

# HEALTH NEWS

## Help Protect Yourself From Pollution

(NAPSA)—According to the World Health Organization, air pollution is the world's single biggest environmental health risk, with indoor and outdoor pollution killing more people than smoking, traffic accidents and diabetes combined—but there are ways to help protect yourself and your family.

### The Risk

Every day you are exposed to a barrage of chemicals that are not naturally found in your body which can take a toll on your overall health and wellness, including your immune system. Exposure to environmental threats can lead to a wide range of childhood and adult health issues.

### What You Can Do

There are simple things you can do to minimize exposure to environmental threats. For example, the experts at the American Lung Association suggest you do not burn wood or trash, avoid exercising outdoors when pollution levels are high, and do not smoke or let anyone else smoke around you or your children. At home you can:

- Use an indoor air purifier.
- Keep filters on air conditioners and heaters clean.
- Vacuum often.
- Keep hard surfaces clean of any mold and mildew.
- Open the windows to circulate the air when outdoor air quality is good.
- Incorporate a dietary supplement that helps support your body's natural detoxification process and your immune health into your daily routine.

The National Institutes of Health suggests eating a balanced diet, advising "A prudent diet is a key determinant to health throughout the whole life and could reduce the deleterious impact of air pollution on health." Eating right is indeed necessary for maintaining overall health, although there are times we need a little help.

### Supplement Your Diet

With daily schedules becoming increasingly congested due to work, school, and extracurricular activities galore, it can be difficult to maintain overall health and wellness through diet and exercise alone. Thankfully, a new, patented, dietary supplement called Avmacol Immune™ can help to stimulate your body's natural detoxification process and provide immune support. This innovative supplement combines the essential ingredients needed for sulforaphane production with beta-glucans to promote



### You can help your body avoid the harmful effects of pollution.

immune health. Sulforaphane is a phytochemical associated with broccoli that stimulates your body's natural detoxification process and supports its defenses against environmental threats found in the air you breathe, the food you eat and the water you drink. Beta-glucans have been shown to help support a healthy immune system.

When environmental threats enter your body, your natural detoxification process works to remove them via two phases:

Phase 1 enzymes process them into molecules known as metabolites. These metabolites can be potentially harmful to your DNA and need to be converted to harmless and more easily excreted molecules. Phase 2 enzymes do just that—they process the potentially harmful metabolites into molecules that the body can more readily excrete. Sulforaphane production, as supported by the ingredients in Avmacol Immune, boosts phase 2 detoxifying enzymes so potentially harmful metabolites can be more readily removed from the body. The beta-glucans in Avmacol Immune help to support the immune system, which is often threatened by exposure to certain environmental toxins.

The once-a-day Avmacol Immune tablet delivers "consistent levels of high-quality ingredients providing glucoraphanin and an active myrosinase enzyme. Both are essential ingredients needed to allow for the supplement to provide the full benefit of natural detoxification and immune support," explains sulforaphane expert Dr. Brian Cornblatt. Research has shown that sulforaphane also supports the body's defenses against oxidative stress and cell damage, supporting brain, heart, kidney and liver health.

Avmacol Immune is vegetarian and gluten-free. It is packaged in BPA-free bottles and undergoes more than 80 quality checks. For more information and to purchase the product, visit [www.AvmacolImmune.com](http://www.AvmacolImmune.com) or call 1-855-286-2265.