

IS YOUR IMMUNE SYSTEM TRASHED?

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**By Stacey Kumagai**

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FOR IMMEDIATE RELEASE

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FOUR MOUNTAINS, INC. UNVEILS 21st CENTURY SOLUTIONS FOR CORRECTING IMMUNE DYSFUNCTION

ULTIMATELY TAKING THE 'SCARE' OUT OF SARS AND INFECTION OUT OF THE MODERN WORLD

Calabasas, CA - Information is power. So is a strong immune system. Over the past few decades, fear and helplessness has been the focus of the common cold/flu, Swine Flu, E-coli bacteria, HIV/AIDS and most recently SARS. Four Mountains, Inc., is a privately held Clinical & Research Laboratory dedicated to synthesizing all available data in the fields of alternative medicine, disease prevention, wholistic mind/body health and anti-aging technology. And they are unveiling what is likely the most advanced, comprehensive, wholistic, and effective Immune Support Program in the world.

"Some doctors are telling the public that the immune system cannot be strengthened and there is nothing we can do to increase resistance to infections, but these old fashioned opinions do not square with the

evidence. The human immune system CAN be augmented and amplified! One vitamin or herb won't do it alone, that's true. But, if you supply the immune system with all the hundreds of nutritive materials it needs to function then YES, THE BODY CAN DEFEND ITSELF AGAINST INFECTIONS OF ALL TYPES. A strong immune system protects the body against alien microbes, and SARS is no exception," states Dr. Ward Coleman, N.D. and President of Four Mountains, Inc. "There is no excuse for so much widespread illness and fear of illness. If you get sick, it means your immune system is handicapped, depleted and depressed. I want people to know that all illness and infection is ABNORMAL and CAN be prevented. The way we live, the nutrients we ingest (or fail to), determines

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how immune we are to infection. Too many people are not understanding this. We don't need any more studies. We already know more than is being applied. If we apply what we already know, illness and disease will vanish from the face of the earth!" explains Coleman.

Four Mountains Immune Support Program is a complete wellness program consisting of special immunity boosting nutrients and dietary guidelines designed to work as an applied maintenance life system program for continuous optimized health.

For media information requests, contact Stacey Kumagai at 818/506-8675 or [mediamonster@yahoo.com](mailto:mediamonster@yahoo.com) . To order the Immune Support Program call Four Mountains, Inc., at 800/736-0904 or email [fourmountains@earthlink.net](mailto:fourmountains@earthlink.net)

Stacey Kumagai is CEO of Media Monster Communications, Inc. – a full-service public relations, marketing, media firm specializing in business development, special event production and creative consulting.

### **Boost your Immune System**

**By Alfred Jones**

The Immune System is probably the most important system in your body. It was designed by nature, millions of years ago, to aid the body in recovering from injuries and illness. In other words "a natural built in healing system".

Your blood is composed mainly of red and white cells, the red ones carry the oxygen and nutrition to all parts of the body, the white ones are the defenders and scavengers of your body, during infection, they are immediately called upon to fight the infection and clean up afterwards.

These billions of cells work very hard and consequently they have quite a short lifespan, usually, only a few days.

Originally the Immune System did not face as many problems, as it does in this day and age, now it has to cope with pollution, poisons, toxins, pesticides, herbicides and chemicals, in the air that we breathe, the food that we eat and the water that we drink. As you will understand, the immune system is fighting a huge battle, just trying to cope with all these attacks that are happening every day. Luckily for us, these cells can be generated very quickly, so with the correct nutrition, it will not take the immune system much time, to get back up to full strength.

When you have a vaccination, your immune system is given a copy of a specific disease, so that if the system comes across the disease again, the memory cells in the immune system, will know exactly what action to take, likewise, if you have had a disease before, they know what to do in the event of reinvasion.

The cells involved in your immune system, have what is called "cellular communication", this means

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that the cells all talk to each other, they ask each other if they are OK, if one says it is unwell, the others will all help it to heal, if it is beyond help, the other cells will exterminate it and then eliminate it completely from the body.

Sometimes the immune system will go astray and start attacking the good healthy cells, then problems occur which are known as auto immune system diseases, which can cause cells to mutate with all sorts of consequences. Auto Immune System diseases are increasing all the time, and is one of the most serious threats to good health.

There is a natural slow decline in the efficiency of the body's immune system, which partly comes with age; you tend to absorb some nutrients less efficiently.

There is evidence that suggests a nutrient dense diet, may slow this decline, slow the aging process, improve your immune system and energy by giving it a boost or modulating the cellular communication process.

One of the Natural Healing products that are available through our website, is a natural nutrient, that

has been used for over a thousand years and it is known as the most "Nutritionally Dense" food in the world.

Your immune system needs help to function at the highest capacity. Without an efficiently functioning immune system, you are not going to maintain good health.

Health is you're your most valuable asset, even though you might not realize this now, when it begins to deteriorate, it could just possibly be too late to do much about the consequences of ill health. Possible help for the Immune System is a healthy diet, with lots of natural sources of Vitamins A, C and E, Zinc, Iron, Folate, Vitamin B6. Check out the website for more information.

You may use this article at your Web Site, or Newsletter, The only requirement is inclusion of the following sentence,

"Article by Alfred Jones of

and

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Learn about Himalayan Goji Juice, or Glyconutrients with Antioxidants, The Essential Sugars that Heal".

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Moducare – Immune System Supplement  
Your Immune System Needs Support Too!

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