

What Causes a Weaker Immune System?

There are various reasons for the origin of weaknesses and disturbances in our immune system. The genes of the body as well as other harmful substances such as: pollutants, poisons, pesticides and herbicides in your environment may affect and damage your immune system.

Don't let carelessness disrupt the balance in the body. For example, inadequate clothing in chilly weather may cause the body temperature to drop so low that common cold viruses invade your cells.

Dry air coming out of the heating system in your home or office may prevent the mucous membranes and the cilia in your sinuses from working correctly. Dust and soot are detrimental to our respiratory system as is cigarette smoke. Excessive indulgence in mood altering substances like alcohol, nicotine, prescription or illegal drugs, break down our defences and impede the ability of our immune system to work properly.

Food preservatives, toxicity of toiletries and cosmetics, electromagnetic pollution and free radicals all give our immune systems a run for its money. Foreign invaders are everywhere. Toxic metals such as lead, palladium, gold and mercury change the chemical structure of our DNA, damaging tissue and making them look foreign to our immune system. Insecticides, fungicides and herbicides weaken our "natural killer cells" designed to fight off cancers and viruses.

The same applies to extreme workloads, excessive sunbathing, unbalanced food intake and too much exercise. These conditions may alone or in combination damage the defensiveness of the immune system with lasting effects.

Stress, anxiety and aging are all contributing factors to weaker immune function. Therefore, to improve the conditions of our defense mechanisms and to reach optimum good health, we must "help the immune system so that it helps us in return."

But what is the best way to strengthen your immune system? Some practices are obvious such as finishing all prescribed medications for a particular illness, drinking plenty of water and getting some exercise. Many people take several vitamins to supplement for dietary deficits.

With Fortizel[®], you can forgo all other supplements. Fortizel[®] is the supreme supplement, containing Augmensodine Colostrum Extract, sometimes referred to as "Nature's Vaccine".

Colostrum is full of antibodies and is necessary for a strong immune system. Fortizel's Colostrum Extract is 10-20 times stronger than regular Colostrum, making Fortizel® the leading "crime fighter" in compromised immunity.