

~ A Healthier You ~

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When I surrender, the Universe moves.
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Want to enhance your immune system? Support the THYMUS GLAND!

It sits just below the thyroid gland, above the heart, and has two pink/gray lobes. It determines the health of the entire immune system as it functions to protect you from all pathological invasions. It is responsible for the production of T lymphocytes (a type of white blood cell), and the release of several hormones, such as, Thymosin, thymopoietin and serum thymic factor. If your thymus gland isn't producing enough of these very important hormones, you're immunity will be depressed and you will be more prone to contracting infection. These hormone levels are low in- the elderly, cancer and AIDS patients, people with hay fever, allergies, migraine headaches, rheumatoid arthritis and when we are exposed to high stress situations for long periods of time.

How do you know if your thymus hormone levels are low? If you answered "yes" to any of the following questions, you need to look into taking supplements that will give you added support for this very important gland:

1. Do you catch colds easily?
2. Do you get more than two colds a year?
3. Do you get frequent cold sores or have genital herpes?

4. Are you suffering from chronic infections?

5. Are your lymph glands sore and/or swollen at times?

6. Do you have now, or have you ever had cancer?

Recurrent or chronic infections only happen when the immune system is weak. You can take steps to enhance thymus gland function and break this cycle through taking certain supplements, such as carotenes, vitamin C, vitamin E, zinc, B6, and selenium. Use of these nutrients is required in the manufacture of thymic hormones.

Zinc is involved in virtually every aspect of immunity. When zinc levels are low, you don't have adequate T cells, thymic hormone levels are low and white blood cell functions are severely lacking. All of these effects are reversible with zinc supplementation.

If you suspect that you're thymus needs help, you might also want to consider taking concentrates of calf thymus tissue. Clinical trials have shown that oral administration of bovine (calf) thymus concentrates, rich in thymus-derived polypeptides are effective in: preventing respiratory infections, correcting the T cell defects in AIDS patients, treating acute hepatitis B infections, restoring peripheral leukocytes in cancer patients with chemotherapy-induced depression of WBC counts and in children suffering from food allergies.