



In 1998 I wrote *The Immune System Cure*, which became a national bestseller sold in 6 countries and translated into 4 languages. In hindsight, compared to today, we knew very little about the immune system and are still discovering the broad effects of this amazing system, on our body from the brain to bone health.

A strong balanced immune system balanced is vital to preventing many common conditions we suffer today, especially if you are a woman. We know the immune system not only keeps us free from infections and cancer but is involved in conditions like allergies, sore joints, skin problems, dry eyes and mouth, Alzheimer's, gut issues, and so much more.

Seventy-eight percent of all individuals affected by autoimmune disorders are female. Autoimmune disease results when the immune system becomes confused, and instead of attacking a virus or bacteria, it turns on the body and attacks tissues and organs. Common autoimmune diseases include rheumatoid arthritis, multiple sclerosis, Sjogren's syndrome, psoriasis, lupus, Hashimoto's and Graves' thyroid disease, to name a few. When autoimmunity occurs, the immune system becomes so overactive and voracious that it can destroy body tissues.

Lack of sleep, unrelenting stress, obesity, environmental toxins, hormones, too many viral and bacterial infections all contribute to an overactive immune system. Maintaining a balanced immune system is essential to ensure the immune system protects you from

invaders and controls inflammation and other negative effects of our environment.

Symptoms related to an immune system imbalance:

- Cold or flu more than once a year
- Cuts and bruises that heal very slowly
- Achy joints or muscle pain
- Digestive issues (gas, bloating, diarrhea, constipation or indigestion)
- Inflammation
- Asthma
- Skin rashes, eczema, psoriasis, hives, redness
- Allergies
- Autoimmune disease
- Parkinson's
- Frequent urinary tract infections
- Tired or fatigued upon waking
- Chronic or extreme stress
- Elevated cortisol and C-reactive Protein
- You are over the age of 60
- Have anxiety or depression
- Brain fog and/or memory loss

I am often asked what nutrients should be taken daily to support a strong immune system. Most importantly do not take any nutrient that calls itself an immune booster. We do not want to boost the immune system – we want to balance it. Foundational nutrients for your immune system include a great multivitamin with minerals, essential fatty acids including omega 3 and borage oil, probiotics and Moducare.

I had the great pleasure of working with Professor Bouic, Ph.D., who has been researching Moducare for over 25 years. Moducare is a daily nutrient shown to keep your immune system in balance.

Just like Goldilocks and the porridge tasting event – we want an immune system that is not too hot or overactive – not too cold or weak – but most importantly, balanced and strong protecting you from the development of many health conditions.

During the pandemic, I was reminded how important Moducare is to our daily nutrient program. Moducare is a unique combination of plant sterolins and sterols in a specific ratio clinically researched for allergies, infections, inflammation, autoimmune disease and more.

Women Suffer Most from Immune Dysfunction

It is available in capsules and also a great-tasting chewable tablets for kids and adults who don't want to swallow capsules. To learn more about Moducare, go to www.moducare.com