
Active HEALTH

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Allergies and your immune system

***Why health is so important to
your fitness results— and how
you can start building it now!***

“After only 6
weeks I lost 9
pounds of body
fat, while gaining
3 pounds of
muscle!”
Wade Wells

“I have lost weight,
firmed up and lost
inches that were
previously difficult
to lose. Thank you
for your help”
Cindy Miller



**New Wave
Fitness**

Too often I meet folks concerned about building bigger muscles and a smaller waistline, all the while neglecting the ultimate measure of their health- the strength of their immune system.

Addressing the habits required to build health from the “inside out” is essential for getting the best results from your fitness program, warding off illness and disease and living a long, healthy life.

Immune system and response

To achieve and maintain fitness results, our bodies must first be healthy. Vital to health are the body’s defense mechanisms against illness and disease called the *immune system and immune response*.

The immune system is the body's defense against infectious organisms and other invaders. It is made up of a network of cells, tissues, and organs that work to-

gether to protect the body from harmful organisms that cause illness and disease.

Through a series of steps called the immune response the body recognizes and defends itself against bacteria, viruses, and substances that appear foreign and harmful to the body and cause disease.

Symptoms of weakness

Being tired all the time, catching every cold or flu bug that comes along, and dealing with nagging allergies are all common symptoms of a weak immune system— and often poor nutrition.

Because the Standard American Diet (S.A.D) is so poor today, the average American meal today has little to no real nutritional value. Food processing and manufacturing has made our food supply low in essential vitamins, minerals, and antioxidants required for building a strong immune system.

Allergies and immune response

Allergies are classified as disorders of the immune system. When a harmless substance such as dust, mold, or pollen is encountered by a person who is allergic to that substance, the immune system may react dramatically, by producing antibod-

*Allergies can
be reduced or
eliminated by
strengthening
your immune
system*

ies that "attack" the allergen (substances that produce allergic reactions).

The result of an allergen entering a susceptible person's body may include wheezing, itching, runny nose, and watery or itchy eyes, and other symptoms.

4 keys to immune strength

Through both strengthening and balancing the immune system, better health can be achieved and allergies can be reduced and/or eliminated.

There are several keys to strengthening one's immune system including:

1. *Choose organic foods*— organic foods have more nutrients than processed foods and provide more nutrients essential for health.
2. *Eating fruits and veggies*— Eating a diet high in fruits and vegetables provides a natural source of antioxidants and phytonutrients to keep the body's defense levels high.
3. *Keeping the body alkaline*— Maintaining alkaline blood pH levels creates an internal environment where disease cannot survive.
4. *Supplementation*— Adding specific nutrients to the diet through supplementation delivers proven results for building a strong immune system.



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Nutritional supplementation

Supplementing a healthy diet has been proven to support the body in building a strong immune system. Recommended nutrients include:

- *Vitamin C*— Strong antioxidant properties that protects the body against free radicals and boosts the immune system to fight infection. Also a natural antihistamine
- *Vitamin E*— powerful anti-oxidant that boosts immune response and protects against cell damage
- *Alfalfa*— Contains large amounts of chlorophyll, a natural antihistamine
- *Garlic*— A natural decongestant and antibiotic shown to have anti-bacterial, anti-fungal, and anti-viral properties

Conclusion

Building a strong immune system is essential to not just achieving fitness goals, but ultimately improving lifelong health. Through nutrition and fitness, nagging symptoms can be reduced or eliminated completely.

For more information

Call Hut Allred at 972.871.7575 or e-mail Hut@NewWaveFitness.com for more information on designing a fitness and nutrition program to strengthen your immune system.