

The Nutritional Essentials

LiveIt! Lifestyle Lesson 7

Keith Weiss, DC
133 Loudon Rd
Concord, New
Hampshire 03301
603-224-1846

From the Pen of Dr. Royal Lee

(1895-1967) Inventor,
Scientist, Genius, Founder of
Standard Process, Inc.

“Infection, either bacterial, mycotic (fungal) or viral, is concerned not only with its virulence but also with the defenses of the host, the main factor, we believe, being the nutritional environment of the cells (of the body.)”

A Partial List of Conditions Related to Nutritional Deficiencies

Allergies - Hay Fever
Ankle Swelling
Arthritis
Back Pain
Blood pressure - High or
Low
Bronchial Conditions
Bursitis
Circulation, Poor
Colitis
Colon, Spastic
Constipation
Cough, Chronic/Allergic
Diarrhea
Disc Problems
Diverticulitis
Dizziness (Vertigo)
Emphysema
Fatigue, Chronic
Feet, Cold or Burning
Feminine Problems
Gall Bladder Disorders
Gas
Glandular Troubles
Headaches
Heart, Fast or “Nervous”
Hemorrhoids
Impotence
Injuries to Soft Tissues
Insomnia
Joint Pain
Kidney Problems
Knee Pains, Chronic Leg
Pains, Cramps, Tingling,
Numbness
Liver Problems
Nervousness
Neuralgia
Prostate Trouble
Sciatica
Shingles
Sinus Trouble
Throat, Sore / Hoarse /
Congested
Thyroid Conditions
Ulcers -- Stomach,
Duodenum, Skin
Yeast Infections

What Challenges Your Immune System?

“Why is it I get every “bug” that comes along and some people don’t seem to ever get colds or flu?”

I f that sounds like you or someone you know – this Issue of TNE is for you.

There are fundamental reasons why one person stays well and another person does not.

A strong immune system is one answer.

For many people, cold and flu season never comes. For those same people, allergy season does not come either, because they have a strong immune system to handle those challenges. This issue of The Nutritional Essentials will give you some strategies that you can use to improve your immune system and the immune systems of all of your family members. First, let’s understand the challenges your immune systems face.

What Challenges Your Immune System?

Everything that is a stress on your body’s natural function can be a challenge to your immune system, such as:

- Nutritional deficiencies brought on by improperly prepared foods, refined foods, trans fats, and too much sugar!
- Toxicity brought on by pollution, chemicals, preservatives and synthetic ingredients in food, basically all of the unnatural toxins.
- Physical, structural and emotional stresses that deplete your system of nutrients and energy needed for growth and repair.

A Strong Immune System is a Whole Body Effort

The entire body works together to accomplish the important task of protecting your health. Virtually every aspect of your whole being is in some way involved with this process. Skin, digestive juices, mucous membranes, intestinal flora, and other healthy bacteria all work together with the organs of the immune system (the liver, spleen, blood and lymph) to help protect you. This is your immune system in action—a concerted effort of the parts for the whole. Similarly, immune system HealthBuilding is an action of the whole body as well.

The Best “Cure” for Disease is Health

Seems like a silly thing to say but nothing could be more true! Healthy people do not get sick often. People who are healthy sometimes are gifted with a strong genetic foundation, but more commonly, healthy people do the right things to build and maintain their health. This lifestyle allows their genes to express themselves as a whole body functioning in harmony. You can choose this lifestyle too! So that makes our job easy! Promote health and disease stays away, right? Simple as it sounds, it’s true!

In each issue of The Nutritional Essentials we speak about ways a person can build his or her health, and HealthBuilding is the key to the immune system strengths! It is highly likely you too can avoid the colds and flu seasons by merely supporting your health all year long. Let’s find out what you can do.

A strong immune system is a matter of choice!

HealthBuilding steps:

- Whole foods prepared properly so their natural goodness is available to your body
- Pure air and water
- Digestive enzymes to help the body assimilate the whole foods
- Healthy intestinal flora (probiotics) for proper assimilation and elimination of toxins
- Healthy liver functions – periodic purification programs
- Exercise and restful sleep
- Peaceful surroundings and a purpose for living

Avoiding:

- Toxins in the environment (air, water, food)
- Refined foods
- Synthetic “foods”

Most of us would look at this list and say, “I am not in ideal control of all of these HealthBuilding steps.” “What can I do to build my immune system?”

The best we can do nutritionally is: Eat right and support the immune system with whole food concentrates known to be high in immune support qualities. The product we are featuring enhances the health of the immune system.

Build the health of your families’ immune system. Add immune support to your whole food supplement program!

Immuplex® – The particular combination of whole food concentrates in Immuplex® uniquely supports the entire immune complex systems. For example this product supports the health of the:

- **Thymus** gland for healthy lymphocyte production,
- **Spleen** (lymphatic and blood) for antibodies,
- **Bone marrow** for healthy blood formation,
- **Stomach** (digestive system to destroy ingested parasites),
- **Intestinal flora** (digestive) to destroy pathogenic microbes and manufacture B¹².
- **Liver** support for detoxification and enzyme production.

Immuplex combines organic forms of vitamins A, C, and E with vitamin B12, and folic acid with minerals such as zinc, copper, chromium, iron, and selenium. Immuplex also contains bovine thymus, liver, and spleen tissue extracts - nutrients and glandular foods especially prepared to provide vital nutrients well known for their important roles in immune system health and function. †

Taking **1 – 3 Immuplex per day for life** could be one of the best immune support steps you could take.

Patients Speak About Immune Support

“I was one of those guys that no matter what it was that came around, I caught it. Colds, flu seem to never pass me by. Four years ago I started taking 3 Immuplex a day, I have not had a cold or flu since.” L.S.

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. They are to support your health.

This Livelt! Lifestyle Lesson is brought to you by:

**Weiss Chiropractic Offices, PLLC
Keith Weiss, DC**

133 Loudon Rd
Concord, New Hampshire 03301
603-224-1846
<http://weisschiro.com>

**Share this Information
with a friend - Thank You!**

What Did You Learn?

Nutritional deficiencies weaken the immune system. True False

Toxicity weakens the immune system. True False

Stress weakens the immune system. True False

Whole foods and whole food concentrates build the immune system. True False