



LIFEPHARM GLOBAL NETWORK

HAVE YOU NOTICED YOUR BRAIN SLOWING DOWN?

This is the second in a series about IMMUNE+++.



Not for Distribution



MODERN SCIENCE IS VALIDATING TRADITIONS AND CULTURES THAT REMIND US TO

- Balance our lives:
 - + physically
 - + spiritually
 - + nutritionally
 - + emotionally
- Live in peace





WHAT IS PSYCHONEUROIMMUNOLOGY?

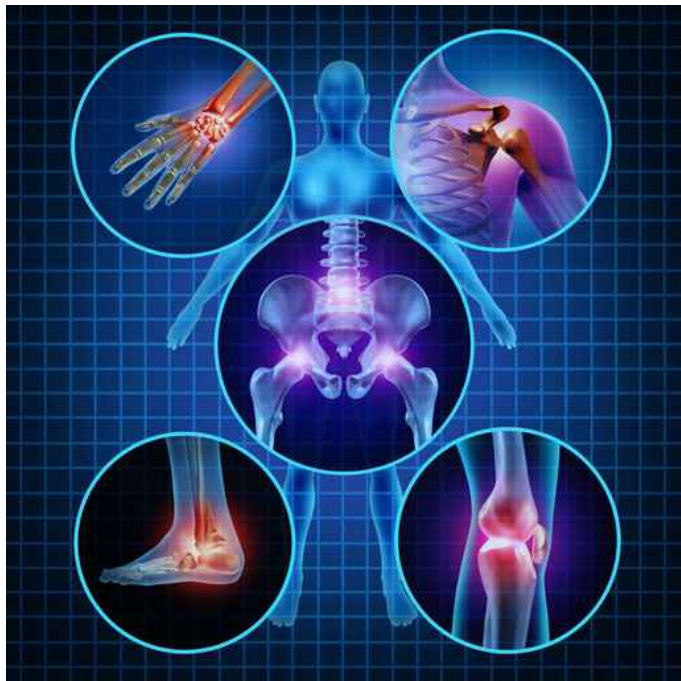


- Psycho-neuro-immunology is a three-part word that defines the study of the interactivity and actual biochemicals relayed between three areas:
 - + our psyches, which are our thinking minds
 - + our nerve/brain functions
 - + our immune functions
- All three systems are interrelated and influence each other





PSYCHONEUROIMMUNOLOGY SHOWS US:



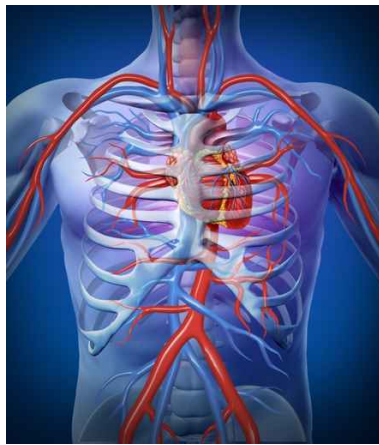
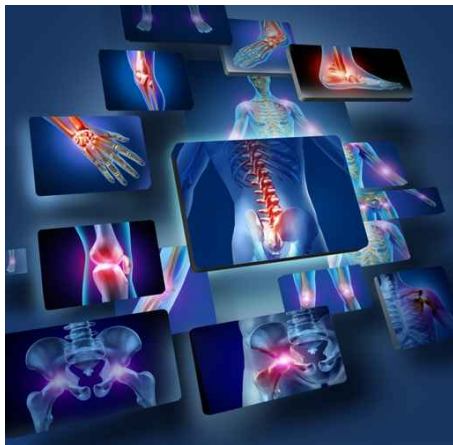
- Stress and diet affect the outcome of behavior and even influence DNA structure
- Our bodies are programmed to keep us well, but bodies need help
- When nutritional and stress-related imbalances arise, our bodies suffer from inflammation





WHERE DOES INFLAMMATION OCCUR?

- Directly in muscles and nerves (legs, hip, back)
- Joint tissues (knees, elbows, shoulders, neck)
- Blood stream, lymph/immune system, brain
- Cardiovascular system and blood vessels





WHAT ARE THE EFFECTS OF DIET ON INFLAMMATION?

- Diets high in refined starches, sugar, saturated and trans-fats promote inflammation
- Diets high in omega-3 fatty acids, natural antioxidants and fiber from fruits, vegetables and whole grains help prevent inflammation
- Some evidence suggests the addition of antioxidants or vegetables may even reverse inflammation





WHAT ARE THE BENEFITS OF OPTI-SHIELD MUSHROOM BLEND IN IMMUNE+++?



- Largely made with three mushrooms
 - + Reishi
 - + Maitake
 - + Turkey tail
- Reishi and Maitake are reported to support neuron cells and have neuronal health benefits
- Turkey tail mushroom has been found to contain many powerful antioxidants





BENEFITS OF USING MUSHROOMS AS FOOD AND/OR MEDICINAL FOOD:

- Mushrooms have been in use by humans for thousands of years
- 2000 edible mushrooms with 270 species now considered as potential wellness agents
- Nutraceutical qualities of mushrooms: functional foods that are free of pesticides, have high vitamin and protein content
- Taking supplements made with mushrooms is much easier than eating enough actual mushrooms to obtain benefits daily
- Demonstrating effects in the areas of immune functions and for neural support because of bioactive agents and antioxidant activities





WHAT IS THE POTENTIAL USAGE FOR CERTAIN MUSHROOMS?

- Tackle health concerns of an aging population
- Scientists are searching for small molecules, such as those in certain mushrooms, that can cross the brain-blood and induce production of nerve growth factor (NGF)
 - + NGF is a family of proteins responsible for maintenance, survival and regeneration of neurons
 - + NGF works during adult life
- The mushroom may be developed as a functional food to nutritionally support age-related neurodegenerative situations
- Studies show selected mushrooms have properties that help nerve growth and stability
- Regular consumption can promote nerve and brain health, especially during aging process





OPTI-SHIELD MUSHROOM BLEND IN IMMUNE+++ AT THE FOREFRONT OF RESEARCH



- Now there is growing interest in mushrooms for their potential mind-nerve-immune boosting properties
- Growing field of research may reveal even more benefits of the Reishi/Maitake/Turkey tail mushroom combination

