



spotlight on health

Defend Your Immune System

(NAPSA)—People are increasingly looking for natural ways to support and care for their bodies' immune systems. Everyday life factors such as stress, poor nutrition, dieting, travel and strenuous athletic training may weaken your immune system—but there are some simple things you can do to promote your body's natural defenses and maintain good health.

Drink up: Next to oxygen, water is the most important nutrient for our bodies. Water makes up more than two-thirds of our bodies, but with every breath, every tear and every drop of perspiration, our bodies lose this vital substance. Everyone should drink six to eight glasses of water each day. However, if your immune system is under attack, fluids—especially water—are even more important.

Keep it clean: Keeping your hands clean is important because germs and dirt may weaken your immune system. Avoid sharing things such as cups, pens or pencils, especially during the winter season. Frequent hand washings, especially after touching door-knobs or telephones in public spaces, are a good idea.

Supplement your system: In the past, people have reached for immune-friendly nutrients such as vitamin C, echinacea and zinc at the first sign their immune systems needed a boost. Now, the next generation of scientifically developed supplements works by supplementing your natural level of immunoglobulins (also known as antibodies), which are proteins



Natural supplements with ImmunoLin add to your body's level of immunoglobulins, which are proteins needed by your body to maintain a healthy immune system.

produced by your body to promote a healthy immune system. When your immune system is challenged, immunoglobulin levels can drop, but supplement products such as Schiff ImmunoLin help fight back. Daily servings can encourage your body's natural defenses during any season of the year for long-term protection, or you can heavy-up on the servings when your immune system needs an extra boost.

Catch your Zs: Sleep is an important part of a healthy lifestyle. Like eating right and exercising regularly, sleeping is essential to feeling your best. The average person needs seven to eight hours of sleep each night. If you need added support for your body's natural defenses, then you may need more sleep.

For more information about immune system supplements, visit www.SchiffVitamins.com or call 1-800-526-6251.