

Innergy (Item #4010)

For a Healthier Immune System Response

This formula has a neutral energy, well balanced in its *Yin & Yang* properties. Any formula for immune response should be somewhat neutral in these energies. Innergy may safely be used over an extended period of time with servings not exceeding 6 vegi-capsules daily. Higher dosages should be limited to 7 - 14 days at a time. Children under the age of 6 years of age should not be given more than 2 vegi-capsules daily. For infants or children under the age of 6 with immune system response concerns, consult your physician.

Dosage: Take 1 – 6 vegi-capsules daily or as directed by a qualified health professional.

The Immune System

The organs of the immune system are stationed throughout the body. They are generally referred to as lymphoid organs because they are concerned with the growth, development, and deployment of lymphocytes, the white cells that are the key operatives of the immune system. Lymphoid organs include the bone marrow and the thymus, as well as lymph nodes, spleen, tonsils and adenoids, the appendix, and clumps of lymphoid tissue in the small intestine known as Peyer's patches. The blood and lymphatic vessels that carry lymphocytes to and from the other structures can also be considered lymphoid organs.

Cells destined to become immune cells are produced in the bone marrow, in the soft tissue in the hollow shafts of long bones. The descendant cells of some so-called stem cells become lymphocytes, while others develop into a second major group of immune cells typified by the large, cell-and-particle-devouring white cells known as phagocytes.

The two major classes of lymphocytes are B cells and T cells. B cells complete their maturation in the bone marrow. T cells, on the other hand, migrate to the thymus, a multi-lobed organ that lies high behind the breastbone. There, they multiply and mature into cells capable of producing an immune response. Upon exiting the bone marrow and thymus, some lymphocytes congregate in immune organs or lymph nodes. Others, both B and T cells, travel widely and continuously throughout the body. They utilize the blood's circulatory system as well as a body-wide network of lymphatic vessels to transport themselves.

Laced along the lymphatic routes, with clusters in the neck, armpits, abdomen, and groin, are small bean-shaped lymph nodes. Each lymph node contains specialized compartments that house platoons of B lymphocytes, T lymphocytes, and other cells capable of enmeshing antigen and presenting it to T cells. Thus, the lymph node brings together the several components needed to spark an immune response - that is, they become immuno-competent. In a process referred to as T cell "education," T cells in the thymus learn to distinguish self-cells from non-self cells; T cells that would react against self-antigens are eliminated.

The spleen, too, provides a meeting ground for immune defenses. A fist-sized organ at the upper left of the abdomen, the spleen contains two main types of tissue: the red pulp that disposes of worn-out blood cells and the white pulp that contains lymphoid tissue. Like the lymph nodes, the spleen's lymphoid tissue is subdivided into compartments that specialize in different kinds of immune cells. Microorganisms carried by the blood into the red pulp become trapped by the immune cells known as macrophages. (Although people can live without a spleen, persons whose spleens have been damaged by trauma or by disease such as sickle cell anemia, are highly susceptible to infection; surgical removal of the spleen is especially dangerous for young children and people who are immuno-suppressed.)

Non-encapsulated clusters of lymphoid tissue are found in many parts of the body. They are common around the mucous membranes which line the respiratory and the digestive tracts-areas that serve as gateways to the body. They include the tonsils and adenoids, the appendix, and Peyer's patches.

Ingredients Explained

Echinacea: Echinacea has cooling properties and is considered to be a Yin in its effect on the system. It is anti-microbial, alterative, antiseptic and anesthetic.

First used by Sioux Indians for snake bites, and by other native Americans as a general antiseptic. Not cultivated in Europe until the mid-19th century. In conjunction with other herbs, traditional herbalists used Echinacea to target different types of microbial infections. For example it can be taken with an equal amount of Goldenseal Root for upper respiratory infections. Echinacea was one of the most used plants of the 19th century. It was used for common fevers, minor infections, typhoid, meningitis, malaria, diphtheria etc., and is still an excellent treatment for infectious diseases today.

Echinacea has antiseptic and anesthetic action, it equalizes body temperature, it boosts the body's defenses by increasing the white blood cell count and destroys the germs of infection directly. More recent research may have discovered the mechanisms by which Echinacea works to prevent infection. The herb closes down one of the primary routes of microbial invasion and inhibits the spread of infections that may have already begun. German research has shown Echinacea stimulates an important mediator in the body's immune system known as T-cell activity.

Bee Propolis: Propolis is resinous substance bees collect from tree buds. Bee propolis contains antioxidants called flavonoids, which are thought to be the active ingredients.

Its anti-bacterial properties have been used for colds, flu, sore throats, and skin problems; it promotes the healing of wounds and bruises, stomach ulcers, burns, hemorrhoids, and gum disease; lowers blood pressure, and eliminates bad breath; a great immune booster.

Astragalus: Has slightly warming (*Yang*) properties, pleasant to the taste. Enters the Kidney, Liver, Spleen, Lung and Triple Warmer meridians. Fortifies the Yang and secures the essence of the Kidneys. Tones the Liver and improves vision. Astragalus has tonic properties.

Chinese herbalists use this herb for strengthening the arms and legs as well as an energizer for outside the body, protecting it from environmental factors. Also used as an overall tonic for the Lungs, Blood, Liver and Kidney. It helps to regulate fluid metabolism, those who take it regularly rarely suffer from fluid retention and bloating. Astragalus has been used for centuries in combination with other Chinese herbs for improving blood circulation, respiratory endurance and immune response.

Cat's Claw: Anti-carcinogenic, anti-tumor, antioxidant, astringent, anti-microbial. In Peru Cat's Claw has a long traditional history as a treatment for a host of diseases including; Asthma, arthritis, gastritis, dysentery, tumors, skin ailments, many types of infection, urinary tract inflammation, female hormonal imbalances and blood purifier.

Its unique alkaloids enhance the immune system and appear to have a profound effect on the ability of white blood cells to engulf and digest harmful micro-organisms and foreign matter. Some of its alkaloids have demonstrated an ability to enhance blood circulation and reduce the build-up of platelets in the arteries reducing clot formation thereby preventing heart attacks and strokes.

Coptis, Chinese Goldenthread: Has cold (*Yin*) properties, is bitter to the taste. Purges fire, detoxifies, dries excess moisture from the system. Bitter tonic, antiphlogestic, sedative, anti-inflammatory, anti-microbial, antidysenteric.

In Chinese herbal medicine Coptis has been used for centuries to eliminate heat-dominated illnesses like abdominal fullness, emaciation, fire-caused diarrhea, abdominal cramps, hematemesis, epistaxis, "red" eyes, canker sores, skin sores, scabies and as a general blood purifier. In western countries Coptis's main use has been as a wash or gargle for sores and ulcerations of the mouth, throat and stomach.

Schizandra: Has warm (*Yang*) properties, sour-salty, with sweet, pungent overtones. Will purify the blood, rejuvenate the Kidney energy (especially the sexual energy), brighten the mind and cause the skin to become radiant. It stimulates respiration through direct effect on the central nervous system, strengthened and quickened reflexes in human volunteers, extractions of the herb have shown vasodilator effect, strengthened rhythmic contractions of the uterus, oxygenates the kidneys, increased visual acuity and visual fields and showed a 72% success rate in treating certain forms of hepatitis.

In China, Schizandra is best known for its ability to relieve sexual fatigue, increase seminal fluids, increase female vaginal fluid, increased the staying power in men and was used extensively for lung problems. Used also to drive out excess mucous, beautify the skin, protect the skin from the sun and wind, drives out shoulder and neck tension, calms anger and protects the lungs. Also said to have pain relieving properties.

Eucalyptus: Has cooling (*Yin*) properties, bitter and acrid to taste, fragrant. Clears fever and detoxifies, kills worms, stops coughing and resolves sputum. Expectorant, deodorant, vermicide, expectorant & stimulant.

Herbalists have used this herb to treat colds, flu, chronic boils, cough & lung diseases, sore throat and as remedy for parasites of the bowel. It can also be used for a vapor bath for asthma and other respiratory difficulties. Bronchitis responds well to the expectorant properties of Eucalyptus. The oil is also useful for pyorrhea, burns and to prevent infection.

Ordering Information

Innergy (Item #4010) 100 Vegi-Capsules

Conveniently Order On-line at: <http://UniversalFormulas.com>

**Please DO NOT modify levels of any prescribed medication
without first consulting your physician.**

Required FDA Statement:

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.