

Nutrition with Intention™

Winter Edition 2013

Jump Start Your Immune System

The Power of
Magnum C

New Spirit
Convention
2014 Update

Your Defense
against Cold
& Flu Season




NEW SPIRIT
NATURALS

A Message from Dr. Milam

Achieving a Healthy and Harmonious Immune System

Our Immune System is a network of cells, tissues and organs that work together to defend the body against attacks by "foreign" invaders. These are primarily microbes – tiny organisms such as bacteria, parasites and fungi that can cause infections. The human body provides the ideal environment for many microbes. It is the immune system's job to keep them out. However, if they are able to get past the immune system, its job becomes to seek them out and destroy them. The most fascinating thing about our immune system is its remarkable ability to distinguish between the body's own cells, recognized as "self" and foreign cells, or "non-self". In abnormal situations, the immune system can mistake self for "non-self" and launch an attack against the body's own cells or tissues. This can result in an autoimmune disease like some forms of arthritis and diabetes.

When we "get sick", our body is not able to work properly at its full potential. This may result in an immune system that cannot detect these invaders and let them grow until we have a full blown illness. In the worst case, it may not be able to detect serious diseases, such as cancer in its early stages, and eliminate it.

The idea of protecting and boosting the immune system is important. To function well it requires balance and harmony. Balance and harmony are best achieved when the body is supplied with the proper food, nutrients, minerals, vitamins, amino acids and natural herbs. While there is little scientifically proven direct links between lifestyle and enhanced immune function that does not mean it doesn't exist. Of course, this is an area that needs more study but in the meantime, we can be proactive.

There are a number of researchers that are exploring the effects of diet, exercise, age, psychological stress, herbal supplements and other factors on immune response in both animals and humans. Interesting results are beginning to emerge but the results are considered preliminary. A lot of this is due to the fact that researchers themselves are still trying to understand how the immune system works and how to interpret measurements of immune functions.



Dr. Larry Milam
Ph.D., HMD., CNC
President/CEO

In the meantime, in my opinion, it's worth giving some good healthy-living strategies a chance to help us achieve a more balanced and harmonious immune system. Every part of our body, including our immune system, functions better when protected from environmental assaults and bolstered by healthy-living strategies that include

- No smoking
- Eating a diet high in fruits, vegetables, whole grains and low in saturated fats
- Exercising regularly
- Maintaining a healthy weight
- Controlling your blood sugar
- Drinking alcohol in moderation
- Getting adequate sleep and reduce your stress levels
- Taking steps to avoid infections, such as washing your hands frequently
- There is some evidence that various micronutrient deficiencies such as zinc, selenium, iron, copper, folic acid, and vitamins alter immune response.
- Trying to strengthen your immune system by making sure to get adequate protein (Whey Protein). One group of researchers found that diets deficient in protein reduce both the number and function of T cells and macphages and also reduce the production of immunoglobulin A (ZgA) antibody.
- Take a daily multi-vitamin, mineral supplement to support your immune system. Vitamin A, B2, B6, C, D & E all seem to benefit a normal functioning immune system.
- Keeping your digestive tract happy. Evidence is beginning to come in that support the link that intestinal bacteria bolster the immune system. (Probiotics & prebiotics)
- Some supplements have been drawing attention from researchers such as:
 - o Aloe vera
 - o Astragalus, Gold Thread
 - o Echinacea, Licorice Root
 - o Garlic, Ginseng

In this issue we are featuring some of New Spirit products that we feel can truly add balance and harmony to our immune system.

Stay strong.

Banish the Cold & Flu with just a Few Drops!

Naturcidin™ By Rachel Fresco



Over the past 25 years environmental toxins, stress, over work, poor quality foods and water, exposure through travel and overuse of antibiotics have taxed our ability to detoxify as well as weakened our immune system. Yeast infections such as Candida, recurring sinus, respiratory, skin and urinary tract infections, digestive upset and other problems have become more common. Bacterial, fungal, viral and parasitic infections have become more difficult to treat when the immune system is compromised resulting in more doctors visits and more antibiotics. The over use of antibiotics manifests itself in side effects such as poor digestion, heartburn, bloating, excess gas and yeast infections. When these side effects occur, we are often prescribed additional medications to help reduce these symptoms. In short, a person can end up taking additional medications (with side effects) which in turn add more stress to the body.

How does one stop this vicious cycle? First and foremost is to consume a healthy diet of minimally processed foods and 8 glasses of purified or natural spring water. Second, supplement your diet with the products found in the New Spirit Naturals Wellness Pack. Finally, in place of over consuming antibiotics at every turn, use our product, Naturcidin™.

Naturcidin™ contains over 19 concentrated broad spectrum herbal extracts and essential oils to enhance and support our innate immune system and should be our first line of defense before turning to antibiotics. This formulation has been proven effective and verified by laboratory testing and clinical usage trials by thousands of health professionals. Let's look at some of the key immune supporting compounds.

Goldenseal & Gentain

Important anti-inflammatory herb with particular relevance to the stomach, intestines and respiratory tree.

Assists in the detoxification process by removing toxic by products through the intestines.

Gentain (also known as Bitterroot/Bitterwort) has been used historically for digestive disturbances such as appetite loss, diarrhea, and indigestion.

Echinacea and Garlic

Noted for their ability to bolster the immune system and assist the body in its defense against environmental challenges.

Evidence suggests garlic may have cancer-preventing aspects, with particular relevance to the gastro-intestinal tract.

Garlic is a prized antimicrobial and antiviral herb. It is a natural anti-parasitical agent within the alimentary tract without causing a disturbance to the beneficial flora of the intestines.

Black Walnut and White Willow

Contains powerful tissue strengthening plant tannins. Modern scientific research has suggested that this tannic property may be responsible for many immune benefiting effects by strengthening tissues that protect the body.

White Willow Bark has long been heralded as an anti-inflammatory remedy for its ability to quell inflammation.

Known for their ability to increase circulation in smaller vessels which helps bring the antimicrobial effects of the other ingredients to poorly vascularized tissues.

Lentinus Edodes Mushrooms

This mushroom contains a compound called lentin. Lentin is classified as a polysaccharide and is referred to as a branched beta glucan. Among its legendary benefits is its ability to power up the immune system, strengthening its ability to fight infection.

Naturcidin™ also includes key essential oils from Oregano, Tea Tree, Galbanum and Lavender. These fragile, yet vitally important oils have key biological effects and have also been shown to positively benefit the respiratory tract. They have also been shown to reduce reactivity and assist in supporting calmness and tranquility.

Bilberry, Grapeseed and Raspberry bring an enormous antioxidant benefit to this formula. Milk Thistle is a widely celebrated botanical with a tremendous reputation as a liver tonic. The addition of Milk Thistle to the Naturcidin™ formula adds an important detoxifying element, which assists in the removal of biological waste such as those created from pathogenic debris.

Our goal is to empower you with products and education to meet your health goals and help you feel your best! Order Naturcidin™ today for your medicine cabinet and have this powerful product on hand when you need it. The benefits of Naturcidin™ are endless.

**Try Naturcidin™ today to experience the great benefits. Great for cold & flu season!
Visit www.newspirit.com to learn more about and order this exceptional product.**

Immune Boosters

Energize Your Immune System & Fight Colds, Flu and Infections

by Dan McGovern
Clinical Nutritionist
President Club Member



What is the Immune System?

Our immune system is considered the most complex and awesome system in our body. It can easily rival our brains in terms of complexity, subtlety, and self-awareness.

The immune system is the body's defense against infectious organisms that cause diseases. It is composed of many interdependent cell types, tissues and organs, that working together protect the body from bacterial, parasitic, fungal, viral infections and from the growth of tumor cells.

These cells and tissues of the immune system can engulf bacteria, kill parasites or tumor cells, or kill viral-infected cells. The dual function of the immune system is as follows:

- #1. It responds to these infectious organisms, by producing antibodies, and stimulating specialized cells which destroy these organisms or neutralize their toxic products.
- #2. It stands guard over the cells of our bodies to ensure that they are not abnormal or degenerating. We can have 1000's of abnormal cells floating around in our bodies at any point in time---which is part of the normal metabolic process.

What Organs Make Up the Immune System?

There are four organs that make up our immune system: Bone Marrow, Thymus, Spleen, and Lymph Nodes.

1. Bone Marrow:

All the cells of the immune system are initially derived from bone marrow. They produce: red blood cells and platelets, B-Cells, Natural Killer Cells, etc.

2. Thymus:

Its main function is to produce mature T-Cells that are beneficial to the immune system, and then release them into the bloodstream.

3. Spleen:

It is the immunologic filter of the blood, and made up of B-Cells, T-Cells, Natural Killer Cells, and Red Blood Cells. It's also the center where 'B' Cells become activated and produce large amounts of antibodies. Also, old red blood cells are destroyed in the spleen.

4. Lymph Nodes:

Act as a filter for the bodily fluid known as lymph. They exist throughout the body, and are composed mostly of T-Cells, B-Cells, and drain fluid from most of our tissues.

Boosting our immune system for greater Health and Wellness!

In improving the overall immune function, the better it does, the healthier we are. To do this requires the following in diet and life-style changes. If you are feeling like you're sick, always getting colds and flu, or feeling weak and tired, then give your immune system a thorough overhaul, and strengthen your total body. These are just a few suggestions.

- #1. Stop Smoking:** Nothing more to be said.
- #2. Avoid Sugar:** Research shows that white blood cells, have a decreased ability to engulf bacteria when exposed to high levels of sugar.
- #3. Limit Coffee:** Even though coffee may have some anti-oxidants, the high acid levels can impede the villi of the small intestine affecting our body's ability to assimilate nutrients, esp. calcium, magnesium, and potassium. It dehydrates the body. Green Tea is a healthier alternative. (Try New Spirit's "Longevity Tea")
- #4. Reduce Alcohol Consumption:** Alcohol has been associated with immune deficiencies and an increased incidence of infectious diseases.
- #5. Eat Healthy Fats:** Omega 3's and 6's are needed by the immune system to manufacture prostaglandins, which kill germs and invaders. New Life Xtra™ is a great source!

Which New Spirit Naturals products can help me to improve, strengthen, and boost the immune system enhancers and the pathogen destroyers?

First and foremost, especially if you are just getting started on the Immune System is the "IMMUNE BOOSTER PACK".

The key products in the IMMUNE BOOSTER PACK are as follows:

- Green Magic™:** A total body rejuvenation food with no cholesterol and less than 15 calories per serving, which helps to build the red blood cells, and boost the immune system.
- Naturcidin™:** A broad spectrum concentrate used as an early immune defensive measure, when you feel a cold or flu coming on.
- VitaBalance 2000+:** A multi-vitamin that provides a comprehensive nutritional foundation with an optimized blend of all essential vitamins and minerals.
- Magnum C:** A proprietary manufacturing process protects Vitamin C metabolites that increases the bioavailability of this anti-oxidant.
- Defense™:** Contains a unique blend of mushroom extracts and herbal extracts to help support our normal immune system and provide a natural adaptogenic factor for good health.

Other New Spirit products that can provide Immune System boosters and pathogen destroyers are:

Liver Chi™ Tea, Gluta-Plus™, Response Factor™, Controlled Response™, Colloidal Silver. You can find these products and the technical bulletins on the New Spirit Website. www.newspirit.com

For more in-depth information on the Immune Booster Pack please visit our website www.newspirit.com



The Power of Magnum C

by Nadene McGovern
Clinical Nutritionist
President Club Member



Human beings are one of the few species that do not manufacture their own Vitamin C, and must get adequate levels from their diet. In case anyone should think that this is not very important, an acute lack of Vitamin C can cause scurvy, leading to death. In a less acute deficiency, we now know that this lack can lead to High Cholesterol, Heart Disease, Colds and Arthritis.

Dr. Linus Pauling is probably the most well known advocate of Vitamin C, researching its benefits on many diseases and also documenting its efficacy on the common cold.

Other doctors continued the research and documented Vitamin C's benefits on the immune system, successfully treating patients with mononucleosis, hepatitis, bacterial infections, allergies, candida albicans, trauma, surgery, burns, back pain, Scarlet fever and herpes.

Before I came into New Spirit Naturals, I used to get Bronchitis about 4 or 5 times a year. I knew I should be taking Vitamin C, but when I tried, it would upset my intestinal tract from the acid levels.

That's why I was so excited to discover New Spirit's Magnum C because it is so different! Magnum C is "pH neutral" (non-acidic) and won't bother your digestive tract. It also stays in

your body 4 times longer than regular Vitamin C, so one 500 mg. tablet of Magnum C is equivalent to 2000 mg. of regular ascorbic acid. Since I began taking Magnum C, I have not had even one episode of Bronchitis.

Magnum C is different in other ways too. It has potassium/magnesium ascorbate as a "carrier", with many resulting Health Benefits:

- *Supports nerves and muscles, increases energy, stamina and endurance.
- *Can give relief from chronic fatigue, insomnia, headaches, and lower back pain.
- *Regulates water balance and heart rhythms.

Take 2 Magnum C every day (breakfast and dinner) and during cold and flu season, (October thru March), I increase it to 4 tablets every day.



Defend your Immune System

by Dr. Bo Wagner
President Club Member

On average 5% - 20% of the US population will get the flu this year. Knowing this, it's time to boost your immune system to help fight off bacteria and viruses with Defense™. Defense contains a unique blend of mushroom and herbal extracts to help support your immune system including:

Echinacea: University of Connecticut School of Pharmacy concluded that Echinacea can reduce a person's chances of catching a cold by approximately 58% and that it reduces the length of time a cold lasts by 1.4 days. (The Lancet Infections Diseases - July 2007 edition). Echinacea may strengthen your immune system by stimulating the production of T-cells. A compound known as echinacin, found in Echinacea, helps keep germs from penetrating healthy cells, so that viruses and bacteria don't take hold in your body.

Astragalus: Known as an organ toning and balancing herb, Astragalus provides a powerful stimulus to the immune system. According to traditional Chinese Medicine, Astragalus is classified as a warm, sweet tonic that enhances the functioning of the spleen and lung. It is recommended for general strengthening, eliminating toxins, promoting the healing of damaged tissues and many other uses.

Gold Thread (Coptis chinensis): This herb is known in Chinese Medicine for its ability to dispel excessive body moisture (dampness or edema), to stimulate the secretion of saliva, gastric and pancreatic juices and stimulate the activities of the gastrointestinal tract. It is very good for chronic gall bladder inflammation. Some references indicate that it is known for its natural antibiotic effect and appears to strengthen the body in its effort to inhibit the flu virus.

Don't wait until you are already sick. Preparedness and prevention are the key to good health. Start using Defense™ today.



To read these articles in Spanish, please see page 14

Response Factor™

Natural Colostrum With Transfer Factors

Colostrum is an exceptional nutritional substance produced by the mother for her newborn that supports and nourishes the immune system. It is a rich source of immunoglobulins, nutrients, vitamins, amino acids, lacto ferrins, insulin-like growth factor 1 (IGF-1), minerals, nucleotides, and other immune enhancing molecules called "Transfer Factors". These substances provide the newborn with passive immunity and stimulates the proper functioning of the digestive tract, immune system, gastrointestinal tract while increasing the efficiency of nutrient absorption.† The substances found in Colostrum are usually unavailable or present in low concentration in the diet of humans after the first few months of life.

Colostrum is a concentrated source of nutrients and bio-active compounds that are often missing in the Western diet and tend to become depleted as the human body ages. (Rudman et al, 1990.) These components include:

- Immunoglobulins
- Proline-rich Polypeptides (PRP) This protein that has been shown to transport essential iron to red blood cells. It has been found to have antibacterial, antiviral, antifungal, anti-inflammatory, antioxidant and activities.
- Enzymes
- Probiotic Bacteria, Lactobacillus Bifidus
- Transfer Factors such as hydrogen peroxide and IgG-type immunoglobulins. These molecules give colostrum its immune boosting properties. Insulin Growth Factors (IGF-1 and IGF-2) have been shown to help stimulate normal growth, regenerate and repair muscle, collagen, bone, cartilage, and nerve tissue.† These factors also help stimulate the body to burn fat rather than muscle for fuel, particularly during a fast.

Scientific studies have shown that Colostrum and nutrients derived from Colostrum can: †

- Support the immune system
- Stimulate the normal growth, regeneration, and repair of muscle, skin collagen, and bone cartilage and nerve tissue
- Improve vitality and athletic performance
- Enhance the digestive system
- Build lean body mass

New Spirit offers a quality source for Transfer Factors

The demand for this beneficial nutrient is sought out around the world. New Spirit offers "Transfer Factors" in this amazing product.

New Spirit's Response Factor™ contains colostrum produced from healthy, nutritionally-supplemented cows raised in the United States on USDA and FDA certified dairy farms. The cows are carefully fed a scientifically-designed diet that contains the proper balance of legumes and grasses, along with minerals and trace minerals to insure a consistently high potency colostrum. New Spirit's colostrum is manufactured according to Good Manufacturing Practices (GMPs) and is free of synthetic hormones, pesticides, and antibiotics. It is processed to maintain its natural wholeness and nutrition, using only minimal heat to insure the bioavailability of its nutritional factors.



Suggested Use

Approximately 3 grams per day in two divided servings. Each serving (1 level teaspoon) contains approximately 1.6 grams. Response Factor™ can be added to beverages, including water, cow's milk, or soy milk. It can also be added to cold or hot cereals (after removing from heat), smoothies or shakes, or mixed with protein powder.

6 mos. - 1 yr.:	½ serving (added to infant formula)
1 yr. - 8 yrs.:	1 serving a day
8 yrs. - 18 yrs.:	1 to 2 servings a day
Adults:	2 to 4 servings per day or as instructed by your Health Care Professional

Response Factor™ is another of my favorite supplements of New Spirit. Thanks to Dr. Milam I understand very well how colostrum benefits the human body. We live in a very stressful time where our body demands good nutrition, and Response Factor™ meets many nutritional needs. I take the product and recommend it to my family and my clients. It supports the immune system, improves the digestive system and the most exciting thing is that it stimulates normal growth, regeneration and rebuilding muscles, collagen in the skin, bones, cartilage and muscles along with nervous system. It generates vitality and energy to do ordinary functions, and all muscles are more defined. I recommend 1 tbs every night and if the need is greater then an additional tbsp in the morning.



Marcela Ramos

Meet the Members of the 2013 PRESIDENT'S CLUB

Ayesha & Collin Rognlie

Collin and Ayesha Rognlie, residing near Seattle, Washington, have been members of New Spirit Naturals since late 1992. January 2014 marks their 21st New Spirit Convention. They have been members of the New Spirit Presidents Club since 1994, and have been the number 1 U.S. distributor for 15 of those years.

They have utilized numerous techniques for marketing New Spirit. In the early years they brought the New Spirit products to trade shows around the country, often introducing 150+ new customers in a single weekend. They supported their network through speaking at home get-togethers, both about the business and the efficacy of the New Spirit products, and by augmenting the New Spirit marketing tools with extensive technical product information for use by their distributors. In 1997 Collin developed the naturalways.com website to market New Spirit Naturals products.

Ayesha provides services to those who wish to prevent disease and who wish to work with physical imbalances and health challenges from a holistic approach.

She uses her extensive background in the use of foods, herbs, nutrients, and lifestyle changes to bring balance and harmony to the individual. Utilizing diet, natural supplements, exercise, homeopathy, Bach flowers, and therapeutic remedies from Traditional Chinese and Western herbal philosophies, Ayesha will help you feel better, gain more energy, and rejuvenate your natural vitality.

Ayesha is a graduate of the Bauman College of Holistic Nutrition. She is a California State Certified Nutritional Consultant and a member of the national organization of the Society of Certified Nutritionists. She has taught nutrition courses at the Institute for Educational Therapy and is a guest lecturer at health and wellness symposiums. Ayesha is now also studying Traditional Tibetan Medicine.

Collin retired as a Principal Systems Engineer at Lockheed Martin in November, 2011, after a career spanning three decades of rapid change in information systems technology. Collin is a certified Black Belt in Six Sigma process improvement. In his later career, his team was responsible for systems development and integration processes for software and systems engineers and program managers for Lockheed Martin Enterprise Information Systems. In retirement, Collin is a dedicated gardener, avid reader, and outdoor enthusiast. He continues to maintain and improve the NaturalWays.Com website and Facebook page (NaturalWaysToHealth) and supporting and improving the business model and health research for spreading the word about New Spirit's stellar products. Ayesha and Collin also manage an online bookstore, sending study materials around the world, covering Buddhist studies on behalf of a Buddhist meditation center.

Dr. Ping Wu M.D., O.M.D., M.S., Ph.D., L.Ac. (CA, NCCA)

Dr. Wu is the co-author of *Ping Longevity* and *Asian Longevity Secrets*, founder of Ping-Clinic, Inc., an anti-aging clinic, specializing in anti-aging medicine, herbal medicine, and acupuncture, located in Laguna Beach, CA, USA. She got her M.D. from School of Medicine, Beijing University, M.S. Physiology from Boston University, Ph.D of Medicine from American Liberty University, and post doctorate from the Cancer Research Center of the University of Arizona.



Dr. Marla Omar

Dr. Omar is a graduate of the Southern California University of Health Sciences, Class of December, 1997. She had a successful year-long internship at Thie Chiropractic Clinic, Pasadena, CA during the 1997 calendar year. In addition to her regular internship, Dr. Omar completed a surgical rotation at Coast Plaza Doctor's Hospital in Norwalk.

Prior to becoming a Chiropractor, Dr. Omar was a financial analyst and business administrator for Xerox Medical Systems for 15 years. While playing competitive soccer for the OCWSL, she suffered a severe knee injury which required extensive reconstructive surgery. It was the successful post-surgery treatment to her spine, hip and knee which compelled Dr. Omar to seek a career as a doctor.

Dr. Omar is certified in Applied Kinesiology from the International College of Applied Kinesiology. She attended the Carrick Institute of Neurology and is Board Eligible for her Diplomate status in Functional Neurology.

Dr. Omar has been in practice since 1997. Her philosophy is to provide quality treatment and relief to all those in need of health care. Her success in patient care includes evaluating the nutritional status of each patient and providing recommendations for dietary changes and using quality nutritional supplements.

New Spirit Naturals continues to be a big part of her successful practice. The products are naturally formulated and provide the highest quality nutrition to supplement the patient, aiding the resolution of various patient conditions. Using New Spirit Natural's products has been so successful, Dr. Omar has expanded her practice to include providing nutritional guidance to patients out of the local area, including people out of state. Her philosophy parallels that of Dr. Milam, "To change the health of the world, one person at a time".



Teri Nero

Teri Nero is a retired Registered Nurse who now focuses on educating others on health and wellness. She offers Nutritional Assessments and works with clients to create custom-made programs designed to address their particular health issues. The programs she recommends are built around a client's personal dietary changes, body mass index, exercise routine and medications. She is also trained as a Digital Pulsewave Analysis and Heart Rate Variability Technician. With a passion for education, she is an instructor for New Spirit Naturals, Inc. teaching monthly health classes featuring the amazing New Spirit product line.



Terry Kane

Terry Kane has been a member of the New Spirit Naturals President's Club since 1992. He and his wife Judy joined New Spirit in 1991 after discovering the amazing products New Spirit had to offer. Terry saw the potential and possibility of great success with New Spirit and began building a large member network across the country introducing thousands to his business within months. To this day, Terry has one of the largest member networks within New Spirit Naturals. Terry has always had a passion for natural health products and sharing the hottest trends in nutrition. He was instrumental in assisting Dr. Milam create both Earths Harvest and Green Magic in 1992. Terry is an innovator in the field of online marketing and customer outreach. He established the very first distributor website to promote his business in 1996. Each year, Terry expands his member network to new places and now has members around the globe! He knows the power and benefit of sharing New Spirit with everyone he meets! He is a wonderful ambassador for New Spirit as he believes in "Changing the Health of the World, One Person at a Time".



**DON'T MISS OUT!
SPACE IS LIMITED!**

2014 Convention Update

Look Who's Speaking!



Look What's Happening!

Exciting Topics for this year's Convention

Using the Power of Energy for Relaxation

Strengthening your Body from the Inside Out

Creating Balance in Women's Health

Unlocking the Mystery to Successful Weight-loss

Defy Your Age with the Power of Anti-oxidants

Go Green and "KLEAN"- a NEW approach to Wellness

It's Time To Celebrate!

Each year, New Spirit holds a special ceremony and banquet in honor of our Winner's Circle. Join us as we toast the best of the best at this memorable event. Bring your dancing shoes and lots of energy as we celebrate everything New Spirit!



Un mensaje del Dr. Milam

Nuestro sistema inmunológico es una red de células, tejidos y órganos que trabajan juntos para defender al cuerpo contra los ataques de invasores "extraños". Estos son principalmente los microbios – pequeños organismos tales como bacterias, parásitos y hongos que pueden causar infecciones. El cuerpo humano ofrece el ambiente ideal para muchos microbios. Es trabajo del sistema inmune el mantenerlos afuera. Sin embargo, si son capaces de pasar las defensas del sistema inmunológico, entonces el sistema inmune tiene que buscarlos, encontrarlos y destruirlos. Lo más fascinante de nuestro sistema inmune es la habilidad para distinguir entre las células propias del cuerpo y reconocer las células extrañas que han ingresado al cuerpo. En situaciones anormales el sistema inmune puede equivocarse y confundir los invasores extraños y lanzar un ataque a las propias células del cuerpo o tejidos. Resultando en enfermedades auto inmunes tales como artritis y diabetes

Cuando nos "enfermamos", nuestro cuerpo no es capaz de funcionar correctamente en todo su potencial. Esto puede resultar en un sistema inmunológico que no puede detectar estos invasores y los deja desarrollar enfermedades. En el peor de los casos, no puede ser capaz de detectar enfermedades graves, como el cáncer en sus etapas iniciales y eliminarlo.

La idea de proteger y estimular el sistema inmunológico es importante. Para que funcione bien el sistema inmune requiere equilibrio y armonía. Y este equilibrio y armonía se logra suministrando al cuerpo alimentos apropiados que contengan, nutrientes, minerales, vitaminas, aminoácidos y hierbas naturales. Científicamente se sigue estudiando la relación para un mejor funcionamiento del sistema inmune y un buen estilo de vida.

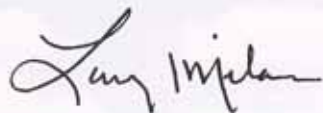
Hay un gran número de investigadores que están estudiando los efectos de la dieta, ejercicio, edad, estrés psicológico, suplementos herbales y otros factores en la respuesta inmune en animales y seres humanos. Interesantes resultados están apareciendo pero se les considera como preliminares. Debido a que los investigadores siguen intentando comprender cómo funciona el sistema inmune y cómo interpretar la capacidad de las funciones inmunológicas.

Mientras tanto, en mi opinión, vale la pena considerar buenas estrategias para tener una vida más saludable y tener la oportunidad de ayudarnos a lograr un sistema inmune más equilibrado y armonioso. Cada parte de nuestro cuerpo, incluyendo nuestro sistema inmunológico, funciona mejor cuando está protegido de las agresiones medioambientales y estimuladas por saludables estrategias de vida que incluyen:

- No fumar
- Ingerir una dieta alta en frutas, vegetales, granos enteros y baja en grasa saturada
- Hacer ejercicios con regularidad
- Controlar la azúcar en la sangre
- Beber alcohol con moderación
- Dormir las horas adecuadas y reducir los niveles de estrés
- Tomar medidas preventivas para evitar la infección, tales como lavarse las manos frecuentemente.
- Deficiencia de micronutrientes tales como zinc, selenio, hierro, cobre, ácido fólico y vitaminas alteran la respuesta del sistema inmune.
- Tratar de fortalecer el sistema inmune asegurándose de consumir adecuada proteína (Whey Protein). Un grupo de investigadores encontraron que dietas deficientes en proteína reduce la función y el número de las células T y el anticuerpo inmunoglobulina ZgA
- Tomar diariamente Multi-Vitaminas, suplemento de minerales para apoyar el sistema inmune. Vitamina A, B2, B6, C, D y E todos estos para beneficiar el normal funcionamiento del Sistema Inmune.
- Mantener el tracto digestivo contento. Hay evidencias que el mantenimiento del sistema inmune se inicia en las bacterias intestinales dándole refuerzos al sistema. (Prebióticos y Probióticos)
- Algunos suplementos que llaman la atención a investigadores:
 - o Aloe vera
 - o Astragalus
 - o Equinacea, raíz de regaliz
 - o Ajo, Ginseng

En este artículo te presentamos algunos de los productos de New Spirit que nosotros creemos sincera mente pueden agregar balance y armonía a nuestro sistema inmunológico.

Mantente fuerte.



Elimine el resfrío y la gripe con sólo unas gotitas de Naturcidin™

Por Rachel Fresco



En los últimos 25 años se ha acrecentado las toxinas ambientales por, el stress, trabajo excesivo, alimentos y agua de mala calidad, viajes y uso excesivo de antibióticos, todo esto ha agravado la capacidad de desintoxicación y ha debilitado nuestro sistema inmune. Las infecciones por hongos como Candidiasis, sinusitis recurrente, problemas respiratorios, infecciones de la piel, del tracto urinario, tracto digestivo y otros problemas se han vuelto más comunes. Las infecciones bacterianas, nicóticas, virales y parasitarias se han vuelto más difíciles de tratar cuando el sistema inmune está debilitado dando como resultado frecuentes visitas al doctor y el uso de más antibióticos. Manifestándose efectos secundarios tales como mala digestión, acidez, distensión abdominal, exceso de gas y las infecciones por levaduras. Cuando se producen estos efectos secundarios, nos prescriben más medicamentos adicionales para ayudar a reducir estos síntomas. En definitiva, una persona puede terminar tomando medicamentos adicionales (con efectos secundarios) que a su vez agregan más estrés al cuerpo.

¿Cómo se va a detener este círculo vicioso? Lo primero que se tiene que hacer es consumir una dieta saludable con un mínimo de alimentos procesados y 8 vasos de agua purificada o natural. En segundo lugar, complementar su dieta con los productos del Wellnes Pack o Paquete de Bienestar de New Spirit. Finalmente, en lugar de consumir antibióticos, utilice nuestro producto, Naturcidin™.

Naturcidin™ contiene 19 amplios espectros concentrados de extractos de hierbas y aceites esenciales para mejorar y apoyar el sistema inmune. Naturcidin™ debería ser para todos nosotros la primera línea de defensa antes de recurrir a los antibióticos. Se ha demostrado a través de pruebas de laboratorio, uso clínico y tratado por cientos de facultativos de la salud que esta fórmula es eficaz. Veamos algunos de los compuestos claves:

Goldenseal & Gentain

Importante anti-inflamatorio herbal con particular beneficio para el estómago, intestino y vías respiratorias. Ayuda en el proceso de desintoxicación mediante la eliminación de productos tóxicos a través de los intestinos. Genciana ha sido utilizada históricamente para molestias digestivas como pérdida de apetito, diarrea e indigestión.

Echinacea y Ajos

Destaca por su capacidad para reforzar el sistema inmune y ayudar al cuerpo en su defensa contra los ataques medioambientales.

Evidencias indican que el ajo podría prevenir el cáncer del tracto gastro-intestinal.

El ajo es una apreciada hierba antimicrobiana y antiviral. Es un agente natural anti-parásito del tracto alimentario sin causar ninguna perturbación a la flora intestinal.

Nogal negro y sauce blanco (Black Walnut and White Willow)

Contiene energéticos taninos vegetales. Investigaciones científicas modernas han sugerido que estas propiedades tánicas fortalecen los tejidos que protegen al cuerpo

Sauce Blanco (White Willow Bark)

Durante mucho tiempo se le ha conocido como un remedio antiinflamatorio por su capacidad de calmar la inflamación. Conocidos por su capacidad de aumentar la circulación en los pequeños vasos sanguíneos.

Lentinas Edodes Mushrooms

Este hongo contiene un compuesto llamado lentin. Lentin está clasificado como un polisacárido. Entre sus beneficios se encuentra su capacidad para avivar al sistema inmunológico, fortaleciendo su capacidad para combatir las infecciones.

Naturcidin™ también incluye los aceites esenciales de orégano, árbol del té, Galbanum y lavanda. Estos delicados aceites, tienen una vital importancia en los efectos biológicos y también han demostrado un efecto positivo en las vías respiratorias, pudiendo reducir la reactividad, apoyar la calma y tranquilidad en el individuo.

Arándano, semilla de uva y frambuesa (Bilberry, Grape seed and Raspberry)

Ofrecen enormes beneficios de antioxidantes a esta fórmula. Cardo Mariano (Milk Thistle) es un tónico para el hígado. Es también un importante desintoxicante que elimina residuos biológicos.

Nuestro objetivo es ofrecer productos y educación para satisfacer los objetivos de salud y bienestar! Ordene Naturcidin™ hoy. colóquelo en su botiquín y téngalo a la mano para cuando lo necesite. Los beneficios de Naturcidin™ son infinitos.

Pruebe Naturcidin™ y experimente los excelentes beneficios. Ideal para la estación de gripe y resfríos. Visite www.newspirit.com y aprenda más acerca de este fabuloso producto.

Elevador del potencial Immunológico

Energiza tu sistema inmunológico y combate

Resfriados, gripe y infecciones

Por Dan McGovern

¿Qué es el sistema inmune?

Nuestro sistema inmune se considera el sistema más complejo y maravilloso en nuestro cuerpo. Fácilmente puede rivalizar con nuestro cerebro en cuanto a complejidad, sutileza y autoconciencia.

El sistema inmune es la defensa de nuestro cuerpo contra organismos infecciosos que causan enfermedades. Está compuesto por diversos tipos de células interdependientes, tejidos y órganos que trabajan juntos protegiendo el cuerpo de bacterias, parásitos, hongos, virus infecciosos y del crecimiento de células cancerígenas.

Estas células y tejidos del sistema inmune pueden desaparecer bacterias, matar a los parásitos o células tumorales o matar a las células infectadas por virus.

La doble función del sistema inmune es como sigue:

- #1. Responde a estos organismos infecciosos, produciendo anticuerpos, y estimulando a las células especializadas a destruir o neutralizar las sustancias tóxicas.
- #2. Se mantiene vigilante sobre las células de nuestro cuerpo para asegurarse de que no son anormales o degenerativas. Podemos tener miles de células anormales flotando alrededor de nuestros cuerpos en cualquier punto en el tiempo - es parte del proceso metabólico normal.

¿Qué órganos componen el Sistema Inmune?

Son cuatro órganos los que componen el Sistema Inmune: Medula Ósea, timo, bazo y ganglios linfáticos.

1. Medula ósea: Todas las células del sistema inmune se derivan de la medula ósea. Ellas producen: glóbulos rojos y plaquetas, Células- B y células naturales asesinas, etc.
2. Timo: Su función principal es producir células T maduras que son beneficiosas para el sistema inmune y luego liberarlos al torrente sanguíneo.
3. Bazo: Es el filtro inmunológico de la sangre y se compone de células B, células T, células naturales asesinas y glóbulos rojos. También es el centro donde las células 'B' se activan y producen grandes cantidades de anticuerpos. Además, las células viejas de la sangre son destruidas en el bazo.
4. Los ganglios linfáticos: Actúan como un filtro para los fluidos corporales conocidos como ganglios linfáticos. Estos existen a lo largo del cuerpo y están constituidos principalmente por células T, células B y drenan el líquido de la mayoría de nuestro tejidos.

¡Refuerzo del potencial Inmunológico para una excelente Salud y Bienestar!

Una mejor función del sistema inmune, un cuerpo más saludable. Para esto se requiere hacer cambios en la dieta y en el estilo de vida. Si te sientes enfermo, con resfriados, gripe, o tal vez débil y cansado, entonces es el momento de revisar minuciosamente tu sistema inmunológico y fortalecer tu cuerpo. Aquí algunas sugerencias.

- #1. Para de fumar: Nada más que decir.
- #2. Evitar el azúcar: Investigaciones demuestran que las células blancas en la sangre disminuyen la capacidad para absorber bacterias cuando son expuestas a altos niveles de azúcar.
- #3. Límite el café: Aunque el café pueda tener algunos antioxidantes, los altos niveles de ácido puede impedir que las vellosidades del intestino delgado pierdan la capacidad de asimilar nutrientes, especialmente calcio, magnesio, y el potasio. Deshidrata el cuerpo. El té verde es una alternativa más sana. ("Longevity tea de New Spirit")
- #4. Reducir el consumo de Alcohol: El Alcohol ha sido asociado con Inmuno/deficiencias y una mayor incidencia de enfermedades infecciosas.
- #5. Comer grasas saludables: Ácidos grasos Omega 3 y 6 son necesarios para la fabricación de las prostaglandinas en el sistema inmune, matan los gérmenes e invasores. ¡New Life Xtra™ es una gran fuente!

¿Qué productos de New Spirit me pueden ayudar a mejorar, fortalecer y potenciar los optimizadores del sistema inmune?

Primero y más importante, especialmente si usted acaba de empezar en el sistema inmunológico es el "IMMUNE BOOSTER PACK".

Los productos claves en IMMUNE BOOSTER PACK son:
Green Magic™: un alimento de rejuvenecimiento corporal, sin colesterol con menos de 15 calorías por porción, ayuda a la formación de los glóbulos rojos y a estimular al sistema inmune
Naturcidin™: medida defensiva, para el resfrio y la gripe.
VitaBalance 2000: Un multivitamínico que proporciona una base nutricional integral con una mezcla optimizada de todas las vitaminas esenciales y minerales.

Magnum C: proceso de fabricación patentada. La Vitamina C contiene metabólicos que aumentan la biodisponibilidad antioxidante.

Defense™: contiene una mezcla única de extractos de hongos y extractos de hierbas y adaptógenos naturales.



Otros productos de New Spirit que provee potenciadores al sistema inmune y destructores patógenos son:

Liver Chi™ Tea, Gluta-Plus™, Response Factor™, Controlled Response™, Colloidal Silver. Encontrarás estos productos en los boletines técnicos visita :Website. www.newspirit.com

El Poder de Magnum C por Nadene McGovern Nutricionista clínica Club del Presidente

Los seres humanos son una de las pocas especies que no fabrican su propia vitamina C por lo tanto, se debe conseguir vitamina C de la dieta. En caso que alguien piense que esto no es muy importante, es necesario saber que carencia de vitamina C puede causar escorbuto, llevando a la muerte. En caso de una deficiencia menos aguda, resulta en colesterol alto, enfermedades del corazón, resfriados y artritis.

El Dr. Linus Pauling es probablemente el más conocido defensor de la vitamina C, investigando sus beneficios en muchas enfermedades incluyendo el resfriado común.

Otros doctores continuaron las investigaciones y documentaron los beneficios de la vitamina C sobre el sistema inmunológico. Tratando con éxito a pacientes con mononucleosis, hepatitis, infecciones bacterianas, alergias, candida albicans, cirugías, quemaduras, dolor de espalda, fiebre escarlata y herpes.

Antes que conociera New Spirit Naturals, sufría de bronquitis unas 4 o 5 veces al año. Sabía que debería tomar vitamina C, pero cuando lo intenté, tuve molestias estomacales.

Por eso me emocione cuando descubrí Magnum C de New Spirit porque es tan diferente! Magnum C tiene un "pH neutral" (ácidos) y no causa molestias digestivas. Además permanece en el cuerpo 4 veces más tiempo que otra vitamina C regular, una tableta de 500mg. de Magnum C es equivalente a 2000mg. de ácido ascórbico regular. Desde que comencé a tomar Magnum C, no he tenido ningún problema bronquial.

Magnum C es diferente porque ascorbate de potasio/magnesio es un "portador", con muchos beneficios para la salud:

- * Compatible con los nervios y los músculos, aumenta la energía, fuerza y resistencia.
- * Puede dar alivio a la fatiga crónica, insomnio, dolores de cabeza y dolor de espalda.
- * Regula los ritmos del corazón y equilibra el agua.

Tome 2 capsulas de Magnum C todos los días (desayuno y cena) y durante la estación de resfríos y gripe.



Proteja su Sistema Inmune Dr. Bo Wagner Club del Presidente

Un promedio del 5% - 20% de la población estadounidense tendrá gripe este año. Sabiendo esto, es el momento de potenciar su sistema inmune para ayudar a combatir las bacterias y virus con Defense™. Defense contiene una mezcla única de hongos y extractos de hierbas para ayudar a apoyar su sistema inmunológico, incluyendo:

Echinacea: La Escuela Farmacéutica de la Universidad de Connecticut afirma que la equinácea puede reducir 58% las posibilidades de que una persona tenga resfriado, y que reduce la duración de un resfriado a 1,4 días. (The Lancet Infections Diseases - edición julio de 2007). La equinácea puede fortalecer su sistema inmunológico al estimular la producción de células T. Un compuesto encontrado en la equinácea, (echinacein) ayuda a que los gérmenes no penetren las células sanas, así que los virus y bacterias no se quedan en su cuerpo.

Astrágalo: proporciona un poderoso estímulo para el sistema inmune. Según la Medicina Tradicional China, astrágalo se clasifica como un tónico que mejora el funcionamiento del bazo y pulmón. Se recomienda para el fortalecimiento general del cuerpo, elimina toxinas, promueve la curación de tejidos dañados y para muchas otras aplicaciones.

Gold Thread (Coptis chinensis): esta hierba es conocida en la medicina china por su capacidad de disipar la excesiva humedad corporal, estimula la secreción de la saliva, jugo gástrico, jugos pancreáticos y estimula las actividades gastrointestinales. Es muy bueno para la inflamación crónica de la vesícula biliar. Algunas referencias indican que es conocida por su efecto antibiótico natural, fortaleciendo el cuerpo para inhibir el virus de la gripe.

¡No espere enfermarse. Prevención es la clave para la buena salud. Use Defense™ hoy!



Una forma saludable de Limpieza Response Factor™



El calostro es una sustancia nutricional excepcional producida por la madre para nutrir el sistema inmune de su recién nacido. Es una fuente rica de inmunoglobina, nutrientes, vitaminas, aminoácidos, lacto ferrina, factor de crecimiento insulínico tipo 1 (IGF-1), minerales, nucleótidos y otras moléculas llamadas "Factores de transferencia". Estas sustancias proporcionan inmunidad al recién nacido y estimula el buen funcionamiento del aparato digestivo, sistema inmunológico, mientras que aumenta la eficiencia de absorción de nutrientes. † Las sustancias encontradas en el calostro no están presentes en la dieta de los seres humanos después de los primeros meses de vida.

El calostro es una fuente concentrada de nutrientes y compuestos bioactivos que falta en nuestra dieta y disminuye con la edad del ser humano. (Rudman et al, 1990.) Estos componentes incluyen:

- Inmunoglobulinas
- Polipéptidos ricos en prolina (PRP) esta proteína transporta el hierro esencial a los glóbulos rojos. Se ha encontrado que es antibacteriano, antiviral, antimicótico, antiinflamatorio, antioxidante y actividades.
- Enzimas
- Bacterias probióticas, Lactobacillus Bifidus
- Factores de transferencia como el peróxido de hidrógeno tipo IgG inmuno globulinas. Estas moléculas dan colostrum que da impulso a los Factores de Crecimiento de Insulina (IGF-1 and IGF-2) ayuda a estimular el crecimiento normal, regenerar y reparar músculos, colágeno, hueso, cartilago y tejido nervioso. † Estos factores también ayudan a estimular al cuerpo a quemar grasa.

Estudios científicos demuestran que el Calostro y nutrientes derivados de Colostrum puede:

- Apoyar el sistema inmune
- Estimular el crecimiento normal, regeneración y reparación de los músculos, la piel Colágeno, cartilago de los huesos y tejido nervioso
- Mejorar la vitalidad y el rendimiento atlético
- Mejorar el sistema digestivo
- Construir la masa corporal

New Spirit ofrece Factores de Transferencia de excelente calidad

Response Factor™ de New Spirit contiene calostro producido por vacas sanas, nutricionalmente criadas en los Estados Unidos USDA y con certificado del FDA. Las vacas son cuidadosamente alimentadas con una dieta diseñada científicamente que contiene el equilibrio adecuado de legumbres y hierbas, junto con minerales y oligoelementos para asegurar un calostro consistente y de alta potencia. El calostro de New Spirit es manufacturado siguiendo prácticas manufactureras (GMPs) y está libre de antibióticos, pesticidas y hormonas sintéticas. Este procesamiento es realizado con un mínimo de calor para asegurar la biodisponibilidad de sus factores nutricionales.

Sugerencia para su uso:

Aproximadamente 3 gramos por día en dos porciones divididas. Cada porción (1 cucharadita) contiene aproximadamente 1,6 gramos. Response Factor™ puede agregarse a bebidas como agua, leche de vaca o leche de soya. Puede también ser añadido a cereales fríos o calientes (después de la eliminación de calor), batidos o licuados, o mezclado con proteína en polvo.

6 meses - 1 año:	½ porción (añadidas a la fórmula infantil)
1-8 años:	1 porción al día
8 años - 18 años:	1 a 2 porciones al día
Adultos:	2 a 4 porciones por día o según las instrucciones de su Profesional de cuidado de la salud

"Factor de respuesta™ es otro de mis favoritos suplementos de New Spirit. Gracias al Dr. Milam entiendo muy bien cómo el calostro beneficia el cuerpo humano. Vivimos en una época de mucho estrés donde el cuerpo necesita de una buena nutrición y Response Factor cumple con muchas de las necesidades nutricionales. Consumo el producto y lo recomiendo a mi familia y a mis clientes. Nutre al Sistema Inmune, mejora el sistema digestivo y lo más emocionante es que estimula el crecimiento normal, regenera y reconstruye los músculos, provee colágeno en la piel, huesos, cartilagos y sistema nervioso. Genera vitalidad y energía para realizar las funciones cotidianas. Recomendando 1 cucharada en las noches y si la necesidad es mayor entonces una cucharada adicional en la mañana."

~Marcela Ramos

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