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## **Take Charge of Your Health**

Shorter days and cooler weather signal the onset of fall and the beginning of cold and flu season.

A strong immune system is the best defense against all infections, common colds included, according to WebMD online. A strong immune system may not keep you from getting infected, but you'll recover more quickly. Boost your body's natural resistance by eating well, getting adequate sleep, not smoking and drinking plenty of water every day, according to WebMD.



Even though you can't always keep from getting a cold, some supplements have been found to help strengthen your immune system and may help you be less susceptible to one of the more than 200 viruses that can cause the common cold.

### **Supplements That May Help You Avoid a Cold**

According to an article in Prevention magazine online, the following supplements have been found to help you avoid a cold.

- Omega-3 fatty acids have immune-fortifying properties. Omega 3s increase the activity of phagocytes — cells that fight flu by eating up bacteria — according to a study by Britain's Institute of Human Nutrition and School of Medicine. Other research shows that omega-3s increase airflow and protect lungs from colds and respiratory infections.
- Vitamin D may effectively boost immunity and help prevent colds. According to a Harvard study, people with the lowest vitamin D levels were 36 percent more likely to have upper respiratory infections, compared with those with the most D. (Asthma patients with low levels of D were nearly 6 times as likely to get sick as those with the greatest amounts.) Adequate amounts of vitamin D help produce cathelicidin, a protein with virus-killing qualities.

Because it can be hard to get enough vitamin D from sunlight or diet (fish and fortified dairy are the best sources), you'll need a supplement to attain optimal levels, according to study author Carlos A. Camargo Jr., MD. Aim for at least 1,000 IU daily.

- Garlic is an immune-boosting superstar. Garlic has been used for healing benefits for more than 5,000 years. Research has shown garlic has antiviral, anti-inflammatory and antifungal benefits that help

prevent a cold.



## September ALTRUM NEWS Enzymes Provide 'Keys to Life'

All of the minerals and vitamins you eat and all of the hormones your body produces need enzymes in order to work properly. In fact, every single metabolic function in your body is governed by enzymes. Your stamina, your energy level, your ability to use vitamins and minerals and your immune system are all governed by enzymes. Learn about the vital role of enzymes in the September issue.

## Ultra Daily Enzymes

Ultra Daily Enzymes is a superior digestive formula that can improve your digestion and help ensure you attain the maximum level of nutrient absorption.\*

- **Relieve indigestion\***
- **Increase stamina and energy\***
- **Strengthen immune system\***
- **Help digest fats\***
- **Eliminate gas and bloating\***



\* These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent disease.

Please check with your physician when using prescription medication in combination with food supplements.

*ALTRUM News brings you the most recent information on ALTRUM nutritional supplements and how nutrition helps maintain youthful vigor, health and mobility — plus much more.*



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