



Knowledge is
your secret
weapon to good
health.

IMMUNE HEALTH

Respiratory Conditions

Sinusitis, asthma, COPD (emphysema, chronic bronchitis) and allergies are some of the most common chronic conditions affecting the respiratory tract. These conditions, among others, can create many unpleasant symptoms that involve inflammation in the respiratory passages, overproduction of mucous, cough/throat irritation and difficulty breathing.

Contributing Factors

Infections/colds (viral, bacterial, fungal), irritants/environmental allergens (pollution, smoking, chemicals, perfumes), structural abnormalities, high or low stomach acid, hormone imbalance, stress, medications, food allergens, leaky gut, genetics, under/overactive immune system, obesity

Lifestyle Recommendations

- Identify and eliminate triggers. Avoid pollution, common allergens (sulphites, gluten), foods that are mucous forming (dairy, bananas and citrus fruits are big ones!), caffeine, sugar, chemicals, smoking or other things you notice that are triggers for you.
- Consider using a Neti-pot or a natural nasal spray to help drain sinuses and clear the airways.
- Manage stress. Support the adrenals through stress management techniques, getting enough sleep and moderate exercise.

Product Recommendations

- Products to help fight infection (if necessary): Silver, Citrus Extracts, Horseradish, Echinacea, Goldenseal, Oregano, Ivy Leaf, Thyme, Licorice
- Factors that aid in reducing inflammation and excess mucous production, beginning in the gut: Probiotics, Enzymes & HCl, Fiber, Gut Repair Formula (containing L'Glutamine), Multivitamin + D3
- Factors that help fight inflammation, repair and protect from damage and thin mucous: EFA's (fish oils, plant oils), Serrapeptase, NAC, Vitamin C, Quercetin, Grape Seed, Green Tea, Pycnogenol, CoQ10, Vitamins A & E, Magnesium
- Factors to help modulate(balance) the immune system: Plant Sterols, Beta Glucans, Mushrooms
- Herbals to help expel mucous, soothe membranes, relax airways: Mullein, Rosemary, Thyme, Nettle, Plantain, Horehound, Eucalyptus, Marshmallow, Slippery Elm, Fenugreek, Licorice, Hyssop

Book a free 15 minute consult with a GNN Product Advisor!

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