

HERBAL IMMUNE SUPPORT

Nature's Own
PUT YOUR HEALTH FIRST

EACH YEAR COUNTLESS NEW ZEALANDERS SUFFER THE UNPLEASANTNESS OF WINTER ILLS AND CHILLS.

In fact, for many it can be hard to recall a year when they didn't fall victim to one of these seasonal afflictions.

While we usually think of garlic as a tasty flavour enhancer to a meal, it has a rich history of therapeutic use. Garlic is a natural antibiotic, which makes it particularly effective at supporting the body's immune system against winter ills and is highly effective for helping clear the mucous that accompanies them.

The herb horseradish has long been associated with supporting clear airways in the head and chest. A great natural support against allergens, horseradish is particularly effective when taken in high doses – 1500mg twice a day.

As well as active herbs, vitamins play an important role in helping us to maintain natural health. Unlike most animals, humans are unable to manufacture their own vitamin C – which is unfortunate, as vitamin C helps support the

body's natural defences for winter ills and chills. This essential vitamin is also a powerful antioxidant.

So if you are sick of winter interfering with your life, maybe it is time to give your body a little helping hand with garlic, vitamin C and horseradish.

