

## TIPS TO STRENGTHEN YOUR IMMUNE SYSTEM



When you are feeling a bit run down or when you are consciously trying to strengthen your immune system, here are a few key things that you can do at home to make your efforts more effective:

A strong immune system is at the heart of our very wellbeing so we can fight off most diseases and conditions that come our way. But if our immune system is weakened for whatever reason, we become very vulnerable. Holistic medicine recognizes that illness is not caused by viruses and bacteria but by weakened immune systems.

Fortunately, there are many natural immune system boosters and most of these are based on common sense and a balanced lifestyle.

- Lemon is an easy way to start. Add lemon juice to a glass of water or your cup of tea daily to help maintain your body's internal "climate" at a pH that supports healthy bacteria instead of the viruses and harmful bacteria which thrive in more acidic environments.

- An herbal boost from the large selection of medicinal herbs, well known for their immune strengthening properties that are even safe for children too, will give your body additional support during the winter months.

- Essential oils are a particularly effective natural immune system booster. When treating conditions such as acne, hemorrhoids, anal fissures, shingles, eczema, arthritis, Candida, athlete's foot and nail fungus with products formulated from essential oils, part of the healing process is to ensure the formula is absorbed into the blood stream. This is achieved by massaging a drop of the treatment under each foot. This boosts the immune system and acts as a preventative.

- Eat raw fruits and vegetables rather than the cooked version whenever you can. Their nutritional content is unparalleled, with many antioxidants to protect those cells in your immune system from damage by toxins in the environment. Eat as many different colors of fruit and vegetables as possible. Dark colored produce such as berries, kale and broccoli are especially good as well as nuts, seeds, garlic and kelp.

- The foods that boost immunity contain Vitamin A, Vitamin C, Vitamin E, Carotenoids, Bioflavonoids, Zinc, Selenium and Omega-fatty acids. Spirulina is good as a naturally digestible food because it supplies so many of the nutrients you need.

- Remind yourself to drink lots of water. Your urine should be the very palest of yellow otherwise you are just not drinking enough.

- Make sure you are getting enough sleep. You know how much you need as an individual and it most likely means you have to go to bed earlier every night to achieve the hours of sleep you require.

- Whatever the weather, spend more time outdoors and take the opportunity to exercise while you are there. Encourage the whole family to do the same.

- And have a good laugh. Laughter significantly increases the activity of T cells and other markers of healthy immune function. If we can laugh, we will automatically relieve our stress levels.

Remember too that if you have taken antibiotics recently, you will need to restore the healthy flora balance in your body by taking a probiotic containing acidophilus. Unfortunately, antibiotics can harm the good bacteria in your system, and therefore your immune system, while they are fighting an infection in your body.

Now that you know what you should be doing to boost your immune system in a natural way, here are some of the things that you should be avoiding: coffee; sugar and artificial sweeteners; smoking; alcohol and drugs; processed food and saturated fat.

If you can boost your immune system by following many of these suggestions, you are much less likely to become sick. You have a good chance of avoiding those other conditions that can rear their ugly heads when your immune system is compromised.

Resources: [www.naturalnews.com](http://www.naturalnews.com)

## BOOSTING MY IMMUNE SYSTEM



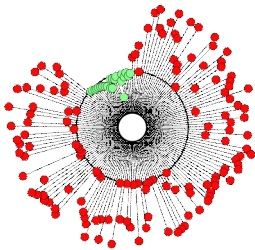
Test Client - 8/20/2018

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The ZYTO Hand Cradle has been cleared by the FDA for the measurement of galvanic skin response. ZYTO software has not undergone FDA review for effectiveness. ZYTO technologies are not intended to be used in the diagnosis, cure, treatment, mitigation, or prevention of any disease or medical condition. The diagnosis and treatment of medical conditions should only be undertaken by qualified medical professionals. ZYTO professional software provides general wellness information and should not be used without the involvement of a licensed healthcare professional. ZYTO products have not been the subject of controlled clinical trials to establish their effectiveness and their use is not a generally accepted medical practice by the traditional medical establishment. If you have any questions regarding ZYTO technology or our products please contact us at [info@zyto.com](mailto:info@zyto.com).

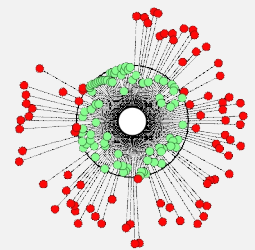
This assessment tested your body against the digital signatures of hundreds of living toxins, including: bacteria, viruses, parasites, and molds. Following are the immune remedies for which your body showed the highest biological preference. Next to each product, you will see the number of biomarkers brought into balance by that product. The goal is to bring the majority of biomarkers into your range to empower your body's natural healing ability.

The recommended dosage for each product is based for a 150-pound adult. Please dose accordingly. If you are pregnant, breastfeeding, or under the care of physician, please see your primary practitioner before undertaking any nutritional regimen.



### Baseline

Biomarkers Out of Range: 139

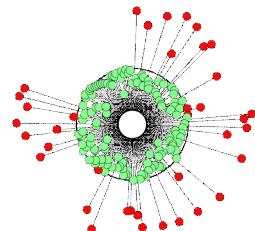


### PRL: CranStat

Biomarkers Brought Into Range: 58

Category: Currently Symptomatic/Need Defense

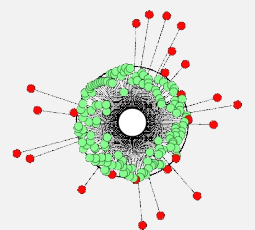
Usage Directions: 1 Capsule 3 times per day



### PR -Immuno-ND™

Additional BioMarkers Brought Into Range: 43

Category: Currently Symptomatic/Need Defense



### PRL: Propolis Complex

Additional BioMarkers Brought Into Range: 13

Category: Currently Symptomatic/Need Defense

Usage Directions: 1 Capsule 3 times per day

### ADDITIONAL INFO ABOUT YOUR IMMUNE REMEDIES

Here is some additional information about each of your products from the manufacturer...

#### PRL: CranStat

- Supports mucous membrane immunity

**ZYTO™**

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- Can neuter or halt replication of many potential invaders, such as H1N1 virus
- 1 Vcap 2 - 4 times per day, usually only needed from 7 - 14 days

Elderberry and Cranberry; neuters the H1N1. It also contains 2000 IU's of vitamin D3, 35mg of vitamin C, and 5mg of zinc making it the ultimate immune booster.

CranStat features maximum berry nutrition concentrate (CranExtra High PAC Extract, 60 mg/cap; ElderExtra High PAC Extract, 15mg/cap) with vitamin C (33 mg/cap) and vitamin D3 (2000IU/cap) to promote healthy immune response. CranStat also features green tea extract (80% polyphenols, 6mg/cap) and zinc (5 mg/cap) to deliver additional immune-specific support.

With the ever present exposure to an extensive range of toxins all around us (in the air, water and even food), reliable immune support has never been more important. That's why CranStat™ was created to offer broad spectrum support for healthy immune response.\*

This formula was developed in response to many requests for a powerful nutritional formula which contained the most elegant and reliable immune nutrients. Thus was born CranStat™ featuring our maximum berry nutrition concentrate with CranExtra High PAC Extract from cranberries (60 mg/cap) and ElderExtra High PACK Extract from elderberries (15 mg/cap). CranStat™ also features synergistic immune support nutrients such as vitamin C as well as green tea extract, vitamin D3 and zinc. So when you need immune support the most, CranStat™ has got you covered!

#### CranStat™ - Ingredients

A Quantaceutical™ Dietary Supplement

30 capsules/bottle

Each capsule contains:

Cranberry, •CranExtra •High •PAC •Extract •(30%)  
(Vaccinium mac.)† ..... 60mg  
Elderberry, •ElderExtra •High •PAC •Extract •(30%) •  
(Sambucus nig.)† ..... ••15mg  
Green •Tea •Extract •(leaf) •(Camellia sin.)  
(80% polyphenols) ..... 6mg  
Vitamin C ..... 33mg  
Vitamin D3 ..... 2000 IU  
Zinc (Zinc Picolinate) ..... 5mg  
Arabinogalactan ..... 200mg  
Other •Ingredients: •Coral •Concentrate, •Vegetable •Cellulose •Capsule

#### PR -Immuno-ND™

dc'd

#### PRL: Propolis Complex

WHOLE BODY DEFENSE, ESPECIALLY IMMUNE, THYMUS & SKIN SUPPORT\* This formula features pesticide-free<sup>1</sup> European propolis (290 mg/cap), a natural resin from bee hives with impressive immune-support compounds (such as chrysin, 6 mg/cap).\* Propolis Complex supports healthy immunity, thymus and skin health, high energy levels and healthy histamine response.\* <sup>1</sup> Pesticide residues below detection threshold.

Each Vegetable Capsule Contains:

-Euro-Pure Propolis™ ..... 290mg European Propolis Resin  
-Thymase Support™ Blend ..... 210mg Sango Marine Coral Concentrate, Noni (fruit, seed) (Morinda citrifolia), Multi-Pollen Extract, Beta-Sitosterol and Sterolins, Nano-Gest™ (Plant Enzyme/Botanical formula: Amylase, Maltase, Apple Cider Vinegar, Protease, Pepsin, Lipase, Lactase, Invertase, Cellulase) Propolis Bioflavonoid Profile (per Capsule)  
Chrysin ..... 6mg  
Pinocembrin ..... 6mg  
Galangin ..... 6mg Other Ingredients: Vegetable Cellulose Capsule.

Recommended Use: Adults or children (age 4 and up): Take 1 capsule, 3 times daily. For special programs recommended by your practitioner, up to 12 individual servings may be taken daily (1 serving = 1 capsule).

Not recommended for people with an allergy to tree resin.

60 Vcaps/ bottle

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This is the end of the product manufacturer descriptions.

