

## Dave's Seasonal Defense Formula

- **Cold symptom support**
- **Immune support**

Seasonal Defense Formula is a synergistic blend of digestive and immune system herbs. When these systems are not functioning at healthy levels, it is easier for us to fall ill to colds and flu.

Chinese medicine talks about Wei Chi which interpreted means the immune system. When we improve the immune strength, we are less likely to be affected by colds and flues. These herbs help our wei chi to be stronger by supporting the health of our digestive and immune systems.

Seasonal defense is especially good to support sinus, respiratory and gastro-intestinal systems. This formula should not interfere with prescription medication. Always consult your physician.

Formula includes: Pleurisy root, Elecampane, Eupatorium perf (Boneset), Ginger, Myrrh, Yarrow, and Echinacea angustifolia.



### Testimonials:

I am very excited about the fact I have had more resistance since I started this formula! I know it is helping me to stay well during this cold and wintry time. - *Julie P*

Our family has had our healthiest year ever taking Seasonal Defense. - *Curt N*

Helps my daughter's allergies. She tried all the prescription ones and this one works the best. - *Richaile P*

This products is a must have for cold and flu season. Our family has maintained excellent health while taking this product. I highly recommend it. - *K Mysal*

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## Herbal Formula

**Echinacea Angustifolia** supports healthy immune system function.

**Elecampane** supports healthy immune function and nerve health. It has also been used to support healthy lungs, stomach, uterus, skin, and kidneys. Warming properties are said to be strengthening to the lungs and digestion.

**Eupatorium Perf (Boneset)** is used to support a healthy digestive and nervous system. It has a soothing effect for the respiratory organs (cold symptom support). Eupatorium also supports healthy immune function.

**Ginger** stimulates the digestive juices through its essential oils (aromatic properties) and is a reliable diffusive (warms and moves energy) supporting digestive health for symptoms of colds and respiratory ailments.

**Myrrh** is a mild and a slightly stimulating tonic (tonifies the immune system to work normally) and is moderately astringent (strengthens the gums and other mucus membranes).

**Pleurisy Root** is diaphoretic and relaxant. It supports healthy kidney function as well as mucosal linings of the lungs and bowels.

**Yarrow** supports healthy digestion easing gas and bloating. It is also used in support of urinary and respiratory health.

## Traditional herbal uses

- Bloating
- **Cold symptom support**
- Digestive health
- Fevers
- **Flu symptom support**
- Gas
- **Immune support**
- **Mucus**
- **Relaxant**
- Sinus
- Urinary Tract health
- **Warming herbs**

## More Testimonials:

Have taken it (all winter) and have had no colds or flu all winter. – *Myrlin F*

I was really sick and came in and bought the Seasonal Defense Formula. It really worked!  
Great stuff. – *M Lesley*