



# Winter Wellness

## Seasonal Tips to Promote Good Health

Wouldn't it be great to have the healthiest winter possible for yourself and your family? Stay ahead of the seasonal winter blues and concerns about your health by taking actions NOW to maintain a powerful immune system.

The best way to achieve the important goal of winter wellness is to combine the commonsense strategies from our Functional Nutrition Health Model.

### How Simplicity Health's Four Building Blocks of Functional Nutrition work with your immune system:

*Nourish, Energize, Protect, and Renew*

#### **Nourish with Superfood Nutrition –**

Research reveals that organic blue-green microalgae contains enough full-spectrum micronutrient support to keep our entire legion of natural killer (NK) cells awake, alert, and fully empowered. There is no system in the human body that is more dedicated to our comprehensive protection and defense than our immune system. The NK cells are an essential component of this amazing internal defense department.<sup>1</sup>

NK cells are a unique subset of cells within our immune system with the primary function of locating pathogenic bacteria, viruses, parasites, and diseased cells in the blood, lymph, tissues, and organs of the human body, neutralizing such substances and eliminating them by transporting them to the various organs and systems responsible for waste removal (kidneys, bladder, liver, gall bladder, lungs, large intestines, and skin).<sup>2</sup>

Further research has demonstrated that water-soluble preparations from *Aphanizomenon flos-aquae* contain a material that offers potent support of human monocyte/macrophage (immune system cell) function.<sup>3, 4</sup>

#### **Energize with Digestive Nutrition –**

We energize our immune system by making sure that all aspects of digestion are functioning normally. A healthy digestive system is THE KEY to a healthy immune system. We support our healthy digestive system by consuming digestive enzymes (SBG Zymes® and SBG Zymes® Plus) and probiotics (Acidophilus, Bifidus, and Spectrabiotic®) before and in-between meals as needed.

The most current scientific and nutritional research reveals a direct connection between our immune system and our digestive system. "The gut is a very active immune center, containing more than 80 percent of the antibody-producing cells in our entire body. 'Peyer's patches' in the gut lining generate the plasma cells that manufacture our antibodies, the immune artillery that protects us from invaders."<sup>5</sup>

Everything and anything we can do to maintain the proper functioning of our digestive systems will also improve the functioning of our immune system.

#### **Protect with Antioxidant Nutrition –**

Antioxidants protect our immune system by reducing the amount of free-radical molecules swimming around inside our bodies. Free radicals can and will destabilize otherwise normal cells and this opens the doorway to various degenerative processes that can lead to minor and major illnesses.

"The cascade of events that begins in the digestive tract and culminates in the liver can generate a particular kind of risk; reactive and destructive molecules called free radicals. If these dangerous reactions are not detoxified, they can ricochet through the cellular materials of the body. Oxygen-free radicals have the potential to (adversely) affect the immune system."<sup>6</sup>

To have a healthy immune system, we need daily antioxidant support to neutralize and eliminate the effects of free radicals. Alpha Sun® and StemPlex® function as powerful antioxidant supplements.

#### **Renew with Specialized Nutrition –**

StemPlex® supports your body's natural renewal system. StemPlex® provides nutritional support that both increases the growth of adult stem cells and exerts powerful antioxidant effects as seen in posted scientific abstracts.\* Together these nutritional benefits maintain the responsiveness of our immune system.\*<sup>7</sup>

ImmuSun® is a dietary supplement that stimulates the body's immune system.<sup>8\*</sup> WGP™ Beta Glucan,<sup>9</sup> the active ingredient in ImmuSun®, supports the production and activity of macrophages, a type of white blood cell that is the immune system's first line of defense.\*

Scientists at some of the world's preeminent universities and research institutions have conducted more than 800 beta 1,3 glucan studies in animals and humans. The research confirms that beta 1,3 glucan produces multiple broad-scale effects that maintain the vitality of the immune system.<sup>10</sup>

## Winter Wellness—Continued

To give yourself a solid foundation for winter wellness, make sure you also include the following lifestyle practices:

- Get adequate sleep and rest.
- Exercise moderately.
- Keep hands and head covered. Stay warm!
- Wash hands and face often.
- Avoid sick people!
- Get hydrated and stay hydrated with good, clean water.
- Consume nutrient-rich whole foods.
- Stay away from or minimize intake of sugar and empty carbs.
- Manage time and stress effectively. Breathe and relax!
- Make time for fun activities – after all, laughter is the best medicine!

There are many possible product combinations and lifestyle practices that can help support your immune system.

*We wish you a happy, healthy, and prosperous winter season!*

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

1. Summary of studies published in the January 2000 edition of The Journal of the American Nutraceutical Association, (JANA) Vol. 2, No.3.; “Consumption of Aphanizomenon flos-aquae (AFA) Has Rapid Effects on the Circulation of and Function of Immune Cells in Humans” by Gitte S. Jensen, Ph. D. The algae used in this study was Simplexity Health’s Super Blue Green Algae.
2. The Journey to Better Nutrition, chapter 3: <http://www.simplexityhealth.com/bestresponse.html#gutbrain>)
3. N. Pugh, D.S. Pasco, Characterization of human monocytes activation by a water soluble preparation of Aphanizomenon flos-aquae, JANA vol. 2 (3): 59-65 Phytomedicine vol. 8 (6): 445-453
4. Nirmal Pugh, Samir A. Ross, Hala N. Elsohly, Mahmoud A. ElSohly, David S. Pasco, Isolation of Three High Molecular Weight Polysaccharide Preparations with Potent Immunostimulatory Activity from Spirulina platensis, Aphanizomenon flos-aquae and Chlorella pyrenoidosa. Planta Med 67 (2001) 737-742
5. Michael Rosenbaum, MD “Immunity Against Invaders,” from the book Optimal Digestion, chapter 4.
6. Jeffrey Bland, PhD “Damage from Free Radicals” chapter 12, Optimal Digestion
7. [http://www.simplexityhealth.com/resources/stemplex\\_abstracts.html](http://www.simplexityhealth.com/resources/stemplex_abstracts.html)
8. [https://www.simplexityhealth.com/resources/immusun\\_main.html](https://www.simplexityhealth.com/resources/immusun_main.html)
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10. [https://www.simplexityhealth.com/resources/immusun\\_immunesystem.html](https://www.simplexityhealth.com/resources/immusun_immunesystem.html)

