

Dr.Anca's Healthy Immunity T.S.

<http://www.telehealthsecrets.com>

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TeleSeminar Dial-In Details



Date: Thursday, December 18, 2008

Time: 8 PM (Eastern)/ 5 PM (Pacific)

Dial In: 1-712-432-3900

Pass code: 941715#

Topic: Healthy Natural Immunity.

Tips To Get The Most Out Of This Call

1. Print this Action Guide
2. Use these tips to develop your Optimal Health Program.
3. Use these tips to develop your Optimal Health Program.
4. Take action NOW

Quote of the Call

“A pound of prevention is worth a ton of cure”

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In this Tele-seminar you will learn & discover:

- **Overview of the Immune system& its function**
- **The Anatomy of the immune system& 4 Important Components of Immunity**
- **Signs of Impaired Immune Function& How it hapens**
- **Nutritional Factors implicated in immunity**
- **The Flu shot Controversy& Natural alternatives**
- **Herbs that benefit the Immune system**
- **21 Common Sense Strategies for Immunity**

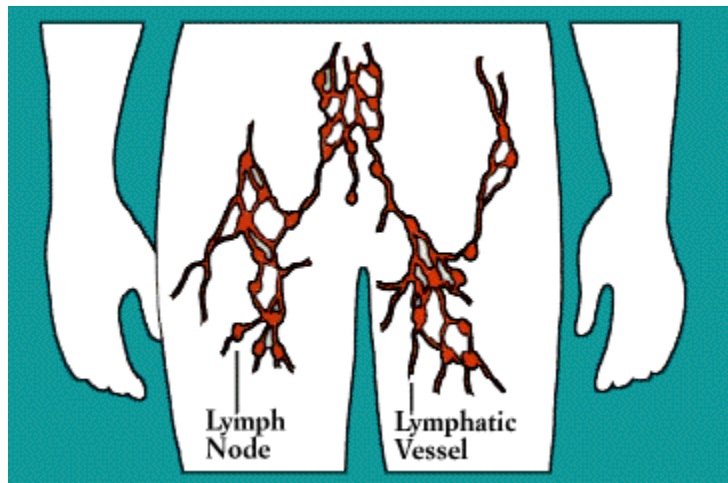
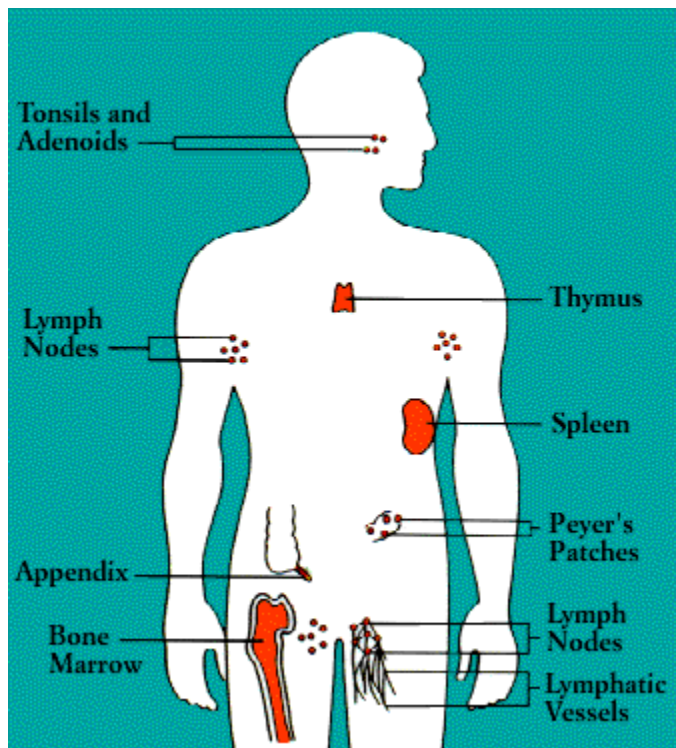
- **And of course, just a little bit more....**

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The Anatomy of the immune system



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Signs of Impaired Immune Function

- CANDIDIASIS/ YEAST INFECTIONS
- RECURRING INFECTIONS
- CHRONIC FATIGUE
- LISTLESSNESS
- CHRONIC DIARRHEA
- SLOW WOUND HEALING
- ALLERGIES
- INFLAMMATION

How does Immunity become impaired?

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Nutritional Factors implicated in immunity

1. _____
2. _____
3. _____
4. _____

The Flu shot Controversy& Natural alternatives

Homeopathic Colds & Flu "shot"

1. Thymuline
2. Mucococcinum

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Herbs that benefit the Immune system

- **ASTRAGALUS**

- **ECHINACEA**

- **GINKGO BILOBA**

- **GOLDENSEAL**

- **ST. JOHN'S WORT**

- **OLIVE LEAF**

- **SPIRULINA**

21 Common Sense Strategies for Immunity

1. _____

2. _____

3. _____

4. _____

5. _____

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