

# Keep Red Noses At Bay

## Registered Dietitian Deralee Scanlon Shares Her Powerful Immune-Boosting Strategies

(NAPSA)—Shorter days and lower temperatures combined with increased stress levels can wreak havoc on the body's immune system. In fact, according to the U.S. Centers for Disease Control, 90 percent of Americans need respiratory health support at least once during the cold weather season. Since no one wants to carry tissue boxes all winter and red noses are so passé, we've consulted registered dietitian Deralee Scanlon to share her immune-boosting strategies with us:

**Vitamin C**—Most people have heard of vitamin C but don't know why it's important. Vitamin C is critical for proper immune system function and it's an important and powerful antioxidant that works in the aqueous (water) environments of the body, such as the lungs and eye lenses. Scanlon recommends that adults take 100 to 500 mg of vitamin C year-round for maximum benefit.

**Echinacea**—Echinacea is used to strengthen and enhance overall health and well-being. This herb may help stimulate the body's natural resistance. For Echinacea to work best, Scanlon recommends only taking Echinacea at the first sign of feeling under the weather and for no longer than eight weeks at a time.

**Zinc**—Zinc is a mineral with antioxidant activity that helps protect the body from certain free radicals that may damage cells. It's important to remember that the body's immune system needs zinc to function properly. Zinc works best when taken year-round.



**Andrographis**—While this herb may be new to many U.S. consumers, Andrographis has been long used in traditional Indian and Chinese herbal medicine as an immune booster. Four major studies have shown its ability to support upper respiratory health and wellness. Scanlon recommends taking Andrographis at the first sign of a weakened immune system. This herb isn't found readily as a single ingredient, so Scanlon recommends TriMune from Nature's Resource, which combines Andrographis, zinc, vitamin C and Echinacea into a powerful immune defense product. TriMune can be found at Walgreens and CVS in the vitamin aisle.

"When you're not feeling your best, you want something that helps you feel better faster," says Scanlon. "Vitamin C, Echinacea, zinc and Andrographis are safe, effective and may naturally boost the body's immune system."

For more information on staying healthy all year, visit [NaturesResource.com](http://NaturesResource.com). Deralee Scanlon is a regular contributor to the site.