

Improving Your Odds

By Regina Di Silvestro

Staying healthy during the cold and flu season doesn't have to be difficult. Besides the old standbys of frequent hand washing, getting plenty of rest and eating right there are other ways to help prevent or lessen the severity of colds and flu this season. With our Imm-Prove™ - Immune Therapy system of soaks, serums, massage oils and sprays one can definitely have a better chance at beating the odds.

Therapeutically Targeted to Provide Support For:

Colds
Flu
Allergies
Sinusitis
Respiratory Infections
Bronchitis
Compromised Immune Function

Based on transdermal technology, Imm-Prove™ products were developed to provide spa/clinical quality body care and therapeutic results all in one for immune system support. Up to 60% of what you put onto your skin is absorbed into your bloodstream. Instead of harmful synthetic chemicals of no beneficial value; Imm-Prove™ products provide therapy specific blends of herbal extracts which utilize the skin as their primary form of therapeutic delivery. Fifteen herbal extracts of Echinacea angustifolia, Echinacea purpurea, Astragalus and Oregon Grape help enhance and maintain the immune system improving its ability to defend infectious and non-infectious disease while Ginger and Chamomile ease nausea and digestive disturbances. Licorice and White Willow help reduce inflammation and fevers. Eucalyptus, Osha, Wild Cherry and Fenugreek provide respiratory support and ease coughs. Eyebright and Nettle help ease sinusitis and allergies and Amalaki provides vitamin C. All these herbs combined create a superior immune defense support to help overcome a weakened immune system and its associated disorders.

Benefits:

- enhances and strengthens the immune system
- helps maintain a strong immune system
- helps prevent colds and flu
- helps fight viral and bacterial pathogens
- eases coughs and congestion
- soothes and relieves body aches and pains
- helps reduce fever
- flushes body of toxins
- improves healing and lessens severity and duration of colds and flu



Imm-Prove™ – Immune System Therapy

- Aromatherapy Spray
- Hydrotherapy Soak
- Treatment Serum
- Massage Oil
- Respiratory Inhalant Rub

Begin building the immune system by misting the aromatherapy spray into the air and breathe deep as the essential oils help open airways and relax the body. Spray onto surfaces such as door knobs and bed linens to help eliminate germs that may be present. Next, soak in a hot bath with the hydrotherapy soak or if fever is present apply cold, hydrotherapy soaked towels to the forehead and neck. Let the 15 different herbal extracts, Epsom salts, dead sea salts and immune enhancing essential oils ease sore muscles, help reduce fever, enhance the immune system and open airways. Follow by applying the immune enhancing concentrated, 15 different herbal extract and essential oil treatment serum or massage oil all over the body. Finally open airways and breathe deep by applying the respiratory inhalant rub infused with eucalyptus, peppermint, tea tree essential oils, menthol crystals, shea butter and safflower oil onto chest and neck.

Imm-Prove™ Aromatherapy Mist

Features & Benefits:

- eases coughs and opens congested airways
- rejuvenates and freshens mind and body
- helps kill germs on surfaces and in the air

How it Works:

Herbal extracts and essential oils have an antispasmodic action on the lungs helping to reduce coughs and sneezing. By breathing in deeply, the essential oils act as an expectorant and help open up congested airways allowing for increased oxygen consumption. The mist also moistens and soothes inflamed lung and sinus tissues. The essential oils create an awakening, rejuvenating and freshening effect via aromatherapy by stimulating the olfactory nerve and creating a neurological response.

How to Use:

1. Mist onto face and into air and breath deeply, inhaling in the therapeutic essential oils and extracts for respiratory support and aromatherapy.
2. Mist all over room, door knobs and bed linens to help eliminate germs.

Key Ingredients:

Echinacea and Witch Hazel Extracts, Eucalyptus, Lemon Eucalyptus, Tea Tree and Peppermint Essential Oils.



Imm-Prove™ Hydrotherapy Soak

Features & Benefits:

- Soothes and relieves body aches and pains
- Helps to reduce fever*
- Flushes the body of toxins

How it works:

The dead sea salts and Epsom salts when blended into a warm water bath promote perspiration and help flush the body of toxins. When blended into a cool bath or soak they create a cooling effect on the skin helping to release heat and reduce fever. The analgesic properties of the essential oils and extracts also relieve the body of aches and pains by reducing inflammation and nerve irritation.

How to Use:

Pour desired amount into a cool or warm water bath and soak as desired.

*Use cool water if fever is present. Can also be used to soak towels then drape over feet, forehead, neck or other pulse points.

Key Ingredients:

Echinacea purpurea Root Extract, Echinacea angustifolia Root Extract, Astragalus Root Extract, Ginger Root Extract, Licorice Root Extract, White Willow Bark Extract, Wild Cherry Bark Extract, Eucalyptus Leaf Extract, Osha Root Extract, Chamomile Flower Extract, Eyebright Extract, Nettle Leaf Extract, Oregon Grape Root Extract, Amalaki Berry Extract, Fenugreek Seed Extract, Dead Sea Salts, Epsom Salts and Eucalyptus, Lemon Eucalyptus, Tea Tree and Peppermint Essential Oils.



Imm-Prove™ Treatment Serum

Features & Benefits:

- enhances and strengthens the immune system
- helps maintain a strong immune system
- helps fight viral and bacterial pathogens
- eases symptoms of colds and flu
- improves healing and lessens the duration and severity of colds and flu

How it Works:

When applied to the skin, the therapeutic anti-microbial and immune enhancing herbal extracts and essential oils may enter the bloodstream where they can enhance the body's natural defenses and help prevent or defend viral or bacterial pathogens. They can also help to reduce symptoms associated with colds and flu such as coughs, congestion, allergies, sinusitis and body aches and pains.

How to Use:

Similar to a lotion, rub serum all over body daily to help with prevention and twice daily if undergoing treatment of cold or flu.

Key Ingredients:

Echinacea purpurea Root Extract, Echinacea angustifolia Root Extract, Astragalus Root Extract, Ginger Root Extract, Licorice Root Extract, White Willow Bark Extract, Wild Cherry Bark Extract, Eucalyptus Leaf Extract, Osha Root Extract, Chamomile Flower Extract, Eyebright Extract, Nettle Leaf Extract, Oregon Grape Root Extract, Amalaki Berry Extract, Fenugreek Seed Extract, Aloe Vera, Safflower Oil, Vitamin E Oil and Eucalyptus, Lemon Eucalyptus, Tea Tree and Peppermint Essential Oils.



Imm-Prove™ Massage Oil

Features & Benefits:

- eases symptoms of colds and flu
- soothes body aches and pains
- helps to flush out toxins and microbial debris
- improves healing and lessens the duration and severity of colds and flu

How it Works:

The herbal infused oil and essential oils when massaged onto the skin help stimulate blood and lymphatic circulation helping to flush the body of toxins and microbial debris. The essential oils help soothe the body of aches and pains by helping to reduce inflammatory compounds in the muscles caused by infection from pathogens.

How to Use:

Massage all over body, focusing on lymphatic nodal areas once daily or as often as desired. Warm slightly in microwave or double boiler to enhance the therapeutic effect.

Key Ingredients:

Herbal Extracts of Echinacea, Oregon Grape Root, Astragalus, Ginger and Licorice, Safflower Oil, Vitamin E and Essential Oils.



Imm-Prove™ Respiratory Inhalant Rub

*Our Most Popular Imm-Prove™!

Features & Benefits:

- opens congested airways
- relieves congestion
- eases coughs and sneezing
- reduces sinusitis, allergies and bronchial spasms

How it Works:

When rubbed over the chest, neck and arms the essential oils and butters open airways and act as an expectorant helping to relieve congestion. They also act as antispasmodics reducing coughs, sneezing, allergies and bronchial constriction.

How to use:

Rub all over neck, chest and arms as frequently as desired and breathe deep.

Key Ingredients:

Safflower Oil, Mango Butter, Menthol Crystals and Eucalyptus, Lemon Eucalyptus, Tea Tree and Peppermint Essential Oils.



Imm-Prove™ Care Package

All Five Items With Travel Bag

Defend yourself from colds, flu and allergies with all five products. Use them in the spa sequence for best results or separately as needed.



Imm-Prove™ Herbal Complex:

Echinacea angustifolia & purpurea Root

A variety of complex sugars, polysaccharides and Echinaceosides enhance immune system functioning and act directly on invading viruses and bacteria that can cause colds, flu and upper respiratory disorders.

Astragalus Root

An adaptogenic herb of Chinese origin that plays a key role in strengthening the immune system via Astragalosides and other immunostimulant polysaccharides.

Oregon Grape Root

Used as an alternative to Goldenseal, contains the alkaloid berberine, known as an anti-inflammatory and anti-bacterial used in the treatment of infection.

Amalaki Berry

Also known as Indian Gooseberry, this herb is high in vitamin C and other phytochemicals that have been shown to enhance immune function.

Ginger Root

Ginger decreases the activity of plate-activating factor (PAF), making the herb effective against allergies and asthma. Ginger has also been shown to be highly effective at killing cold viruses.

Licorice Root

Another adaptogenic herb, Licorice is useful for all colds and flu, by enhancing the immune system, easing sore throats and reducing coughs.

White Willow Bark

Nature's first form of aspirin; the salicins and tannins that make up White Willow Bark's anti-inflammatory effects help ease aches and pains and reduce fever.

Eucalyptus Leaf

Eucalyptus oil acts on nerve receptors in the mucosa of the nose and sinuses in a way that causes release of mucus. It has also been shown to have anti-microbial properties.

Osha Root

A traditional Native American treatment for upper respiratory infections; and to prevent the development of a full-blown cold or flu.

Chamomile Flowers

Acts as a sedative and allows more peaceful sleep. Chamomile also has been found to contain chemicals that are anti-inflammatory, antibacterial, antiviral, and antiparasitic.

Eyebright Herb

Helps with eye irritations as well as to relieve inflammation caused by colds, coughs, sinus infections, and sore throat.

Nettle Leaf

A combination of phytochemicals provides the anti-inflammatory effects and is particularly effective in treating allergic rhinitis, itchy, watery eyes, sneezing and runny nose.

Fenugreek Seed

Contains mucilage which helps to soothe sore throats and clear congestion.

Wild Cherry Bark

Acts as an analgesic, antiarrhythmic, antibacterial, anticonstrictive (in the bronchial tubes) and helps to ease coughs and bronchial spasms.