

**“TODAY MORE THAN EVER, WE ALL NEED  
AN IMMUNE SYSTEM AS STRONG AS A MACK TRUCK.”  
-- Dr. Wayne Garland ND/TCM.**

**BOLD COPY INTRO:**

**“Here are my 5 vital tips for a robust immune system and freedom from disease”**

**BODY COPY TEXT:**

**Do you constantly get colds and come down with the flu?**

**Are you always "run down" and fighting disease?**

**You were not designed to have this happen to you.**

**Your Immune System Should Be As Strong As A Mack Truck.**

If it was, just about every disease would get barred from coming into you. Colds, the flu, arthritis, diabetes, cancer, AIDS, Lupus, Multiple Sclerosis and many more diseases all come from an impaired immune system.

In China, they call a strong immune system "Health Beyond Disease." In this state of health, your body's defenses are so strong, no disease can invade you and try to kill you before your time.

The Immune System is just that - an entire "system" - not just one organ or area in the body. This means a total "system" is needed to boost the immune system or modulate it or nourish it.

There are 5 vitally important things we all need to do to have an immune system that protects us from invasion, sickness and ill health.

The more of these "things" that you do, the stronger your body will be.

1. Eat a lot of shiitake mushrooms either raw or in soups and teas. The shiitake contains amazing things to boost the immune system. It has been the stalwart of the entire Chinese Materia Medica for thousands of years and if you can find them raw and organic at a farmer's market or oriental market, buy all that you can. I eat them raw as a snack whenever I can.

2. Garlic, crushed and added to ginger tea is a wonderful immune pick me up. Garlic is renowned for its immune boosting powers and has been for centuries. It might just be the greatest gift to the immune system ever. Always make sure the garlic is crushed to release its immune boosting phytonutrients.

3. Walk or lightly jog for 45 minutes every day. It has a profound effect on the immune system, and the 45 minute target gets new bone marrow production happening instantly. But - and it is a very big "but" - you have to do this every single day, not one day here or there a week. Daily exercise is the greatest free gift from God to our immune systems. It is vital, however, that you push yourself. Get the heart pumping for at least 15 minutes of the 45 minute target. This is also doing wonders for your heart, blood pressure, cholesterol and stress.

4. Zinc is the prime mineral for the immune system. Without it, the thymus gland cannot produce vital "T-Cells". These are the leukocytes that devour infections in the body, especially cancer cells and the AIDS virus. Ask any person stricken with HIV and the first thing they will mention is their "T-cell count". No Zinc, and you have no t-cell production occurring. 75mgs daily is what is required, and always look for a brand that uses the supreme Zinc compound "OptiZinc". This is easily assimilated by the body and far superior to shelf brand forms of Zinc.

5. Organic Noni Juice. This is one of the greatest things I have found to have near-instant impact on the body, the immune system and overall well being. Treasured by traditional healers around the world for centuries, the Noni berries contain a virtual smorgasbord of immune system boosting and disease-fighting phytonutrients. All produced by Mother Nature - not by a drug company or factory!! You have possibly heard of Noni's healing capacities from the media or from word of mouth. The vital thing to look for in using Noni Juice is that it should be pure and it simply HAS TO BE ORGANIC. (As all your food should be; the benefits are gigantic in purity, antioxidant content and freedom from pesticides).

South Pacific Trading Company, a leader in this market for the past several years, manufactures **Noni Pacific**, 100% pure USDA certified organic Noni Juice and Capsules. It is available in all the finest health food stores or call 888-505-4439 for more information.

These are 5 Vital Steps to a strong Immune System. There is obviously more that can be done, and different people have different needs to improve their health and wellness. This has been offered as a simple guideline on your journey to good health, and you are encouraged to follow these steps every day. For more information and further steps toward "Health Beyond Disease", visit [www.drgarlandmasterformulas.com](http://www.drgarlandmasterformulas.com), or call us at 501-321-3549.

Kind regards.

Wayne Garland

*Wayne Garland is a leading expert in the field of **naturopathic healing** and is the creator and formulator of the miraculous line of nutraceutical products called **Master Formulas**. Garland has a powerful personal story of cancer survival that led him to a quest around the world to the ancient origins of healing and to learn from the greatest healing masters in the world--from Tibet to Hunzaland, from the fabled Drum Mountain in Fuzhou (where the monks who live there are said to "never die" they're so healthy), from the dusty plains of India to the tropical rain forests of South America and the **Institute of Traditional Chinese Medicine in Shanghai, China** where he still maintains a working relationship. Everything learned on his fabulous journey to wellness, he shares with us in each and every one of his product formulations- Wayne Garland's Master Formulas.*