



REDOX

“Armor” for the Flu

This time of the year we are recovering from the “holi-daze” and are trying to get back into shape. One problem we face is protecting ourselves from the flu, which is usually widespread during this time of year across the continental USA.

THE USUAL ADVICE is to wash hands and get a flu shot. The problem is that this does nothing to fundamentally strengthen our cells from the impact of the flu virus. Literally nothing. Let me explain.

Seasonal flu is usually the Influenza A virus, namely H1N1, H1N2, H3 N2. It infects 25 million Americans each winter. Billions of dollars are lost in productivity, and millions can actually lose their lives. In an effort to help, our public health efforts are directed in two ways. First, the flu shot provides a temporary increase in antibodies to several suspected flu strains. Cells and tissues are not directly strengthened by these measures. Simply put, there are just more antibodies to recognize the virus and block its spread. This is especially good for those with compromised immune systems and the young (over 6 months of age).

Second, hand washing is an encouraged measure to reduce spreading the virus, but the virus is most commonly spread by air or dispersed when we cough and sneeze. Who can wear a mask around for 4 months of the year to avoid this? Still, these measures do help our general population a great deal, but there are many who wonder if there isn't a way to fortify our health at a cellular level? Couldn't we improve the health of our tissues and bring them up a level stronger to combat the virus assault?

Research now confirms what many people who have successfully supplemented their bodies have known for years. You can build a influenza

resistant immune integrity at the core of your cell physiology and you can make yourself more bullet proof. Yes, the old ways of vitamins, minerals, botanicals, and other nutritional supplements can help our cells. And we are now learning that deeper in our physiology lie mechanisms which are potentiating our cellular nutrition. It is called our REDOX potential. When you balance your REDOX potential and restore your cellular strength you are activating your innate ability to confront the flu!

The following two studies illustrate this:

First, in the Free Radical Biology and Medicine Journal, we learn that in human tissue cultures, as well as living mice, when our Redox potential is compromised glutathione levels in cellular epithelium drop. This study therefore shows our susceptibility to the influenza virus is greater. Oxidative stress lowers this through depleting the cells ability to manufacture glutathione endogenously. When you maintain a good REDOX potential, you maintain a shield to flu invasion.

And second, in the International Journal of Molecular Science (2013), scientists found that under the oxidative stress of pollutants like cadmium, there was enhanced viral replication and spreading in cells and a vulnerability to the flu illness. When the REDOX potential was restored by boosting cells with glutathione and NAC (N-acetyl-L-cysteine) the cells were able to restore their REDOX potential and significantly inhibit viral replication.

Optimizing your REDOX balance will help you repel the flu. How can you optimize your REDOX potential? Supplementing your body with REDOX molecules is the most direct approach. Drinking a supplement with balanced and stabilized REDOX molecules provides the missing resources that can restore the balance we need to strengthen our immune system as well as restore vitality to our cells. These molecules will also help us get the most benefits from nutrition and other nutritional supplements.

For more details and videos on the emerging science of REDOX signaling, and how it affects our health, visit www.theredoxdoc.com.

Free Radical Biology and Medicine
Volume 34, issue 7 April 2003 Pg 928-936

International Journal of Molecular Sciences
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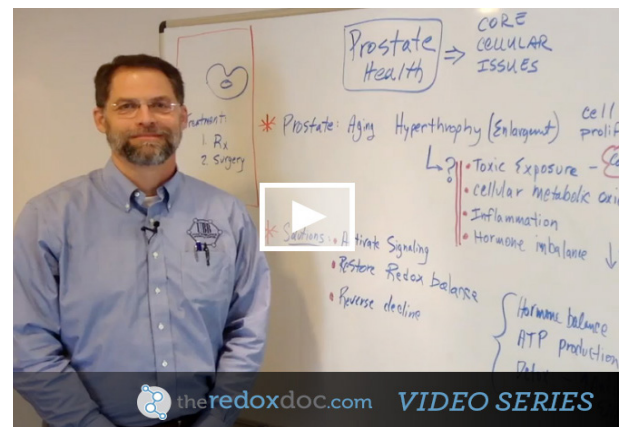
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