

Success Forum

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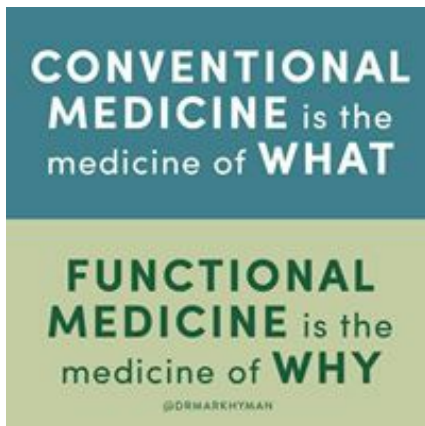
Introducing Immunity Essentials! Yet another tool at your disposal, so you can say NO to the flu shot!

Healthy, Happy Fall Greetings! It's been awhile since I have introduced myself, and perhaps you're wondering why I would even take up the topic of flu shots.

I'm Cheryl; a nurse by training in a century past. I was introduced to Herbalife in October of 1995, which means I have been with Herbalife for 24 years now!

For much of my life, I have struggled with health issues. I searched the literature, I went to traditional doctors and I tried all manner of diet and supplement combinations. When we were introduced to Herbalife, I felt a difference in my energy and pain levels literally overnight. But Herbalife products do not diagnose, treat, cure or prevent disease. At least that's the party line and what the FDA wants us to say.

In 2008, I was introduced to Functional Medicine and started working Board Certification through the American Academy of Anti-Aging Medicine. What's that? This Facebook meme I saw really explains the difference.



Functional Medicine changed my life as much as Herbalife has, but in different ways. Now I split my time between Herbalife and a Functional Medicine practice where I get to integrate the two.



Functional Medicine is the medicine of WHY; so why do we get sick? Why are we told we all need to get a flu shot every year? We'll start answering that question by going back to 1917, when the United States entered World War I. Interestingly at that time, the average life expectancy for men was 48 years; women 54 years. Around that time, the Spanish Flu broke out. Although no one really knows where it started, Spain was one of the first countries to report fatalities. The hypothesis is that American servicemen brought it home from Europe. Regardless of where it started, more than 500 million people died worldwide over the next couple of years!

The sheer numbers strike fear, and true influenza can be life threatening, which seems to be what turns it into a government mandate. Influenza is a virus that attacks the respiratory system. People who are sick with true influenza die of pneumonia. This is not the "cold and flu" type of viral illness that causes diarrhea, but even with true influenza, not everyone dies. Why didn't everyone die? It's because the people who lived had immune systems that were up to the challenge.

Does the "flu shot" help us against a possible repeat of an influenza pandemic? According to the Centers for Disease Control website, the numbers are not good. Overall, the vaccine from last year was only 29% effective. It's a little better for age 6 months to 8 years old at 49%, but even with that, a full 51% of the kids who got vaccinated had no benefit! For the age group 9 to 17 years old, it was 9% effective! So 91% who got the shot got zero protection! And don't get me started with talk about side effects! For example,

"Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise him up." James 5:14-15 NIV

“asthmatic children who receive the flu vaccine have been found to have a 3x significantly increased risk for hospitalization for the flu and flu-like illnesses” drbrownstein.com/should-you-get-the-flu-shot.

The next group is age 18 to 49 where it is 25% effective and over 50 years old, the vaccine is only 12% effective. Seriously. Why is that? From what I gather, they basically have to guess and they aren't good guessers.

Clearly telling people to get injected with a guess isn't working well, so why not focus on the other piece of this? Back in 1917, why didn't everyone die??? Because their immune systems were up to the task of fighting off the viral and bacterial infections.

Quick segue - the same thing for the shingles shot or pneumonia shot. The advertisers tell us that as we age, our immune systems “weaken” and we need their injections to protect us. So once again, instead of injecting, how about we strengthen our immune system???? This kind of thing makes me crazy.

Well, Herbalife has provided us with yet another tool to help us do exactly that. Please give a round of applause and standing ovation for:

IMMUNITY ESSENTIALS!!!

Let's quickly talk about what's in this stuff. Basics like vitamin C (18 mg), vitamin D (20 mcg, which is 800 IU) and zinc (11 mg). The zinc is a good number, especially when combined with other products you might be taking, such as Best Defense when you feel something coming on. Too much zinc can cause immune suppression, so you do need to be mindful of that. Don't exceed around 50 mg per day.

Vitamin C and vitamin D?? You almost can't get too much of either of those. For vitamin C, you literally can not get too much.

Vitamin D is an area of special interest for me. Most Functional Medicine practitioners tell their patients to keep their vitamin D levels at least 40 ng/dl. We like to see our patients at least at 80 ng/dl. A physician I work with on some of my crazy immune system issues wants my vitamin D level at least 150 ng/dl. In order to get that high, you need to take at least 7,500 to 10,000 IU per day. One dose of Immunity Essentials gives you 800 IU, so that gives you some perspective.



The ingredient that has me excited is something called EpiCor, made by a company in Iowa called Embria Health Sciences. They have a fascinating history. The following is taken directly from their website www.epicorimmune.com:

In the late 1800's C.W. Bloomhall, a young boy who lived on a family farm, noticed that animals fed table scraps fermented with sour milk seemed to be healthier than animals fed simple grains alone.

After retiring from the milling industry in 1943, Bloomhall decided to put his theory to the test – that fermented foods provided unique health benefits. He founded Diamond V to develop a specialized fermentation process to create a yeast culture as an immune modulator that would improve the health and productivity of livestock.

Diamond V is still owned by the Bloomhall family and has grown to become the largest, most respected manufacturer and marketer of unique microbial fermentation products for improved animal health worldwide.

I don't know a lot about farming, but I do know someone who does. I asked Jerry, our favorite farmer, if he has heard of this. Absolutely! He's been using this product for more than 40 years!!! And you don't keep using something that doesn't work. Back to the website:

Fast forward to 1998. Factory employees at Diamond V exposed daily to the yeast culture were not using much sick leave. Management also realized that the company's actual health care claims per person were lower than other companies of the same size and region.

Why were the factory workers taking fewer sick days than their colleagues working in the office? There had to be something extraordinary happening with the factory workers! To find out, Diamond V commissioned pilot studies comparing the factory workers to a similar group of office workers. And, sure enough, the factory workers who were exposed to the yeast culture had stronger immune systems.

The immune system research results were extraordinary – the factory workers had increased activity of white blood cells called Natural Killer cells, higher levels of the important mucosal antibody secretory IgA (sIgA) and lower levels of pro-inflammatory immune complexes when compared to office workers. The company was determined to create a new, natural and super-

concentrated fermentation product to better support the human immune system

It takes a lot more work to get a product cleared for human consumption, but that's exactly what they did and now all of us can take advantage of these amazing health, and immune system building, benefits!!

Their website really does have a lot of good information, if you want more details, including all of the references for published studies. Here's what they say about how EpiCor works in the body.

4 Levels of Immune System Armor

Unlike other vitamin supplements or ingredients that are simple immune system boosters, EpiCor is a whole food supplement ingredient clinically shown to naturally support a strong immune system in many beneficial ways:

Immune Armor: First and Second lines of Defense

First Line of Defense. *EpiCor helps strengthen your mucosal armor by significantly increasing secretory immunoglobulin A (sIgA) levels in your saliva. sIgA is a key antibody in your saliva and other mucus membranes. sIgA antibodies are in our eyes, mouth, nose and other mucus membranes throughout our bodies to help trap pathogens before they may cause harm.*

Second Line of Defense. *EpiCor helps support another level of immune armor by increasing NK cell activity. NK cells are a type of white blood cell circulating in our blood and organs that are fast and effective in seeking out and destroying bad cells at the initial occurrence. NK cells are called "natural killer" because they don't need help from other cells to differentiate "good" cells from "bad" cells. This makes them much quicker to respond to keep your body healthy.*

Antioxidant Power

Antioxidants circulate in your blood and tissues and help protect from cellular oxidative damage, which may affect how your immune system works over time. Published research shows that EpiCor helps strengthen your immune armor by increasing antioxidant power in as little as two hours.

Gut Health

More and more people are taking gut support supplements to not only support their digestive systems, but also their immune systems. The digestive system plays a major role in the healthy function of your immune system. In fact, the tens of trillions of beneficial bacteria in your gut are an important part of keeping you healthy. To help your intestinal bacteria stay alive and thrive,

they need fibers known as prebiotics, which are foods that nourish the beneficial bacteria. Prebiotics help the good bacteria, like bifidobacteria and lactobacilli, grow and multiply to help your gut stay healthy. EpiCor has been shown to act like a prebiotic in sophisticated digestive system models by increasing bifidobacteria and lactobacilli and the important short chain fatty acid called butyrate for gut health.

How exactly is this stuff made?

EpiCor whole food fermentate starts with baker's yeast -- a safe, natural microorganism found throughout nature and used for thousands of years to make beer, wine, bread and other food. Embria's specialized process begins with microorganism cells being deprived of oxygen, which causes them to produce immune supporting compounds and metabolites such as proteins, peptides, antioxidants, polyphenols, organic acids, and nucleotides. This natural, unique fermentation complex also contains the beneficial yeast cell compounds such as 1-3 1-6 beta glucans and mannans. This unique product stands apart from commodities like nutritional yeast or purified beta glucan ingredients.

The final production step uses a proprietary and gentle drying process to capture the complex array of nutrients created during fermentation. Embria then mills the dehydrated fermentate and packages it within containers designed to protect it during storage and handling. The entire process is done under strict cGMP manufacturing and processing guidelines to ensure consistently high quality and safe material.

Following extensive safety and identity testing, the end result is EpiCor - a whole food yeast fermentate that helps strengthen the immune system everyday.

I know much of this is like a foreign language, but for my part, I can't tell you how exciting this is!! In the Herbalife literature, they say that it's like a multivitamin for your immune system. It's SO much more than that!!

How to take it. Get it in. Simple as that. I've been putting it in my tea. It has a slight rosemary flavor. I like in my Original Herbal Tea Concentrate. Not so much in the cinnamon flavored one. You can mix it with your Relaxation Tea, Niteworks, Best Defense, put it in a shake ... you get the idea. Take it daily to make sure you can avoid the viruses. Take it twice a day, in the event that you do become ill. Farmer Jerry says that if a cow got sick, they would double the dose. Sounds like good advice to me! I would love to hear from you with stories of how Immunity Essentials has helped you and your family! To Your Health!

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STOMACH “FLU” **VS.** THE “FLU”

NICKNAMES

- Stomach Flu, Stomach Bug, Pukey Flu, The “Shits”

WHAT IT REALLY IS

- Viral Gastroenteritis

CAUSES

- Norovirus, Rotavirus

INCUBATION PERIOD

- Symptoms appear 1-3 days after exposure

SYMPTOMS

- Diarrhea, vomiting, nausea, stomach cramps, muscle aches, headache, low-grade fever

HOW LONG IT LASTS

- Symptoms typically last 1-3 days but can linger for up to 2 weeks

TREATMENT

- Fluids, bland food and rest

CONTAGIOUS PERIOD

- You can be contagious 2 days BEFORE to up to 2 weeks after symptoms appear

HOW IT SPREADS

- Fecal-Oral Route:
When poopoo or vomit particles get in your mouth!

PREVENTION

- Handwashing, quarantine and properly killing the virus
THE FLU SHOT WILL NOT HELP YOU!

SURFACE LIFE

- The virus can live on surfaces (countertops, toilets, doorknobs and even the floor) for up to 3 WEEKS!

HOW TO KILL IT

- Bleach, bleach and only BLEACH!

NICKNAMES

- Flu

WHAT IT REALLY IS

- Influenza

CAUSES

- Human Influenza A, B and C Viruses

INCUBATION PERIOD

- Symptoms appear 1-4 days after exposure

SYMPTOMS

- Fever over 100° F, nasal congestion, cough, sore throat, muscle aches, chills and sweats, fatigue and weakness

HOW LONG IT LASTS

- Symptoms typically last 1-2 weeks

TREATMENT

- Fluids, rest, pain relievers, decongestants and anti-virals

CONTAGIOUS PERIOD

- You can be contagious 1 day BEFORE to up to 7 days after symptoms appear

HOW IT SPREADS

- Inhalation of tiny droplets made when people cough, sneeze or talk. Less commonly by touching a contaminated surface

PREVENTION

- Flu Vaccination (Shot), handwashing, limited contact with infected individuals

SURFACE LIFE

- The virus usually only lives on surfaces for 24 hours

HOW TO KILL IT

- Soap and water, disinfectant wipes (Clorox/Lysol), disinfectant sprays (Lysol), alcohol-based hand sanitizer, bleach, hydrogen peroxide

