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## Now is the best time to boost your immune system

Posted by Alanah - 2008/08/28 17:40

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This is the best time of the year to boost your immune system and make sure that you get through those winter months with out falling foul of colds and flu. Putting in a little work now will make all the difference. Take a six week course of one of the following: echinacea, eleuthero, or elderberry and keep yourself topped up with vitamin C right through the winter months. At the slightest sign of any sniffles just take another few days of your chosen herb and your body should kick it off straight away with out it taking hold.

Prevention is always beter than cure

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