



Your Monthly Update

Dear Colleague

Welcome to the February newsletter from Pure Bio Ltd.

By the way:

Did you know that Pure Bio now sells some of our products in larger sizes?

Buffered Ascorbic Acid	250 capsules
Vitamin E	180 capsules
Zinc 30	180 capsules

Also:

Its here at last!!

We have been asking Pure Encapsulations for some time to produce a vegetarian alternative to the ADR formula, and we have just received the first samples! Samples will be sent out to all of you by the first week in March, and stock will be available for purchase from mid-March onwards.

Finally:

We are in the throws of compiling a new catalogue.

We are aware that the old catalogue now has so many additions that it has become a little user-unfriendly!

The new catalogue will be in a folder, making it easier to add new leaves to the relevant sections and eliminating the need for any additional paperwork. We would hope to have the new catalogue to you by early summer.

Our feature for this month is

Astragalus

Over 2,000 types of Astragalus exist worldwide, but it is the Chinese version that has been extensively tested, both chemically and pharmacologically.

How does astragalus work?

- Enhances immune function by increasing the activity of lymphocytes and macrophages which increases the production of antibodies (IgA and IgG)
- Increases the production of interferon
- Stimulates natural killer cells

In addition to boosting immunity, Astragalus has antibacterial, adaptogenic, anti-inflammatory, and anti-viral effects. It contains numerous components, including polysaccharides, flavinoids, triterpene glycosides, amino acids, and trace minerals. It owes most of its immune enhancing effects to polysaccharides. Polysaccharides work with other key components to strengthen and build the immune system.

According to James Duke, Ph.D., the world's leading authority on healing herbs, astragalus increases white blood cell production of the body's own anti-viral compounds alpha-and gamma-interferon, which generally protect against viral invasion.

When an exogenous pathogen enters the body, the immune system counter-attacks in two ways: 1) macrophages and phagocytes - which are activated by polysaccharides - directly attack the pathogen. Polysaccharides also stimulate T-cell formation and differentiation which seek out and destroy pathogenic bacteria. 2) Antibodies either damage the pathogens directly, or alert white cells to mount an attack.

Astragalus also enhances T-cell production and stimulates macrophages, which in turn help other immune cells fight bacteria, viruses, parasites, fungi, toxins, and diseased cells. In a small Chinese study, ten people whose heart muscles were infected with Cocksackie B virus - the cause of myocarditis or heart inflammation - received injections of Astragalus extract for three to four months. The activity of their natural killer cells rose 11 to 45 percent. European studies suggest that many of the immune-stimulating compounds in Astragalus are active when taken orally.

Benefits

- Astragalus has been especially helpful to people with low energy, and those who tend to get sick easily.
- Several preliminary clinical trials in China have suggested that Astragalus can benefit immune function and improve survival in some people with cancer.
- It has also been found to suppress tumor growth and restore immune function compromised by tumor growth.
- Astragalus reduces autoimmune response, and may help people who suffer from allergies, rheumatoid arthritis, and lupus.

With a renowned history of being beneficial for heart and cardiovascular ailments, Astragalus is one of the primary herbs used in Chinese medicine for cardiovascular problems and has a lot of research to back it up. Astragalus has been shown to effectively:

- Prevent heart failure
- Regulate high blood pressure
- Treat angina, along with providing dramatic improvements in ECG and cardiogram readings
- Strengthen the beating and force of contraction of the heart muscle, while also increasing the level of energy production within heart cells

Recommended Prescribing

Astragalus is safe to take on a regular basis and does not appear to suppress the immune system with long-term use. It has no known side effects when used as

recommended.

In tincture form, recommended dosage is 20 drops 3 x daily to counteract acute infection; and 20 drops 2 x daily for long-term immune support.

Tinctures are always to be taken in water or juice.

For further information, contact:

Tracy S Gates

Director

PURE BIO LTD.

01403 730342

info@purebio.co.uk