

How Does Elderberry Boost The Immune System?



Elderberry Has Become Very Popular For Boosting The Immune System And Rightfully So.

There of course are many other immune boosting supplements, nutrients, herbs, fats, even minerals, vitamins etc. out there. We're big fans of herbs because we have used them very effectively in the past on ourselves with our strategic and methodical approaches. Also, we have studied other great healers who have used herbs with absolute near miraculous results. Of course on the other hand you need to actually know what herbs to use and how to use them, how to dose them, what frequency to use etc. etc. and for that you would look to find professional support for sure.

But on supplements bottles, manufacturers print a particular standardized dosage that's considered to be "safe and effective for all" dosage as per testing and research to be able to state a safe average suggested use. And of course common sense would tell you that the suggested use for a 100 pound female will probably differ between a 270 pound professional wrestler... Probably.

But with dosage you have to identify a variety of factors about an individual person, their current health scenario in addition to the desired health goal to be accomplished.

There also many factors that will need to be coordinated with dosage so that's why you would want to work with an experienced knowledgeable healthcare professional who understands nutrition and herbs in particular. But as you see with supplements on the market, and we've been using supplements for decades, you can understand that the suggested use on the bottle may or may not be optimal for you but may be a good starting point. Regardless, we like to start small and then go little by little increasing any dosage little by little while observing physical body biofeedback while looking to keep within the industry stated maximums, personally speaking. Different nutrients will be able to be taken in different doses when working with an experienced natural healthcare professional to help achieve certain goals. And with a lot of herbs, you may be amazed to see that there are many health care professionals, herbalists, naturopaths etc. who have discovered very powerful and effective uses with herbs.

And technically, you can ever use one natural, original designed whole food "as medicine" to overcome certain health challenges or achieve certain health goals, as we have. Foods are powerful. Herbs are a little more powerful. And each food is different while each herb is different, in functionality and impact upon the body per dosage and frequency.

It's also good to learn more more about standardized studies that are easily obtainable online and various research studies such as this one below in order to learn more about various natural nutrients and supplements.

And in general with natural nutrients and supplements, herbs, what's out there on the marketplace as a long-term standard, that have been sold for a long time, especially in terms of herbs, since these days, most people don't seem to know herbs that well, are generally considered safe as per dosage on the

bottle. Fortunately a lot of documentation online through researchers and government agencies that tell us what is generally considered safe.

You see, we want to derive the fantastic benefits that can come with herbs while not going overboard. Just like anything else, if you have too much of it, you have problems since the body is a set of complex overlapping balances that need to stay within the range of those balances. I mean, technically you can overdose on... Ice cream and have some not so pleasant side effects... But you don't want to take too little of a supplement, an herb either in relation to the health goal you're trying to accomplish. We can take a little of many herbs per day for trickle benefits. But those same herbs can be used in a powerful way in smartly figured out protocols as well.

Let's move on to Elderberry... check out this neat study on elderberry as it pertains to the immune system:

The effect of Sambucol, a black elderberry-based, natural product, on the production of human cytokines: I. Inflammatory cytokines

...Convalescent phase serum showed a higher antibody level to influenza virus in the Sambucol group, than in the control group....We conclude from this study that, in addition to its antiviral properties, Sambucol Elderberry Extract and its formulations activate the healthy immune system by increasing inflammatory cytokine production. Sambucol might therefore be beneficial to the immune system activation and in the inflammatory process in healthy individuals or in patients with various diseases. Sambucol could also have an immunoprotective or immunostimulatory effect when administered to cancer or AIDS patients, in conjunction with chemotherapeutic or other treatments. In view of the increasing popularity of botanical supplements, such studies and

investigations in vitro, in vivo and in clinical trials need to be developed.

Source

Wow that's powerful! But I would like for you to keep in mind especially due to all the Frankenstein medical experimentation going on out there that's the benefits here as pertains to elderberry boosting the immune system are probably more related to a normal non-altered or augmented immune systems, at least it seems as if that's the case. Because when the regulator of the cytokine production, the "cytokine storm" is disabled for whatever reason or by accident then that cytokine storm keeps going as just mentioned recently on the a particular health channel analysis video I happened to hear.

Here are two of our immune disease supplements that have elderberry, elderberry fruit extract in them. **These supplements are wonderful to have on hand.** We use supplements like this as immune boosters which we take at any first sign of the immune system dip. Doing so has worked very well for us over the years.

Elderberry Capsules - Elderberry Supplements - Elderberry Fruit

V.IMMUNITY X - The Hammer - Power Immune Formula Immune Booster