

# NUTRITIONAL ESSENTIALS



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“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.)”

Dr. Royal Lee (1895-1967)

Inventor, Scientist, and Founder of Standard Process.

## Partial List of Conditions Related to Nutritional Deficiencies.

Allergies  
Ankle Swelling  
Arthritis  
Back Pain  
Blood Pressure Trouble  
Bronchial Conditions  
Bursitis  
Poor Circulation  
Colitis  
Constipation  
Cough  
Diarrhea  
Disc Problems  
Diverticulitis  
Dizziness (vertigo)  
Emphysema  
Chronic Fatigue  
Feet Cold or Burning  
Feminine Problems  
Gall Bladder Disorders  
Gas  
Glandular Troubles  
Headaches  
Heart Rate Disorders  
Hemorrhoids  
Impotence  
Insomnia  
Joint Pain  
Kidney Problems  
Knee Pains  
Leg Pains, Cramps  
Liver Problems  
Nervousness  
Neuralgia  
Prostate Troubles  
Sciatica  
Shingles  
Sinus Trouble  
Thyroid Conditions  
Stomach Problems  
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?”

**If that sounds like you or someone you know - this issue of Nutritional Essentials 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 Nutritional Essentials will give you some strategies that you can use to improve your immune systems of all of your family members. First, let’s understand the challenges your immune system 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 on 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. The nervous system communicates to each of cells, organs of the body to coordinate the effort. This is your immune system in action - a concerted effort of the parts for the whole. Similarly, immune system health building 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 Nutritional Essentials we speak about ways a person can build his or her health, and health building is the key to the immune systems 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!

## Health Building 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
- Chiropractic checkups to ensure body communication through nervous system
- 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 health building steps.” “What can I do to build system?”

The bets 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!**

## Fetcho Family Chiropractic

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**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 Vitamin 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.

## 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**