Opening Flu Shot Story

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You know, I was getting ready for it. And the person that I work with was a nurse and she said to go get the flu shot. I said, well, I don't get those.

I'm in really good shape. I'm training. And she goes, oh, you need it more. You're exposed to so many people. We've heard this all before. A lot of fear, right?

Absolutely. So she got me when she said it's only five bucks because you work at the Rivers Club and we're right down the hall. So I went and got the shot on Thursday at like three o'clock.

I swear by seven o'clock that night I had the chills. When I get the chills, I know I'm getting sick. And I was pretty much in bed Thursday night, Friday, Saturday, Sunday.

I went back to work on Monday and when I saw my friend, I said, you know, I got really sick. She goes, did you get the shot? I go, yeah. She goes, well, imagine how sick you would have been if you didn't get it.

I says, I got sick because of the shot. She says impossible. I said, actually it's not. This is Dr. Talks. Hello, everyone, and welcome back. We're live in the studio 109 right here in Pittsburgh, PA.

Welcome back to the Holistic Truth. I'm your host, Jamie Dorley. I'm CEO of Nutritional Frontiers. I'm so excited to have live in the studio today. Welcome back, our Chief Growth Officer from our World Book Tour.

Welcome back, Christine Genovese. How are you? I'm doing great today, Jamie. I'm really excited about what we're going to share with everyone on how to stay healthy.

I'm always worried about my immune system crashing because I'm always on planes, so I can't wait to see what we're going to share with everyone today.

I know, and this year of transformation has been flying by. And we're ready in Q4 and this is the time of year with the weather changing and people back in their routines again, that we really need to make sure that we get that immune system nice and healthy and supported.

That way we can go into the holiday season 100% and then cruise right through and then we'll be ready in January before you know it. So we are in Q4 and our focus is on immune health, stress and sleep, and then of course hormones.

Welcome to Holistic Truth

Well, today I think we're going to cover what to do to keep our immune system healthy and strong. And I got to tell you, you know, I went in recently to a pharmacy to just, you know, pick up something like a card for someone.

And I'm checking out with a birthday card and they're like, oh, well, while you're here, would you like to get your flu shot or your covid shot? I was like, no, no, I wouldn't.

So it's just crazy that they want to push shots no matter where you are. And it's free, right? Yeah, Lash, not only free at the Giant Eagle, which is a local grocery store, they offer you 20 bucks, $10 for the flu shot and $10 for the COVID vaccine.

So I went up and asked for my $20 credit. And they said, do you have the stamp from the pharmacy? I said, no, I still want to get the credit. Of course, they wouldn't give it to me.

You know, in the last few years, we've been struggling as a country, right, with COVID and, you know, they call it the shot, you know, there's been so much controversy on it, of course, but I know either way, you need to go in with a strong immune system.

Therefore, if you are exposed to anything, hopefully you can fight it off. And if not, at least the duration and the intensity won't be quite the same.

There's so many things here that we look at as the underlying causes. So what are some of the things that you see that are underlying causes to have people's immune system be compromised?

Oh my gosh. I would say number one has got to be stress. Right. As soon as your stress, like your your whole energy drops, your ability to fight anything off drops.

And usually when someone's getting a cold, right, you're starting to feel just slightly off. That's usually mental confusion. That's that's the underlying, you know, emotion or energy around that.

You get a sinus infection, right? You've let it fester now. That's when you're really irritated with someone close to you. Don't worry. I don't have a sinus infection.

I can hear her. But when you think about how much stress contributes right to our immune system crossing, which is why I was suggesting, you know, plane hopping, you know, I'm always taking some more of our immune support solutions to keep myself from getting crashed, like, you know, and to maintain my Big part of your focus is on the emotional wellness.

There's an old book, Why Zebras Don't Get Ulcers. Basically, we're the only species on the planet. Our mind fear, even when we're not in immediate danger.

Oh, wow. Right? So the idea was like, once the zebra is out, it harms away from the lion, their immune system, their stress, everything calms back down.

Stress, Gut Health, and Immune Function

However, we can have emotions going back years or decades or lifetimes that You know, if not addressed with something like soul intelligence can continue to build.

So I'm a big proponent of prayer, meditation, journaling, reading, listening every morning. How about yourself? Absolutely. You know, I've also started recently doing some daily stretching, just a few yoga moves just to kind of loosen my body up.

And I've added that into my routine and I feel so much better doing it. Right. Like I've done something good for my body that day. And I think one of the things that surprised me the most, just not having as much functional medicine knowledge as someone like you has been in the industry for 30 some odd years, but learning about the gut and the gut microbiome in particular being the place where a number of our immune cells are located.

That's insane. Like I had no idea. I never realized the connection, so I heard Dr. Bland say it a few years ago. It was very subtle, but it got my attention.

He says when stress is high, the gut repair goes down. The body will prioritize where it needs on fight or flight, right? So it's the stress component, right?

Then you start to compound that on nutritional deficiencies. Right? Same thing. People come into the wellness center because their nails or their hair is no good.

And Doc used to always say, your body is going to prioritize the nutrients for your brain, heart and liver first, not so much your nails. So, you know, the micronutrient deficiencies, vitamins, minerals, protein, carbs, fats, fibers, these phytonutrients, we're really deficient in these.

That's why I recommend the shake a day. Had a good one today. I made you wanted you enjoy it. I did. It was delicious. You know, one of the things I think about when I think about the gut in particular, right?

When you talk about, you know, Hippocrates said 2000 years ago, all of our health begins and ends in the gut. You think about that as the solar plexus chakra, like the third energy center in the body.

And that center is what gets hit first, right? Because that's how you feel about yourself, your self-esteem, how you show up in the world. You know, like you go into, you're going to get on camera, right?

Maybe you get butterflies in your stomach or something bad happens. You feel like you got punched in the gut. That's literally where we feel everything first kicked in the gut.

A little bit lower sometimes too. Yeah. It all hurts down there. So thinking about maintaining your gut health as a way to keep your immune system high is really an interesting concept besides all the cool serotonin happy hormone that's made in that place.

Yeah, it's a combination. Managing the stress, of course. Making sure you're getting your nutritional support. That's why I always recommend a shake a day.

Right now, we're doing the Orange Dreamsicle for Q4. Really exciting to have that. Drinking your nutrients too, right? And your food. And then you look at all your dietary habits.

What are you doing that you know, my buddy says, look, you're either building yourself up or tearing yourself down. No matter what you put in your mouth, your thoughts, your brain, whatever it may be.

And of course, we need to make sure that we're getting the proper amount of sleep. So we look at some of the immune health deficiencies, where does your immune start to break down?

I'd say stress, micronutrient deficiencies, toxicity, of course, and then lack of sleep. Because a lack of sleep is a big one. That's where you repair and everything.

You only have two parts of your immune system. You're acquired and innate, you know, and then you think about the body. I love when people say, well, how do you know?

I said, well, how do you know your brain works? How do you know your heart works? Like, you know, you're not telling those things to work, right? They're actually working on their own, believe it or not, by the power that created your body.

So you got to support both systems and really this whole thing, I feel that people are stuck right now. They're really living on adrenaline, right? So the fight or flight has got to the point now where they're completely burned out.

They don't even realize it because they're living on sugar, caffeine, nicotine, alcohol and tobacco and things like that. So what happens is that over time they become used to that and they don't understand what's going on physically in their body.

We have all different types of, if this is like a football team, you have your defensive backs, you have your linebackers, you have your linemen, and they all work in concert together.

So you're looking at the immune system, you had mentioned about 70% of your immune cells are in the gut. Why is that? I don't know. Why is that? It's a great question.

We want a great answer. Well, if you think about it, you know, where do we patrol our borders on the border? Right. So you're not going to put the coast guard in Nebraska.

So what happens is in the, in the body, if you think about that same analogy, we're basically a pipe. a tube from the mouth all the way through the colon.

It's like a tube that kind of the outside world travels through all the way through. It only gets in the body when it goes through the intestinal tract and it absorbs.

So you gotta get it in the bloodstream and the bloodstream is a superhighway where it's gonna take all these nutrients, travel to different organs, drive them inside the cell, have them turn something on, Then excrete their byproducts.

So it only makes sense. We are going to be exposed to more things that we ingest usually by choice. So it's going to come into the intestinal tract. And now we need to have all of our immune system fighting it off as the portal of entry.

So we have all the antibodies in here. We have all the white blood cell counts, the T cells, the lymph nodes, the thymus. They all work together. That's one of the reasons.

I saw people going, well, we went to a meditation retreat with Dr. Joe Dispenza and I saw a bunch of people saying, yeah, they were going to tap on their thymus.

And I was like, wow, what are they doing? So it was to simulate those T cells that in the body works in concert together. We're not a bunch of body parts, just how positively put together, right?

So if someone says I have a problem with my lymph nodes, they probably have an issue with their immune system overall, right? And then if these immune markers are elevated for some reason, maybe you have an infection that you're unaware of.

The body is very, very complex. We're going to simplify it for today. One is you got to limit what you're being exposed to. Right. And two is you got to support your body's ability to fight off foreign invaders.

You know, the medical approach, you know, they're basically going to wait for you to get sick or even worse, they're going to give you vaccines. Right.

And last time I really had the flu really bad was 1993. I was getting ready for the Mr. PA and the anniversary was just the other day, which is interesting.

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Absolutely. So she got me when she said it's only five bucks as you work at the Rivers Club. Oh gosh.

Nutrition, Sleep, and Immune Breakdown

And we're right down the hall. So I went and got the shot on Thursday at like three o'clock. I swear by seven o'clock that night I had the chills. When I get the chills, I know I'm getting sick.

Right. And I was pretty much in bed Thursday night, Friday, Saturday, Sunday. I limped back to work on Monday and when I saw my friend, I said, you know, I got really sick because did you get the shot?

I go, yeah. She goes, well, imagine how sick you would have been if you didn't get it. Oh, goodness. I says, I got sick because of the shot. She says impossible.

I said, actually it's not. And they've proven all these years later, but between the vaccines, people were getting antibiotics pretty much throw the antibiotics or miracle drugs for infections, material infection.

However, he used for everything. In fact, the AMA a few years ago said for a kid with earache, don't give antibiotics. They said, if you want to use a little bit of Tylenol for pain, okay.

The old days, what do we do for earaches? Oh, he used to put like oil in the baby's ear. Eat up the oil, cotton ball, and boom, you're good to go. So today, you know, a lot of these diseases that they're using vaccines for were pretty much going away anyway.

And I always say, look, you need to build your body's own immune system. I didn't get the COVID vaccine. I got COVID at least once. It's okay. My body built up immunity to it.

And then here I am, down the road, feeling very good. The other thing, if you suffered from COVID, things like SPMs, Ketomax, immune glandular, immune boost can all be really effective for you with that.

Right. And when we think about how many, you know, vaccines people are exposed to, you know, by 18, right, 18 years old, we've had 76 shots looking at this, this shot scan.

Yeah. It's interesting before 9 11, you had about 20. Now, if you follow their recommendations, there's a great book that Dr. Wynne always promote. I read it.

It's got over 300 different references to public studies and it's by Dr. Tim O'Shea. It says vaccination is not immunization, right? Just because you're vaccinated doesn't mean you're immune to it.

And Dr. O'Shea put out over 300 cited references. So it's really cool. I know some of those books can be a little more spiritual or religious. This one is very science-based.

So the fact is, is that you don't need all those vaccines. That's my opinion. There's a lot of ways you can go around it. And if you ever did get a vaccine, like for a little kid, don't do three and four at once.

It's just too much for the system. Yeah, I think, you know, the more we can do things to help our immune system thrive, the better off we're going to be because then your body's able to fight off whatever comes in.

Right. It's just like football. We're in Pittsburgh. Right. Home of the Steelers had a big win recently. You know, if the quarterback Aaron Rodgers wants to be protected, you need a good offensive line.

And if you're under attack with a blitz or, you know, then you need to move quickly. So you got to build up your immune, then you got to fight off when you're under attack.

And there's multiple ways to do this. Superbiotics, let's start there. I start every day with two superbiotics. Sometimes I'll take them at night in addition.

But guaranteed every morning with my first glass of water, I'm taking two suprabiotics, which is a very potent probiotic. And it's a complex of multiple strains because the microbiome is in the intestinal tract.

That's where your immune cells live in this malting galt in the gut. Yeah. And isn't there like 50 billion? per one capsule point. That's a lot. What does CFU stand for?

I don't know that you want me to say. Forming units, colony forming units. CFU is forming units. Got it. Okay. So that determines these are live bacteria.

It determines how many active do you have. You need at least six a day for any kind of result. That's why our frontier has six, right? The probes on have two and a half, so you can take three dose a day.

Six is like a really good foundational amount. When you need therapeutic dose, something like Superbiotics is going to be one you want to use. You know, one of the things I remember, I think you and Dr.

Tracy were having a conversation about how when someone is sick and they are on antibiotics, you should still take super biotics or some kind of, you know, probiotic, but just apart from the anti so that the anti does what it needs to do.

And then later you're giving the gut what it needs. Yeah, some doctors are mixed up. Bad bugs out, good bugs out. Yeah. Mixed philosophy out there. Either way, you need to take the superbiotics either with the antibiotic and at least four hours apart or as soon as you're done with that course of action.

Got it. Because what's going to happen in about three to four months, you may not even realize it, you will have some GI issues and you'll never correlate with the antibiotic.

Well, the other cool thing about our super biotics, right, is that it's non-dairy species too. And I know that's really important to people. A lot of people are lactose intolerant.

Yeah. And we have PRTs in the super biotics, patented research, trademarked ingredients, right, from Denisco. And what these mean is that each one of those, think of probiotics like dogs, right?

Say, oh, I want a dog. I want a probiotic. It's not telling you anything other than the species. You know, if you want our dog, you don't get a shit suit.

If you want a lap dog, you don't get a German Shepherd. Each one of these probiotics has a specific characteristic. Some work better in the upper GI. Some work better in the colon.

Some are better for digesting lactose. But just like a football team, when they start to put together 10 and 12 strains, they work in concert together.

The synergy of the formula is really what does it. So each one of these probiotics in there, for example, the lactobacillus acidophilus, the LA-14, that's directly correlated with studies that show all these probiotics in there actually do a few key things, right?

We think about being bioavailable. They actually survive the stomach acid, digestive enzymes in bio. They actually get somewhere in the intestinal tract, and they kind of put their flag in the ground.

They set up their home and then they're able to proliferate. They grow in there. So it's really important to have a good probiotic, a good complex, different strains that are PRTs.

Vaccine Discussion and Personal Experience

And also a nice thing about the superbiotics is that it's been proven to be stable at room temperature, right? If it gets hot, you probably want to put it in the fridge.

But we also have it in a blue bottle, right? To protect it from the UV rays. Air and light will break down in a plastic bottle, but not in a glass bottle.

So that's Superbotics. And we have three different immune formulas. We have the Immune Boost, which is our original immune kit put together, which we'll go through in a minute.

The ImmunoMax, which is our original immune formula, it's a really innovative ingredients and an immune glandular. When you need the extra boost of the glandular, we'll talk about that one here in a minute.

So the immune glandular, right? This is actually created by one of our doctors, a PhD. So when we talk about glandular, we're talking about actually the real tissue that we're putting in here.

So in this one, we actually have the immune glandular tissue. So what exactly do we have in there? That's a glandular. Well, there's the thymus, the spleen and the lymph.

Yeah, we just went through this, right? The importance of all three of those. So you're getting those nutrients. You're also getting vitamin A and vitamin C and zinc, right?

You're getting some of the key vitamins and minerals in here. Echinacea was super popular for immune. That's in there too, right? Elderberry also super popular for immune.

So there's a lot of great things in the immune glandular. And I know, you know, on the occasion that I felt my system starting to go down, I would take actually all three of our formulas, but for different reasons.

But immune glandular is kind of like the Hail Mary that you need to throw into the mix. Yeah, it's the strongest of the three. I like taking this especially when you have something acute going on.

The ImmunoMax, the Immune Boost, Orgolandra can all be used for prevention on a day. The idea is you get this in your system building up. You know, you build it up through the winter months.

That way, if you're exposed to something, you may fight it off and not need anything. Right. You may have it already at your home and in your system and say, OK, I'm taking one a day.

I'm getting that little feeling. I'm getting that shiver. I'm getting that backache. I'm getting a headache. I'm getting tired, cough, whatever it may be, whatever the symptoms are you normally have when you feel it coming on.

Then you can increase the intensity of the glandular. You know, I took, gosh, at least 60 days a day. And, you know, you go through the bottle in a week or two.

The glandulars are really clean. They come from New Zealand, which is one of the best places to get them. And I know you've been working with that vendor for a long time.

Oh, yeah. I work with Heather and I work with her dad. He was the original importer of glandulars in the early 1970s. We were still riding a little tricycle back then.

Pete's a great guy and he brought these glandulars in and he's been supplying the U. S. ever since then. And there's been challenges in the last two years with glandulars, but Our source has been great from New Zealand.

Certain ones we actually get from South America too, but those are the two best sources of glandulas. Super clean, and then we test the activity. They have really strong, therapeutic levels of activity in them.

Love it. So quote Dr. V like attracts like, but that's why I did. That's why do you use an immune gland? Opposite track. Sometimes, you know, like, absolutely.

I love this next formula. Yes. Immune boost is our whole protocol, our whole immune kit in one bottle, like in a capsule, right? Everything you need, you know, D three zinc, EMG, quercetin, NAC, vitamin C.

It's like alphabet soup plus. Yeah, it's a nice combination because you have vitamin D, of course, and vitamin C. Those are two players in the immune system.

For years, we've known about that. Vitamin D is really important because all your immune cells have receptors for vitamin D. And they're really talking about more being a hormone-like Substance and actually a vitamin so D levels are increasing all the time Vitamin D from the Sun right every morning people are supposed to go outside allow the Sun to be on their face You know if you think about if you have pets and you see a dog they go out and they'll lay

out in the Sun I remember I was talking to a client recently and they were like yeah I decided since my dog looks so happy after like 15 minutes of laying in the Sun that I would go do it well The latest research shows at least 20 minutes per day of full body exposure.

Oh my goodness. So be careful what neighborhood you live in. But I was out on a boat yesterday with my buddy and you know, this is something about being out in the sun for me, right?

Superbiotics and Gut Support

Be careful because you want to slowly go out. You know, the other thing I find too is I don't really use sunscreen anymore, right? So certain nutrients will help protect your body from the sun.

I know I love it, including olive oil instead of the dreaded seed oils. So good things. Our Italian heritage is coming on strong. Yeah, and the other cool things in this formula, the quercetin and NAC.

You know, NACs are really good for the lungs, for the immune system, for the liver. Quercetin for any allergies, infections, senesces, lungs. That's a nice one-two punch.

Yeah, and NAC, I think, helps build glutathione, right? Absolutely, yeah. That's why it's great for the liver. So it's a precursor. Along with DMG, what's DMG?

Darn Mighty Good. glycine, darn mighty good. This is a master methylated in the body. Three US patents, including melanoma, RA, and OA. So if it has a patent for those three things, you think it helps the immune system?

Oh my goodness gracious, yes. It's also our award-winning formula when we're playing tennis. It gives us more oxygen and gives us an advantage over anybody else on the court out there.

So look out. Well, here's a couple of people who really were excited and what they're saying about our immune boost formula. So you want to read that?

It's from Joe. Hey, Joey, Joey bag of donuts. Joey Bumbats coming in from New York City, December of twenty, twenty four. So what did Joey say? This is last winter.

yeah he was really psyched that you know he didn't have to open five bottles when he was sick right you know having all you know his immune support in one thing and that's really the key to most of nutritional frontiers formulas right we pack so many good things into one formula using the highest quality ingredients patented researched and trademarked and the best form so that your body absorbs it.

You know, Joey, he also, you know, said that was great for his new patients who don't have a good stock of supplements and, you know, they do get sick.

And so this is what I would make sure that you have at home, on hand, ready for when you need it. What the other goal thing about Immune Boost was we actually partnered with one of our brand ambassadors, Dr.

Laurie Roman, a pharmacist out of Tampa, Florida, who was really enthusiastic about packing our immune kit into one bottle. Yeah, another way is this woman Carla and her husband They like to go on cruises like to travel a lot and usually when they do between the cruise and the flights He comes out with a sinus infection and she'll get sick.

So she said what they did is About three days before their flight They started this and continued until a couple days after they were home and I'm happy to say that neither one of us had any issues on this trip.

Also because you were given everything you need and just one, the immune system was working much better. It was much easier for her to be compliant. She highly recommended it for other people.

Yep. There you have it. And you know, we always hear the disasters about, you know, what's going on on cruise

ships, that it's like this bacterial craziness and people always getting sick.

So there is no way I would go on one without taking some of our immune formulas. So we've got the immune glandular. If you want glandulars, you got the immune boost.

If you want the kit. Now, the ImmunoMax is more of a specialty formula. This is one of our original immune formulas, and it was really interesting because what we did is we looked at, all right, number one, we have Maiitake PD fraction.

You've heard about magical mushrooms? Yes. Somewhere. I think I've read about it.

Immune Glandular and Immune Boost

The 70s it was popular? Yes. This PD fraction is what all of the studies have been done on because a low molecular weight allows us to be very bioavailable in the body.

Not all my taki mushrooms are the same. You need the PD fraction. They added DMG, dimethylglycine. Why do we add that in here? Well, because it's an immune adaptogen, right?

It's going to go where it's needed in the body. It helps your body utilize oxygen. We can live a long time without food, a few days without water, but minutes without oxygen.

So DMG helps oxygenate the cells. And when they are full of oxygen, you know, certain types of bacteria, parasites, mold, funguses can't live in that oxygen rich environment.

The thing I really love is that we have Arabinal Galacticans. These are actually inulin prebiotic fibers. That's what's in the sweet balance. They've been proven to actually increase the number of immune cells in your intestinal tract.

So that's why we have that in there. Then you have the beta-1,3 and 1,6-glucans. These are like snipers sitting on your cells. And what happens when bacteria or viruses come floating through the blood, These will actually activate, engulf them, render them harmless and excrete them out of the body.

Like a Venus flight trap. I remember that used to poke it with the pencil to get it to go. Yeah. So immunomax is actually my daily immune support. I usually take two of these a day just because I do travel quite a bit.

And I will tell you, this is actually my mom's one of my mom's favorite formulas. Only second to proline greens chocolate. Um, but she takes this every day.

My mom is getting up there. She's close to 80. She'll kill me for saying this, but she'll never come on camera. So she won't, maybe she won't listen. I'll tell her, skip this episode.

but she takes it every day. And my mom has not been sick. Thank goodness with anything more than just a brief cold, I think since taking this formula and she still gets the flu shot because she believes, you know, a little bit in the system, the body's bite it off and whatever, but I got her off the COVID shot.

So thank God, small miracle. So a couple of people have been using this and that gave us feedback with Sherry. She says that she helped build up her immune system with the Immunamax.

It's her favorite formula because it saves her and her home from getting sick. She rates it five out of five. I love it. You know, and, and then, um, you know, I just mentioned my mom, but people are always having, you know, great results with this formula.

I think it really keeps everybody healthy. And it's really, like I said, our daily preventative. Now, I know we talked a little bit about super biotics already, but, The superbiotics has a complex amount of variety with the different strains and they're working together, very comprehensive.

It's in a blue glass bottle, so super bioavailable and we maintain the CFUs until expiration date. That's a really key point because to maintain 50 billion, they're much stronger when we make them.

And the nice thing is that you're going to get that therapeutic dose, even expiration date. Well, one of the things that, you know, I, we always get great, great testimonials from people.

And I love when we hear from one of Dr. Len Bransawitz, his clients, he's a brand ambassador to us. He is known as the gut guy. So super biotics is used in a lot of different ways.

And Typically, if you struggle with constipation or any gut problems at all, you'll find it really helpful. One of his patients said, you know, she's regular, she's not constipated.

Somebody else said less stomach cramps, better digestion, less flatulence, more regularity. Better sleep. So better sleep. How does that contribute to better sleep?

I guess if your gut's not making noise at night, it'd probably help you out a lot. And we talked about DMG quite a bit, right?

ImmunoMax and Daily Immune Strategy

This helps with T helper cells, helps with the immune system, osteoarthritis, rheumatoid arthritis, melanoma, all research and patented for those types of conditions.

Well, the reason that we put DMG in so many of our products is because you can't OD on DMG, right? How many doses did they test up to University Clemson?

They did 4000 doses. That's not milligrams, but doses. And basically the conclusion was there is no toxicity. DMG, as Dr. Roger Kendall, PhD, who's worked with DMG for over 30 years has stated, DMG breaks down in the body, so you don't have to.

So let's hear from Lucas Amoros, one of our clients and a new daddy to an NF baby. Well, you know, he loves our DMG because, you know, he's recognized how much toxicity is, you know, around him and insults our bodies on a daily basis.

It's certainly a biohacker is what he called it to help combat all the toxicity. And if you want a properly functioning immune system, DMG is a must in his opinion.

And I love Bobby C's quote, I am slightly addicted to DMG. There'll be a lot worse things to be addicted to. Absolutely, but improvements in focus and mental clarity, right?

Because it's probably getting more oxygen to the brain. I know when I get a chiropractic adjustment, all of a sudden I'm like, oh, blood flow to the brain.

There's oxygen getting up there. I can think again. So DMG helps with all of that. So if you're feeling like you would like to get your immune system rocking and rolling before any of the challenges come in for this season, make sure you check out our immune formulas at nutritionalfrontiers.com.

And if you liked what you heard on today's episode, please make sure that you like, you comment, you share, and you tell your friends about the holistic truth.

Yeah, and the strategy is that you want to help prevent getting sick, right? So the immune formulas, pick one, right? Immunoboost, immunoglandular, immunomax.

Pick one, take one a day, and then when you're feeling that first sign or symptom, that's when you want to blast it for at least a week. Absolutely. So until next time.

Well, thanks so much, Christine. We appreciate it. We'll continue making the world healthy. Thanks for all the support. Peace and love to everyone, and God bless.

Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

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