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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Your Immune System Needs Support Too!

By Lisa Hyde-Barrett

The increasing level of toxins in the environment is making it difficult for the immune system to protect you properly. You need to help the immune system to do its job. Learn how.

The human body is a very vulnerable organism, except for the very strong line of defense that the immune system has thrown around it. Without the natural defense system provided by the immune system, the bacteria, microbes, viruses, toxins, parasites, etc., would reduce the body to its chemical components in a few days.

That is what happens when the body dies and the immune system is no longer there. The human immune system works 24X7, though its work never comes to the limelight. The failure of the immune system is easily noticeable, though.

Although we inhale and eat thousands of germs everyday, the immune system prevents them from causing diseases. When a germ breaks through the immune system occasionally, we wind up with a disease. Once the immune system learns about these germs, it will fight them, and we get over the malady.

The major parts of the immune system are the thymus, spleen, lymph system, bone marrow, white blood cells, antibodies, complement system, and hormones.

The immune support system displays dual characteristics: self or non-self recognition, general or specific, and natural or adaptive, cell-mediated or humoral, active or passive, and primary or secondary. Some parts of the immune system act against specific antigens. These parts are called antigen-specific. Other parts of the immune system are systemic, working throughout the human body rather than restricting themselves to the initial infection site. Still others recognize antigens in order to attack them more vigorously next time they pose a threat. These parts of the immune system are said to possess a memory.

We are all born with a genetically based natural defense system. The skin is the most important organ of our natural defense system. An injury is a gateway for germs to enter the body. This, or the

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presence of a foreign object within the body, causes the immune system to act, getting rid of the invaders, while the skin takes care of the wound. When this process does not take place, it results in an infection.

Another sign of the functioning of the immune system is when we get a rash or a bump on the skin after a mosquito bites.

The body would cease to be without the immune system. Just take a look at some of the few things that could go wrong with a sub-optimal immune system:

Self or non-self recognition in the immune system occurs when every cell displays a marker based on the major histocompatibility complex (MHC). If a cell does not display this marker, the immune system considers it as a non-self and attacks it.

A breakdown of this process results causes the immune system to attack the self-cells. Multiple sclerosis, systemic lupus, types of diabetes and arthritis are all autoimmune diseases caused by the immune system attacking the self-cells. Allergies are the result of the immune system overreacting to certain stimuli.

Diabetes occurs when the immune system attacks the cells in the pancreas and destroys them. Rheumatoid arthritis is also the result of the immune system causing trouble in the joints. The immune system also creates problems during organ transplants; it often refuses to accept the new organ.

Keeping the immune system in proper working order, especially with the increasing amounts of toxic pollutants in the environment, is becoming a tough task. Recent research is leading scientists to believe that certain carbohydrates represent the next frontier in the search for non-toxic compounds that support the immune system.

Eight of these essential sugars, called glyconutrients, have already been discovered. Only two of these are found in our daily diet though. These eight essential sugars supply the body with glycoforms that are needed for cell-to-cell communication. Four of the last eight Nobel Prizes in medicine have been awarded for research into Glycobiology. A steady supply of glyconutrients is necessary for keeping the immune system working well. It has been found that the body recovers and heals faster when glyconutrients are used when administering chemotherapy and radiation.

Trouble is, the same toxins in the environment that weaken our immune system also affect the body's ability to synthesize these glyconutrients. Which is why we should ensure a steady supply of these glyconutrients through glyconutritional or food supplements containing glyconutrients.

We are living in an increasingly polluted world. The body is increasingly finding it difficult to combat the ill-effects of these through its natural processes. It is up to us to use our intelligence to tap our advance medical knowledge for the body's help. Because, ultimately, it is a question of our existence itself.

Lisa Hyde-Barrett, a registered nurse and wellness advocate, knows the value of good nutrition and its relationship with good health. She's become passionate about the new research behind sugars,

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specifically Glyconutritional products. More information on these products can be found at <http://www.eight-sugars.com> Learn more about immune support at http://www.deadly-health-myths.com/immune_support.html

IS YOUR IMMUNE SYSTEM TRASHED?

By Stacey Kumagai

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FOR IMMEDIATE RELEASE

IS YOUR IMMUNE SYSTEM TRASHED?

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 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

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system program for continuous optimized health.

For media information requests, contact Stacey Kumagai at 818/506-8675 or mediamonster@yahoo.com . To order the Immune Support Program call Four Mountains, Inc., at 800/736-0904 or email 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.

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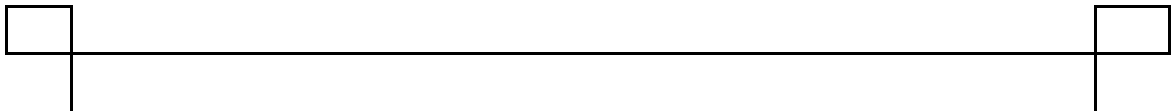
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