

## **TIRED OF GETTING SICK SO OFTEN? IT'S NOT ABOUT THE BUGS**

Modern medicine thinks of health and disease as if it were war – bugs attack us and we get sick. According to conventional medicine, if you can kill the bugs before they get to you (e.g., with antibiotics, antibacterial soap, etc) the battle is won. But even in war there are two sides – offense and defense.

What about defense? What if your resistance was so strong no bug could penetrate it – they would “bounce off” as if you had a healthy force field? Have you ever noticed that before you become ill you feel “run down” or a series of events occurs that leaves you feeling drained? It is one of the times you are sensing your immune status. What about all the times you can't tell if you need a boost in your immunity? You can measure your current status with an antioxidant scan.

Can you improve your immunity? There are many things you can do, the first steps are basic:

- Eat nutritionally potent and balanced foods (lots of fresh fruits and vegetables, organic when possible)
- Exercise regularly
- Sleep well
- Balance your stress with play and relaxation
- Take a high quality multivitamin supplement

Can you raise your level of health? Through Classical Homeopathic medicine a person may become less sensitive to outside influences and more resistant to “bugs”.

Think of the difference in the two forms of medicine this way: Conventional medicine tries to get rid of mosquitoes in a swamp by killing the mosquitoes with insecticide. This works for a while but they always come back. Homeopathy cleans up the swamp so the environment no longer supports the growth of mosquitoes.

It's not enough to live longer. You must live well.