

Revitalizing Your Immune System

In the spring of 1998 I had some severe health problems; I had constant sinus infections, pneumonia, bronchitis, and asthma simultaneously. I was debilitated for six months and there didn't seem to be any relief in sight; none of the expensive designer antibiotics helped. I would get easily fatigued; I could only work for about a half hour before needing to lie down. I had no energy at all, any wounds took a very long time to heal—my immune system was highly compromised. A client suggested taking elderberry extract and faxed me research done over half a century ago.

I quickly purchased the elderberry extract from a local health food store. It came in a four ounce bottle so I took one ounce that evening, one ounce the next morning, one ounce the next evening, and the final ounce the following morning (ignore the box directions!). I couldn't believe the effect, not only could I work for as long as I wanted, I was out on the roof replacing the heavy trim on the back of my house the next day—it was amazing! A year later my sister complained of the same lack of energy. She would come home from work and crash on the couch, too tired to make dinner, shop or do anything. I sent her a bottle of the elderberry extract, told her to ignore the instructions, and take it as I did. The results were equally amazing; by the third dose she had more energy than she knew what to do with.

Over the years I suggested taking it to many people without knowing the outcome. This past year I was working with a client who also felt tired, etc., so I suggested taking the elderberry extract. He too said that he felt energized, but not to the extent of my sister or me. A few months ago I was discussing energy levels with a client who was seeing about 80 patients a day; I suggested taking the extract and he asked me why. I told him of its success and then it dawned on me; this is a perfect test to determine whether one's immune system is compromised or not. If compromised, the elderberry extract would revitalize it; I call it "jump-starting your immune system". If not compromised, there would be no big change in energy level—there wasn't for him.

One of the great things about jump-starting your immune system is that it usually only needs to be done once. My sister never took the elderberry extract again—it's been 9 years and she still has plenty of energy. I took it from time to time over the past 10 years, thinking that my immune system may have been compromised, but it didn't help, my immune system was fine.

Bottom line; obtain a bottle of elderberry extract at a health food store or on line and take it as suggested above. If you have a large increase in energy your immune system was compromised. If you have a small increase in energy it was slightly compromised. If no increase in energy, it was fine to begin with—but now at least you know it. Purchase the "Sambucol" brand; I know that this one works. Also, buy the Sambucol in the *yellow box* (see photo), not the one in the purple box.

