

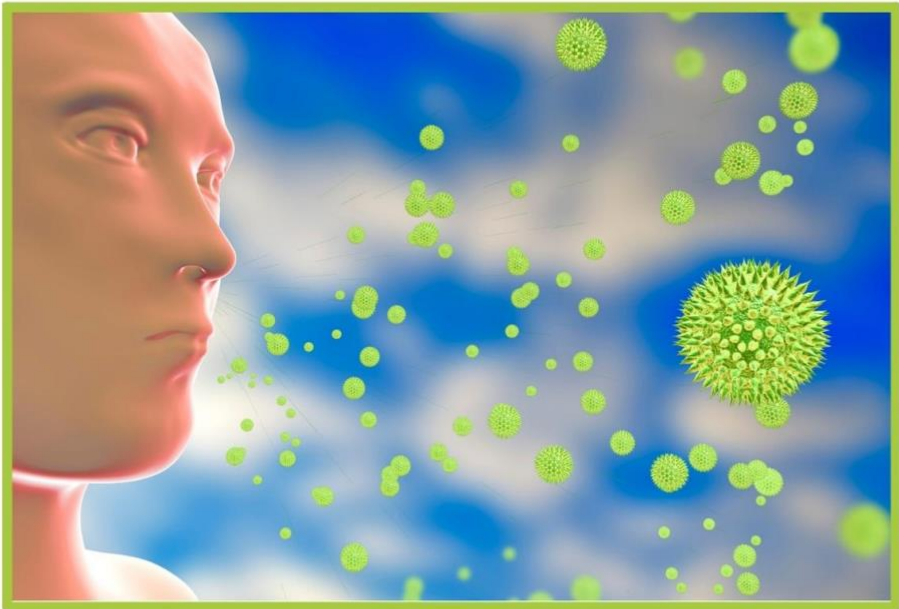


BRETT ELLIOTT

Ultimate Herbal Health

IMMUCLENZ

The Ultimate Herbal Immune Building Program



by Brett Elliott - Medical Herbalist

www.brettelliott.com

The Ultimate Herbal Immune Boosting Program

In this book, I will discuss some natural ways to build immune strength by highlighting how detoxing can help, plus some foods and herbs you can use at home.

Along with any Virus outbreak comes a new awareness of just how important a strong immune system is. A strong immune system is your best defence against any Virus along with protection from a variety of other pathogens, and bacteria.

With new viruses sweeping the world on a regular basis, and with superbugs and drug-resistant bacteria becoming ever more present in our hospitals, it's no wonder that we panic when lethal new strains are discovered. This means we can't necessarily rely on antibiotics and vaccines to protect us in the future.

Ultimately our best defence will be a strong, healthy body, and a powerful, responsive immune system.

It is well known that a good healthy body and effective immune responses prevent severe complications with any viral infection.

Not only is this common sense, but it's good medicine, and we appear to be missing this kind of thinking in the modern health system at the moment. That's why you will find natural health practitioners around the world are rallying to get the message out there and to be recognized as part of the primary/preventative health system.

Highly trained Medical Herbalists and Naturopaths were even relegated to "non-essential" health services during the recent crisis, which is shameful. It just shows how far behind we are when it comes to our respect for traditional medicines and their impact on our public health status.

You will find towards the end of this book, some research article excerpts from some recently published articles from scientific journals on this subject.



For now I will focus on the simple things you can do to increase your immune health and reduce your risk of serious illness should you contract any infectious pathogen.

[Skip Directly To The Immune Boosting Program](#)

How Fasting Can Help Boost Your Immune System

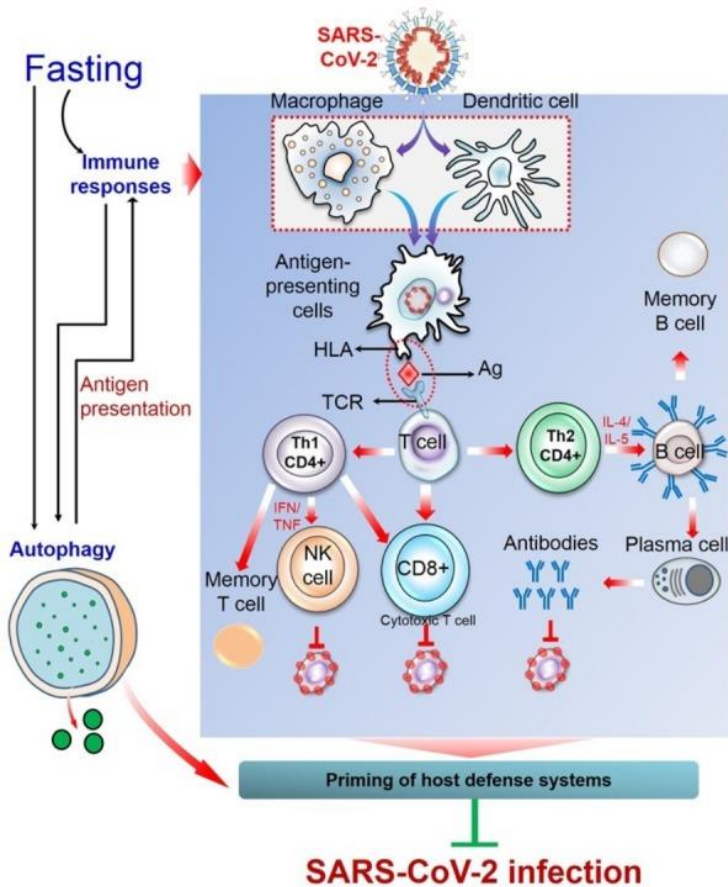
Strengthening immunity along with maintaining healthy living is the best way to survive any Pandemic. As a healthy practice, intermittent fasting in several clinical settings has been reported to promote several health benefits, including priming of the immune response.

This dietary approach also activates Autophagy, a cell surveillance system that boosts immunity. (17)

You may have experienced this yourself as a natural tendency to stop eating or have very simple food, such as soup when feeling unwell with a common cold or flu.

Sick animals do the same thing, they lose their appetite or start to eat different plants with medicinal value to help restore health. The process of detoxing and fasting has been known for millennia to assist with recovery from infections.

The diagram below outlines in detail how fasting can boost immune response. [Read more about the many benefits of Fasting here](#)



Lung Defence Tonic – Home Remedy

Severe acute respiratory syndrome coronavirus-2 (SARS-CoV-2) is the causative pathogen of the deadly Coronavirus disease-19 (COVID-19) pandemic, which emerged as a major threat to public health across the world. Although there is no clear gender or socioeconomic discrimination in the incidence of COVID-19, individuals who are older adults and/or with comorbidities and compromised immunity have a relatively higher risk of contracting this disease. (17) It makes sense therefore to look after your respiratory system and build a strong, defensive mucous membrane in the lungs.

If you're concerned about picking up the latest virus or have a tendency to get lung infections, then this home remedy would be an excellent tonic for you to try.

[Read more Scientific Evidence about COVID Here](#)

Ingredients:

Equal parts, [Garlic](#), [Onions](#), [Orange](#) (or [lemon](#)) with skin, (add [ginger](#) to make it even stronger). Half part of [Lavender](#) flowers, fresh thyme. 1/4 part hot mustard or Wasabi. 2-3 drops of [Peppermint](#) or Lavender essential oil. Honey to blend. Blend until you have a smooth paste-like consistency.

Take 1 tsp twice a day to improve your lung, nose, and throat defences.



Immunity Foods





Mushrooms for immune modulation

Mushrooms are reported to have antimicrobial, anti-inflammatory, cardiovascular-protective, antidiabetic, liver protective, and anticancer properties. It is well-established that mushrooms are adept at immune modulation and affect immune stem cells, lymphocytes, macrophages, T cells, dendritic cells, and natural killer cells, all important parts of the immune system. (1)

[Read more about mushrooms](#)



Coconut oil

Lauric Acid (LA) the major unique fat in coconut oil, helps the immune system widely. It does this by increasing the production of Interleukins and T Helper Cells, which are largely responsible for instructing the immune cells and coordinating the attack on invading pathogens. (7) LA has been shown to reduce intestinal bacterial infections with *Clostridium difficile*, which is the leading cause of hospital-acquired antibiotic-associated diarrhea worldwide. It has also been shown effective against *staphylococcus aureus*. (6)

LA was also shown to have low antimicrobial activity against lactic acid bacteria, but also high antimicrobial activity against pathogenic *Bacteroides* and *Clostridium*, suggesting that LA might modulate intestinal health. (8)

[Read more about coconut](#)



Onions for Immunity

Several scientific studies have shown that including onion in the diet stimulates the immune system, reduces symptoms associated with diabetes mellitus, and prevents inflammatory processes associated with asthma. (2) Findings of another study revealed that T-cells, T-lymphocytes, or helper cells and total White Blood Cell counts were significantly increased in a dose-dependent manner when given onion. (11)

[Read more about Onions](#)

Ginger as an Anti-inflammatory

When your body tissues are inflamed you are far more vulnerable to both infectious and degenerative diseases. Ginger has been studied as an anti-aging agent that protects against oxidative stress and inflammation in the pathogenesis of many diseases. Due to its bioactive compounds and constituents, ginger has shown various types of therapeutic effects, including antibacterial, anticancer, anti-inflammatory,

anti-diabetic, gastroprotective, antioxidant, and neuroprotective activities. (3)

[Read More about Ginger](#)



Lemon as Immune Support

Apart from being a well-known source of Vitamin C, Naringenin found in lemon skin, has demonstrated a potential use to control virus replication. (4) This suggests that the traditional lemon ginger and honey drink may be a good preventative remedy when a virus is around.

[Read more about Lemons](#)





Antiviral & Immune Tonic Herbs

Many herbs found in your kitchen can be very good for boosting immunity, plus they can be effective anti-viral agents. I thought I should mention a couple of these, so you can increase their use in your daily or weekly dietary routine. I will share some recipes soon.



Garlic

Data from one study where participants were taking only 5g of raw crushed garlic daily indicated that the bioactivity of garlic is multifaceted and includes

activation of 7 genes related to immunity and metabolism in humans. (5) Raw garlic is most effective in combatting infection.

[Read more about Garlic](#)



Cloves

Cloves commonly used as an anti-parasitic remedy, cloves also act as an antibacterial, anti-fungal, and antiviral agent. Great as an herbal tea.

[Read more about Cloves](#)



Peppermint

Peppermint has significant immunomodulating actions, antimicrobial and antiviral activities, strong antioxidant and anti-tumor actions, and some antiallergenic potential. Human studies on the respiratory tract and analgesic effects of Peppermint oil and its constituents have been reported. Try peppermint oil as an inhalation or peppermint leaf as a tea.

[Read more about Peppermint](#)



Licorice

In recent years, the broad-spectrum antiviral activity of many triterpenoids in licorice was confirmed, and these findings have become a hot spot of antiviral immunity.

The triterpenoids of licorice have the potential to become a novel broad-spectrum antiviral medicine and will be widely used in clinical treatment. Chewing hard licorice will give some of these antiviral effects.

[Read more about Licorice](#)



Turmeric

Turmeric It has been demonstrated that curcumin from Turmeric, has a wide range of antiviral activity against different viruses including Influenza, HIV, herpes simplex virus, coxsackieviruses, human papillomaviruses, hepatitis B virus, and Japanese encephalitis virus. Add extra turmeric to your curry to boost your immunity.

[Read more about Turmeric](#)



The Ultimate One-Month Immune Boosting Program

The Ultimate One-Month Immune Boosting Program

In order for your immune system to function effectively, your immune cells need to have clarity and effective communication. One of the things that disrupt this in our modern society is toxicity. We are exposed to so many artificial substances, drugs, food additives, chemicals in our homes and workplaces that our immune system can become overburdened and basically, confused. This is how many autoimmune diseases originate.

The approach I suggest is a 3-step Cleanse, Nourish, and Build approach. This is the way of traditional herbal medicine. Follow the links to more recipes and research on the foods and herbs.

[Get the 1-Month ImmuClenz Program Here](#)

STEP 1 – Cleanse

This involves going on a clean diet and avoiding inflammatory foods. It's a plant-based, whole-food, low allergen diet plan. [You can read more about the clean diet here](#)

To complete a good inner body cleanse I suggest a solid 14-day deep cleanse using the [Ultimate Herbal Detox](#) or [BodiClenz drinks](#).



During this cleansing process, you should include the food recommendations in Step 2 – Nourish

STEP 2 – Nourish

Along with the clean diet plan that already comes with the above cleanse programs, I suggest these extra specific foods and recipes.

These recipes are extra high in the immune-building foods already mentioned above.

Choose from this selection for the best results.

Breakfast

It's good to skip breakfast and just have herbal tea or lemon water. If you do eat some solid food, I would suggest a high vitamin C fruit combination.

Fresh kiwifruit, oranges, or grapefruit with some plain yogurt (probiotics)

Peppermint herbal tea

Ginger herbal tea

Lemon, ginger, and honey herbal tea

Lunch

[Mushroom and Parsnip soup](#) – High in mushrooms, garlic, onions, and coconut cream

[Thai Spicy Carrot & Apple Salad](#) – A great way to pack in the raw garlic

[Sweet & Sour Chinese Style](#) – Includes onions, garlic, ginger, turmeric, mushrooms, and coconut oil

Fresh kiwifruit, oranges, or grapefruit with some plain yogurt (probiotics)

Herbal Teas (as above)

Dinner

[Black Pepper Mushroom & Eggplant Soup](#) – Has lots of mushrooms, garlic and

[Thai Vegetable Green Curry](#)

[Curry Thai Pumpkin Soup](#) – Includes loads of coconut cream, ginger, and garlic.

[Zucchini, Broccoli & Ginger Soup](#) – Contains plenty of ginger, garlic, coconut oil, and turmeric.

[Zuggetti in Tomato & Garlic Sauce](#) – High in garlic, onions, turmeric, and mushrooms



STEP 3 – Build

There are many ways you can enhance your immune function including supplementing with Vitamin C and other nutrients, but today I'm going to talk about the best herbs you can use, as herbs have incredible properties when it comes to immune health. They literally contains compounds that your immune system uses to communicate within your body.

Due to recent trends of increasing demands on our immune systems, Brett has now introduced this particular formula under the name [ImmuClenz](#). Unlike other liquids that are around, Brett Elliott's Ultimate Herbal ImmunClenz is 100% herbal and made with clinical strength herbal extracts, made right here in New Zealand.

The herbs can help improve the health of the entire immune system and assist with healthy immune responses and immune regulation.

ImmuClenz contains a blend of key tonic herbs to help protect and support immune health. It can be used over the long-term as an immune tonic, or in short bursts for an immune boost.

Ingredients

It contains a blend of the following herbal extracts in a base of pure New Zealand bush honey.

Click the names to read more about each ingredient.

- NZ Bush Honey
- [Licorice](#)
- [Astragalus](#)
- [Andrographis](#)
- [Echinacea](#)
- [Horseradish](#)
- [Lavender](#)
- [Siberian Ginseng](#)
- [Mushroom Blend](#)
- [Pau D'arco](#)
- [Goldenseal](#)



Take 10ml twice Daily for 25 Days

[Get the ImmuClenz Liquid Here](#)

Your Gut and Your Immunity

To build your immune system it is also very important to look after your gut health.

The large intestine (colon) has a large resident population of microbiota, consisting of at least 10^{12} organisms per gram of gut contents. These organisms, together with the antigenic load provided by the diet and the constant threat of potential pathogens, means the intestinal immune system encounters more antigen than any other part of the body.

When we are swamped with inappropriate responses against innocuous food and commensal antigens it leads to inflammatory disorders such as coeliac disease and inflammatory bowel disease (IBD). (9)

Gut health and lung health are linked to the immune response via the vagus nerve and therefore poor gut health and chronic inflammation are linked to a compromised immune response. (10)



Aloe Vera leaf extracts have been promoted for digestion and are used in the treatment of peptic ulcers, have antibacterial properties against both susceptible and resistant *Helicobacter pylori* strains, and acts as a novel effective natural agent for combination with antibiotics. [Read more about Aloe Vera](#)

A surprising fact is that gut-associated lymphoid tissue (GALT) represents almost 70% of the entire immune system. Even more interesting, about 80% of plasma immune cells [mainly immunoglobulin A (IgA)-bearing cells] reside in GALT. (12)

This means your gut makes up the vast majority of your immune response. This gut-based immune system is also linked to your oral cavity, throat, lungs, liver, brain via the gut-brain vagus nerve reflex. (13) So if you want a strong immune system, look after your gut health, first and foremost.

Probiotics

Another powerfully supportive thing you can do for your immune system via the gut is to top up on prebiotics and probiotics, which include consuming more soluble fibre and yoghurt products.

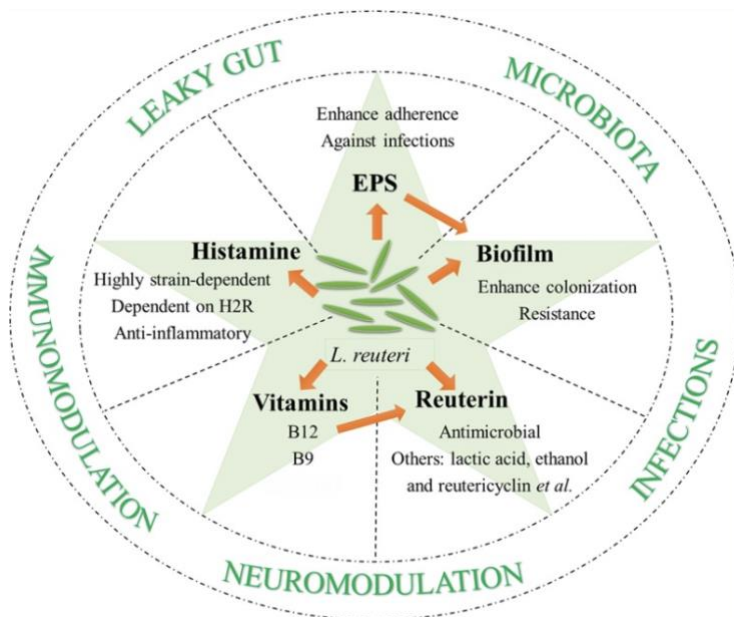
My favourite probiotic product is [Biogaia L-Reuteri](#)

BioGaia's probiotic products with *Lactobacillus reuteri* are among the most scientifically well-documented probiotics in the world with regard to both efficacy and safety. To date the efficacy and safety of BioGaia's different strains of *L. reuteri* have been documented in 203 [clinical studies](#) in 17,200 people of all ages.

Lactobacillus reuteri has shown result in 105 clinical studies in children, from newborns up to 18 years old, and 98 studies in adults. Probiotic strains that have been used in clinical trials are *L. reuteri* Protectis (DSM 17938), *L. reuteri* Gastrus (ATCC PTA 6475) and *L.*

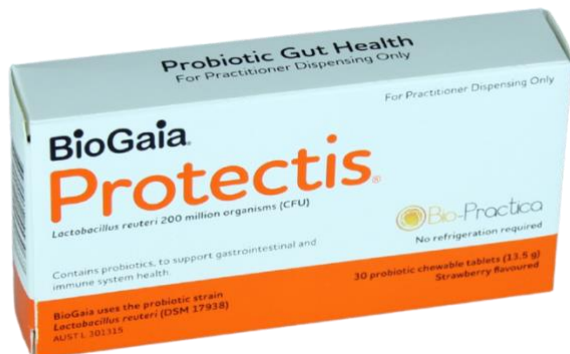
reuteri Prodentis (*L. reuteri* DSM 17938 and *Lactobacillus reuteri* ATCC PTA 5289). Results have been published in 180 papers in scientific journals (February 2019).

How Biogaia L-Reuteri works



Health Benefits and Scientific Evidence

A considerable amount of research has been done to determine the beneficial effects of *L. reuteri* against viruses and/or fungi. There is evidence showing the benefit of *L. reuteri* against pneumoviruses, circoviruses, rotaviruses, coxsackieviruses, and papillomaviruses. It has been suggested that *L. reuteri* ameliorates viral infection by regulating the microbiota and secreting metabolites that have antiviral components. Furthermore, some studies suggest that *L. reuteri* may have antifungal properties as well, where *L. reuteri* antagonizes, stops the growth of, and eventually kills various species of *Candida*. (18)



Take 10ml twice Daily for 25 Days

[Get Biogaia L-Reuteri Here](#)

The Ultimate Herbal ImmuClenz

1-Month Immune Health Program

Contains the following parts:

- 1 x Ultimate Herbal DETOX 480 caps
(or BodiClenz 500g)
- 1 x ImmuClenz Liquid Formulation 500ml
- 1 x Aloe Vera Juice 1 litre
- 1 x Biogaia 30 tablets



[Get the ImmuClenz Program Here](#)

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About the Author

Brett is a respected medical herbalist with 22 years of clinical practice. He is a regular seminar presenter both at health and wellbeing expos and at other private venues. Brett has helped over 100,000 people in over 45 countries complete his herbal



health program. Brett began his journey into natural medicine in the early 1990s when his own health began to deteriorate. He'd spent 10 years in hard manual work which resulted in severe spinal injuries requiring major surgery, which he declined. His search for alternatives led him to herbal medicine which quickly became his life's passion. Brett has operated his own retail health stores for 8 years, built a pharmaceutical-grade manufacturing facility in 2006, and has run a private clinical practice for over 22 years. During this time Brett identified a common pattern of events relating to the most common health conditions of our time. This led Brett to write his first paperback book ['CLEANSED & CURED'](#) which has been widely distributed through good bookstores. [Read Brett's Full Bio Here](#)