

Inspiring Immune Health and Vitality!

2018-12-12



HEALTH

Your immune health is not something to be taken lightly; after all, it is the vital function of our immune system to fend off toxins, pollutants, and anything with the potential to cause us harm. Your immune system and the strength of it will determine your body's innate ability to respond to invaders and protect you for health and longevity.



Our body's defenses are weakened considerably if we are constantly stressed, sleep-deprived or get too little exercise- in other words, if the balance of work, rest and active time is off. The negative consequences on our immune system when we are dissatisfied with our work, aren't happy at home or have stress in our relationships are often underestimated.

There are many things that can weaken our immune function, for example, a lack of sleep and adequate rest reduces the immune defenses in the body. Diet also plays an important role: those who eat while pressed for time, often feeding their bodies sugary and fatty foods instead of fresh, nutrient-rich foods, are depriving their body of defense mechanisms against unfriendly, invasive germs.

The white blood cells are known as "leukocytes" are the cells of our body that serve to protect the body from diseases and harmful, foreign invaders like bacteria and viruses, and so we should always give our immune system the backbone of support that it needs to do its job. Our white blood cells are like our warriors! When our defenses fail, the illness-causing germs have an easy job.

So how can you fire up your immune system? What are the things we can do when we get sick despite supporting our body's defenses? Here are some natural ways that you can offer your immune function a much-needed boost for improved defenses:

- Eat a varied diet that includes plenty of fresh fruit and vegetables, anti-oxidant rich foods and "super-foods" (such as

berries, nuts and seeds, green veg, and healthy oils like Olive oil)

- **Regular exercise:** We are designed to move! Get outside and keep fit. Go for a walk or ride a bike. This strengthens the immune system for the cold winter months.
- **Ensure you receive enough sleep** (generally, around 8 hours is ideal for most adults.) Adequate sleep promotes regeneration and detox.
- **Stop smoking and avoid secondary smoking.**
- **Drink alcohol in moderation-** balance is crucial!
- **Become more “hygiene aware.”** Train your body's defense mechanisms with an alternating hot-cold shower each morning. This wakes you up and gets the circulation going.
- **Stress can greatly impact our immune function-** take time to pause and reset or take part in exercise/activity so that stress is minimized. A brisk 20-minute walk can act as a powerful stress buster.
- **A vitamin/mineral supplement can assist in inspiring better immune health-** look for natural ingredients!

Let's try Vitalité Now

Vitalité Now is immune support specialists and aims to provide you with the help you may need to move toward better immune function.

Although Vitalité Now does sell products, which are not related to immune system support, their passion and field of specialization lie in providing their clients with affordable ways to support their immune systems in this ever-toxic environment. Their immune products fall into two categories: 1) immune support and defense (e.g. Super Immune, Multivitamin, Mega Antioxidant, and Flaxseed Oil) as well as 2) autoimmune disease help (e.g. Olive Leaf Extract, Black Seed Oil, and Adrenal Support with Ashwagandha and their Probiotics with Prebiotics Booster)

Vitalité Now (pronounced vahy-tal-i-tee nou) focuses on all-natural supplements in tandem with the principles of functional medicine- treat the root cause, not the symptoms. For generations, many cultures have used all-natural ingredients to treat a wide range of ailments...now, there is science substantiating their efficacy and Vitalite Now offers them in therapeutic doses.

Here's how and why Vitalité Now began!

Vitalité Now! is a family run business, and like you, they are also looking to keep our bodies as healthy as possible in a time when they are being bombarded with a plethora of environmental stressors. *"Our family is deeply affected by autoimmune diseases including Hashimoto's, Addison's, GCA and Autism. After many years of struggle to identify and treat our medical conditions, we've seen progress mostly due to non-traditional solutions. We now work with functional medicine practitioners who are guiding patients with diet and all natural supplements."*- said Vitalité Now.

For this reason, their products have gone through stringent measures in order to make sure that the client will be consistently satisfied with their results. This is simply a good business practice and providing this excellence at an affordable price is also part of our strategy of maintaining and growing a strong base of satisfied customers.

A meticulous sourcing process!

Their meticulous sourcing process ensures that the ingredients used in their formulas meet exceptionally strict and high production standards.

“Our premium products are manufactured in the USA in an FDA approved facility. They are GMP (Good Manufacturing Practice) certified to offer superior product quality and consistency. This means that you can rest assured that our formulas, ingredients, and products are tested and perfected for consistency. The purity and potency testing standards that come along with GMP certification ensure that whatever is written on the label is what you will get when you purchase one of our premium sourced products”- said Vitalité Now.

Vitalité Now sells online through their site and Amazon. On Amazon, their products are highly ranked and have all achieved over 4 stars. Their loyal customers regularly tell them their compelling stories of how these supplements have helped them improve, and in some cases fix, their health ailments.

Here’s a peek at a few of their immune system products!

Super Immune Support: Vitalité Now! Super Immune Support with vitamins, herbs, mushrooms, and superfoods provides an ideal antioxidant and anti-aging support. This supplement will give you an antioxidant and anti-aging edge and much needed immune system boost!

If you are feeling rundown from lack of sleep, poor diet, overwork or stress, it can contribute to burnout and fatigue. When feeling this way, your immune system can be compromised. Symptoms can include infections, allergies, fatigue, tiredness, and



lethargy, and depression.

Vitalité Now! Super Immune Support can jumpstart your immune system with one of the most complete mixes of antioxidants, vitamins, minerals, and natural extracts.

Multi-vitamin & Mineral: Vitalité Now’s Ultra-Comprehensive Multi-Vitamin & Mineral is an exceptionally broad selection of vitamins, minerals, digestive enzymes, probiotics, fruits, vegetables and other superfoods which provides you with the optimal immune system and antioxidant support.

With this type of supplement, you get all the regular vitamins such as A, B1, B2, B6, B12, C, D3, E, along with all the minerals your body needs. What you’re missing in other multivitamins is the natural selection of antioxidant, anti-aging, and immune support superfoods that this ultra-comprehensive multivitamin and mineral offers you.



Energy & Bio-Balance for Renewed Vigor & Wellness: Vitalité Now's Ultra-Comprehensive Multi-Vitamin & Mineral will help you feel better overall with dozens of superfoods to help you to fight oxidative and environmental stressors.

Naturally, you want to be sure that you aren't getting short-changed when buying a multivitamin. Check out the ingredients and see for yourself the extensive list that you can start benefiting your body with right now. This is no run of the mill multivitamin!

Mega Antioxidant Fruit Blend

Vitalité Now! Mega Antioxidant Fruit Blend is built with an all-natural blend of acai, noni, goji, mangosteen, trans-resveratrol, pomegranate, raspberry, blueberry, black cherry, elderberry and grape skin extract.

Our immune system supporting supplement is made from raw whole foods - a truly premium antioxidant supplement. Antioxidants are part of a healthy lifestyle as their free radical fighting properties boost your immune system helping fight off illness before you get sick.

Superfoods with antioxidants help protect your skin from the sun's UV rays keeping skin healthy without premature aging. In addition, antioxidants help increase energy levels making you feel happier and are believed to help with memory.

Vitalité Now does not only concentrate on sourcing excellence; they also know that their customers are looking for superior consistency in the encapsulating, bottling and packaging of the products they purchase. They strive to offer vegetarian and organic ingredients as much as possible.

* In partnership with our friends at Vitalité Now.

*The information available on ewellnessmag.com, including text, graphics, and other materials are for informational purposes only. Reliance on any information in ewellnessmag.com is at the user's own risk. Sponsored product placement may appear in the article. The visitor of this website acknowledges that the information available on or through ewellnessmag.com is not and is not intended to be a substitute for professional medical advice. Copyright © 2018 Brawo Press, Inc. All rights reserved.