invasive cancer. HPV infection is a cause of nearly all cases of cervical cancer. However, most infections with these types do not cause disease.

**HIV/AIDS**

The Human Immunodeficiency Virus (HIV) is the cause of Acquired Immune Deficiency Syndrome (AIDS). HIV can be transmitted sexually, via contaminated needles or blood transfusions, and from mother to child during pregnancy, birth, or breast-feeding.

**Anti-Viral Ingredients…Professional Strength**

**Lomatium Root**

Lomatium dissectum is an anti-viral and anti-bacterial herbal medicine. The root of the Lomatium dissectum plant is a natural medicine with extensive traditional use by the Native Americans. It was used primarily for upper respiratory infections, although a great many other uses have been noted. The anti-viral and anti-bacterial properties of Lomatium dissectum have attracted the interest of herbalists and Naturopathic physicians who are utilizing it in the treatment of today's most difficult viral diseases. It may be part of a protocol in the treatment of Hepatitis-C, Influenza, HIV, AIDS, Chronic fatigue, Pneumonia, Bronchitis, Herpes simplex, Sinusitis, and common Colds.

**Echinacea Root**

Echinacea has a complex mix of active substances, some of which are said to be antimicrobial, while others are believed to possibly have an effect on the human immune system. All species of this herbal remedy have compounds called phenols. Many plants contain phenols, active substances which control the activity of a range of enzymes and cell receptors, and protect the plant from infections and UV radiation damage. Phenols have high antioxidant properties, which are good for human health. Echinacea also contains alkyl amides or alkamides, which have an effect on the immune system. It also contains polysaccharides, glycoproteins, and caffein acid derivatives.

Scientists from the University of Connecticut School of Pharmacy reviewed over a dozen studies on the effects of Echinacea on people's risk of catching a cold. They concluded that Echinacea can reduce a person's chances of catching a cold by approximately 58%.

Echinacea is used by people today for: acid indigestion, attention deficit-hyperactivity disorder (ADHD), chronic fatigue syndrome, diphtheria, dizziness, genital herpes, gum disease, malaria, migraines, pain, rattlesnake bites, rheumatism, septicemia-bloodstream infections, streptococcus infections, syphilis, the flu, tonsillitis, typhoid, urinary tract infections, and vaginal yeast infections.

**Astragalus Root**

Astragalus membranaceus has been researched for its cardioprotective, anti-inflammatory, and longevity effects. Though Astragalus membranaceous supplementation has been shown to reduce the metabolic and physical complications of aging, there are currently no studies that show an actual increase in lifespan. The flavonoid content of Astragalus membranaceus may also contribute to its cardioprotective effects. Its polysaccharide content also protects the heart because it is a potent anti-inflammatory agent, and it is able to reduce cholesterol levels, similar to psyllium husk, which is a fiber supplement.

**Eleuthero Root**

Eleuthero is classified as an adaptogenic herb, a truly sophisticated and powerful group of plants. Unlike so many herbs, these adaptogens seem to work subtly with the body in a systematic way to increase your overall health. They are known for helping your body adapt to changes in the environment. And they can be used safely over a long period of time. With 3,000 studies and counting, eleuthero has been studied more than any other herb on the planet. Eleuthero seems to help your body adapt to stress and makes your stress response more efficient. It seems to strengthen your memory and help you stay clear-headed even when you're under pressure. It helps you enjoy sustained energy over the long-term without the jitters or energy roller coasters of stimulants like caffeine.

**Rhodiola Rosea**

The Swedish naturalist Carl Linnaeus (1707-1778) documented use of R. rosea as an astringent to treat hernia, leucorrhea, hysteria, and headache. For centuries, the plant has been used in Russia and Scandinavia, where the majority of the research has been published. The plant has also been used as a hemostatic. Extract of R. rosea is registered in Russia as a medicinal product for human use. Plant adaptogens, such as those from R. rosea, have been suggested for improving mental and physical performance through stimulatory effects on various physiological systems. Central nervous system (CNS) activity of R. rosea has been reported. Earlier studies found that low to medium doses of the plant had stimulatory effects while larger doses had sedative effects. In lower doses, R. rosea stimulated norepinephrine, dopamine, serotonin, and

nicotinic cholinergic systems in the CNS. R. rosea also appears to increase the permeability of the blood-brain barrier to precursors of dopamine and serotonin and also appears to improve cerebral circulation.

**Elderberry**

The elder flowers have been used for their diuretic and laxative properties and as an astringent. Various parts of the elder have been used to treat cancer and many other unrelated disorders. European elder flowers contain approximately 0.3% of an essential oil composed of free fatty acids and alkanes. The triterpenes alpha- and beta-amyrin, ursolic acid, oceanic acid, betulin, betulic acid, and a variety of other minor components have been identified. The elder leaf contains sambunigrin, a cyanogenic glucoside. The fruit of the elderberry contains phenolics, including quercetin, kaempferol, rutin, and phenolic acids and anthocyanins. The Sambucus species has been studied for its lectin composition, which has hemagglutinin characteristics useful in blood typing. In vitro studies have shown that elderberry extracts exert activity against the influenza virus A (including H1N1) and B and the herpes simplex virus. Induction of quinine reductase and cyclo-oxygenase-2 has been suggested to be responsible for anticancer effects in vitro.

**Red Root**

The myth of the spleen as an unimportant organ is still perpetuated in many Western medical circles. There is a much different perspective in alternative health. We view the spleen as the body's largest lymph node. It is through the spleen and lymphatic system that we address how well our immune system functions, how waste descends and is removed from the body, and how nutrients are sent up into the body to build blood, nourish cells and muscles. The deficiency of the spleen results in edema, anemia, dampness in the stomach and swollen lymph nodes. There is decreased immune function, loss of appetite and decreased digestive function. That is just the beginning; there are a host of other issues that manifest as chronic or acute problems when spleenic deficiency beings.

We learned many uses of red root from the Native Americans. The Cherokee used the root as a digestive aid. The Chippewa used the root for constipation and bloating, pulmonary troubles and shortness of breath. The Iroquois made a decoction of the leaves, which are said to be more astringent than the root, for diarrhea, and the root for the blood and colds. Many tribes also found that it was helpful as a wash for wound healing, probably due to its astringent properties, and for healing the sores of venereal disease.

Red root stimulates lymph and interstitial fluid circulation. It acts as an anti-inflammatory to the spell and lymph nodes, prevents blood that is high in fat from clumping, and smoothes stomach and intestinal function. The blood transports better, because inflammation across the surface of the lymph nodes is decreased, and bioavailability of nutrients to the cells is increased. We see cases of malabsorption improve dramatically with the introduction of red root. It is a plant that clears excess secretion, and tightens tissue, influencing function to improve. When this occurs, blood is built, improving anemic conditions, cells and muscles receive their proper nutrients, and appetite and immunity improve. There are many ways to apply red root to dysfunction in the body. It's recognized that the spleen plays a major role in digestive function, and when digestive disorders are present on a disease or syndrome level, deficiency of the spleen is a contributing factor. Spleen deficiency appears in Irritable Bowel Syndrome and Irritable Bowel Disease (Chron's and Colitis), where there is impaired uptake of nutrients and imbalance between wet and dry in the gut, and they respond very well to red root as a long-term tonic at moderately low doses.

The astringent qualities that dry up damp conditions aid conditions where lymphatic congestion is a problem. Mastitis, mononucleosis, tonsillitis and strep infections all find relief from red root. It reduces lymphatic swelling, and sooth sore throats. Chronic conditions that affect lymphatic function respond well to red root. They are leukemia, Hodgkin's disease, rheumatism, AIDS and various types of anemias. Because red root has a grand effect on overactive mucosa, it is an excellent expectorant.

**Prickly Ash**

Prickly Ash acts as a stimulant-resembling guaiacum resin and mezereon bark in its remedial action and is greatly recommended in the United States for chronic rheumatism, typhoid and skin diseases and impurity of the blood.

**Ginger Root**

Ginger root (Zingiber officinale) is well known as a remedy for travel sickness, nausea and indigestion and is used for wind, colic, irritable bowel, loss of appetite, chills, cold, flu, poor circulation, menstrual cramps, dyspepsia (bloating, heartburn, flatulence), indigestion and gastrointestinal problems such as gas and stomach cramps. Ginger is a powerful antiinflammatory herb and there has been much recent interest in its use for joint problems. It has also been indicated for arthritis, fevers, headaches, toothaches, coughs, bronchitis, osteoarthritis, rheumatoid arthritis, to ease tendonitis, lower cholesterol and blood-pressure and aid in preventing internal blood clots. Ginger has been well researched and many of its traditional uses confirmed. It is well known as a remedy for travel sickness, nausea and indigestion. It is a warming remedy, ideal for boosting the circulation, lowering high blood pressure and keeping the blood thin in higher doses. Ginger is anti-viral and makes a warming cold and flu remedy. Ginger may also be taken orally as a herbal remedy to prevent or relieve nausea resulting from chemotherapy, motion sickness, pregnancy, and surgery. Ginger root can be made into herbal tea, known in the Philippines as salabat. Drink this tea to ease gut inflammation and boost your liver health.

**Licorice Root**

Licorice root has remarkable list of properly documents uses, and might be among the highest overlooked of all natural treatments. It's useful for several conditions including asthma, athlete's foot, baldness, body odor, bursitis, canker sores, chronic exhaustion, melancholy, influenza, coughs, dandruff, emphysema, gout, heartburn, HIV, viral infections, fungal infections, liver troubles, Lyme disease, menopause, psoriasis, shingles, sore throat, tendinitis, arthritis, tuberculosis, ulcers, and yeast infections. There is research that shows that the Glycyrrhizic acid that is in licorice root can help with nervousness and depression by encouraging the function of the adrenal glands. One benefit of licorice root that is used pretty frequently is that is can be used to deal with digestive abnormalities and many issues with the intestines. The licorice root's flavonoids can help with discomfort and inflammation of the digestive system. Also, soothing agents in licorice root may quiet and soothe the digestion system, which in turn can help to promote a healthy bowel. Licorice root extract has been utilized in treating herpes simplex, sores, and shingles. Several studies show that the antiviral action of the herb may suppress the return and progression of cold sores due to the herpes virus.

**Garlic**

Garlic contains a compound called Allicin, which has potent medicinal properties. It is highly nutritious, but has very few calories. It can combat sickness, including the common cold. The active compounds in garlic can reduce blood pressure. Garlic improves cholesterol levels, which may lower the risk of heart disease. It contains antioxidants that my help prevent Alzheimer's disease and dementia. Athletic performance can be improved with garlic supplementation. Eating garlic can help detoxify heavy metals in the body. It may improve bone health.

**Stevia Leaf Extract**

Scientific research has indicated that Stevia effectively regulates blood sugar and brings it toward a normal balance. An important benefit for hypo-glycemics is Stevia's tonic action which enhances increased energy levels and mental acuity. Studies have also indicated that Stevia tends to lower elevated blood pressure, but does not seem to affect normal blood pressure. It also inhibits the growth and reproduction of some bacteria and other infectious organisms, including the bacteria that cause tooth decay and gum disease. This may help explain why users of Stevia enhanced products report a lower incidence of colds and flu. Stevia is an exceptional aid in weight loss and weight management because it contains no calories and reduces one's craving for sweets and fatty foods.