

Immune System Supplements

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I've been interested in immune system supplements for the last couple of years. It began when I got very sick from medicine which my doctor had prescribed me. It is common practice among doctors to write scripts for antibiotics for almost any condition, even when it isn't a bacteria. In addition, they are using stronger and stronger antibiotics to treat routine infections with several bad results. One is that the bacteria are getting stronger and stronger, becoming resistant to the bodies defenses, and to even the toughest antibiotics. The other is that, taking prolonged doses of antibiotics has serious and often dire effects on health and well being.

My antibiotics made me so sick that I can't even take them for infections anymore unless I have a serious, life-threatening condition. That is why I take immune system supplements when I get sick. I went to an herbal supplement store when I had, a few months ago, a chronic cough which I couldn't seem to shake. After checking me out, they prescribed a variety of different immune system supplements to help me get better. They give me a tincture with echinacea and goldenseal, as well as a Chinese herbal blend, the name of which I've since forgotten. They also gave me lysine, which has great anti-viral properties. On top of that, they loaded me down with some throat-soothing tea, some vitamins and fish oil, and I was good to go. The most important thing that the herbalist gave me, however, was advice. She told me that, even more important than the immune system supplements which I was taking was proper nutrition. Taking immune system supplements alone will not necessarily even help you. They are not like antibiotics which immediately mobilize the immune system to kill anything it can find. The effect of immune system supplements is more subtle. They help the body of men and women to build up its defenses, but they can not do it alone. They work best when in combination with proper nutrition and proper sleep. Ever since then, I have been taking immune system supplements on a daily basis. I recommend that you do the same, however, you can not just take them as if you were sick. Certain immune system supplements such as echinacea lose their effectiveness when they are constantly being used. Four every month and a half on echinacea, you need at least a few weeks off of it. None the less, the immune system supplements have done wonders for maintaining my health.