

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."

- *Martin Luther King, Jr.*

I love this quote so much because it's so true. Sometimes we feel so beat down by life or by something that has happened to us or around us that we feel like we don't have the strength to move on. At times, we can feel completely paralyzed. But remember, positive things can happen when we just take baby steps. Dr. King had it so right. Life can be tough. But we can't let whatever negative experiences we've had keep us from moving forward. There is always light at the end of the tunnel. It may just take a while for us to reach it. If you need help taking that first difficult step to begin the journey of letting go and moving on, please reach out to me.

Yours in health,

Susan Monaco
Health and Wellness by Design
www.healthnwellnessbydesign.com
susan@healthnwellnessbydesign.com

How to Boost Your Immune System



We're living in crazy times right now and probably just about everybody is worried about keeping safe and healthy. A lot of people are holding out hope for a vaccine, which we're being led to believe will save us all. As someone who isn't a fan of many vaccines (though some are certainly helpful), I think it's important to take control of our own health to stay healthy.

I've written a few newsletters about using food-grade hydrogen peroxide to stay well. It's certainly worked for me, but requires very specific knowledge and protocols. Please contact me if you'd like to learn more. Many people take Vitamin C, a very well-known immune booster, for that same reason. But I recently came across some information about another product to boost your immune system that I wanted to share with you.

Given this pandemic, boosting your immune system is more important than ever. The stronger it is, the less likely you'll get sick. Hopefully, many of you are already doing the right things like getting daily exercise, eating right and getting plenty of sleep. You're probably also taking some supplements, including Vitamin C and perhaps Echinacea and Elderberry. But I came across something that may be new to you. It's been around for hundreds (probably thousands) of years and has shown some very promising results for a myriad of health issues, including helping with things like cognitive decline and arthritis pain to name just two. It's been shown to be a really strong immune booster and a new study demonstrates it can actually reduce your sick time by 28%!

I'm sure you're wondering what this supplement is and why you haven't heard about it. But you shouldn't have to think too long or hard to figure out the answer. You've heard me say this many times before. The problem with our health care system is that we treat the SYMPTOMS rather than the CAUSES of illness. If doctors treated the CAUSE of sickness and people actually got well, who would benefit and who would be hurt? It's simple. WE would benefit and the pharmaceutical companies would get hurt.

If you really stop and think about it, Big Pharma doesn't want us to be healthy. There's no money in it for them. They only get richer when we get sicker. More prescriptions means more money for them. Why do you think that any time a natural remedy is found, they try to make a drug to do the same thing? But

nothing is better than Mother Nature and she certainly can't be patented. But enough about that. It's time to share what I've learned.

Most people know that olive oil is one of the healthy oils. But did you know that there's actually something else that comes from olive trees that's actually even better for us? Olive Leaf Extract is a very powerful natural remedy. Olive leaves are packed with the *polyphenols* known to be in olive oil. Polyphenols are a category of plant compounds that offers a variety of health benefits. Regular consumption is thought to boost digestion and brain health, as well as protect against heart disease, type 2 diabetes, and even certain cancers. They're found in things like red wine and dark chocolate (two of my favorite things), broccoli, berries and apples. More than 8,000 types of polyphenols have been identified and they're typically categorized into four main groups, which I'm not going to get into now. But what I am going to get into is more details about olive leaf extract.

Researchers have found that olive leaves have 92.4% more polyphenols than olives and 98.4% more than olive oil! The leaves also contain other nutrients such as antioxidants, flavonoids, rutin (a plant pigment or bioflavonoid), catechin (an antioxidant....this is what makes green tea so good for you) and caffeic acid (another antioxidant....coffee and plant-based foods are primary sources). But olive leaf extract also does something else super important to help your immune system.

It **INCREASES** your body's production of nitric oxide. Why is this important? Nitric oxide helps escalate your blood flow **AND** helps control whether or not diseases can enter your body. It's truly a game changer when it comes to your health and immune system. So not only does the olive leaf extract give you the health benefits of antioxidants and polyphenols, it also gives you the benefits that come from higher levels of nitric oxide.

What else can olive leaf extract do? I'm glad you asked. It can help protect your heart and reduce inflammation in your body. I've talked before about how inflammation is one of the root causes of disease. Less inflammation means less sickness. Nitric oxide can also help increase NK cells in your body. These are what are known as "Natural Killer" cells. They are essentially in charge of your white blood cells and have been proven to destroy tumors as well as help fight off colds and the flu. Olive leaf extract can also increase your white blood cell count, which also helps boost your immune system. Finally, olive leaf extract has the potential to be an antiviral. This means it can potentially protect you from viruses like flu and the coronavirus!

It almost sounds like it's too good to be true. But honestly, these days, anything we can do to boost our immune system **NATURALLY** is more important than ever. Olive leaf extract is pretty easy to find and I plan to add it to my daily routine to further strengthen my own immune system.

I'm not a doctor, but most of the research I've done indicates an ideal dose is 500 mg daily. But please be sure to talk with or get guidance from an integrative doctor to determine the right dose for you.

Have a wonderful and healthy month.