



Health Matters

by
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Public officials at the CDC are reporting that an upper respiratory viral infection has been sending hundreds of children to the hospital with severe symptoms that can quickly escalate. Unable to officially identify the virus, authorities are very concerned that this may become more widespread.

A first line of defense is strengthening our child's immunity with an abundance of antioxidants from fruits and vegetables, regular exercise, plenty of fresh air and adequate sleep. Since over 70% of their immune system resides in their gut, sustaining beneficial bacteria (probiotics) is vitally important, as well.

Studies also show **Elderberry Extract** to be a valuable measure in protecting them specifically from viral infection. In the mid '80's, virologists discovered that elderberries can inhibit viruses from penetrating cell walls and replicating themselves, reducing risk of infection. Clinically proven effective and safe enough for kids, **Elderberry Extract** is available in capsules, liquid extract, herbal tea and/or lozenges.

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