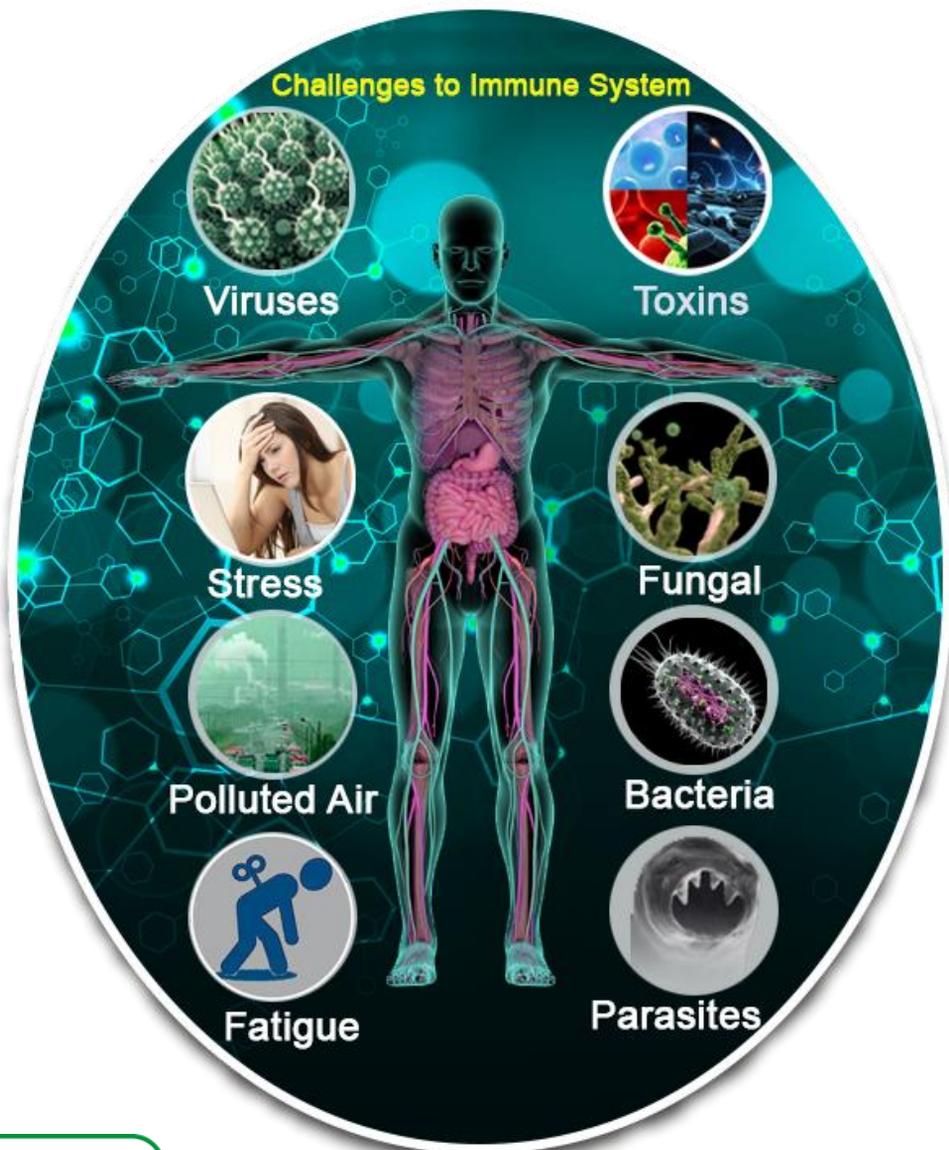


# How to maintain and boost immunity in daily life for your constitution or body type?

— By Evergreen Herb

In addition to **coronavirus** for now, we have to face various exterior challenges every day such as flu, toxins, polluted air, emotional stress and physical tiredness etc. A simple and effective way to protect us from these pathogens is to **maintain and boost your body immune system**.



You really need to know how fit your immune system is for fighting pathogens, so that you will:

- ✓ NOT panic from risk of illness
- ✓ Handle epidemic breakouts calmly
- ✓ Confront challenges confidently

The human body immune system consists of immune organs, immune cells and immunologically active molecules. The components of this innate immune system precisely cooperate to fulfil its functions of defence and recovery. Most importantly, they not only kill the invasive pathogens but also **clean up immune complex depositions after immunological battle** in a healthy strong immune system. Malfunction of any of these components will lead to low immunity, jeopardising our health and life.



In particular, some people in a subhealth state get used to daily tiredness, frequently catching flu and having a sore, heavy, painful body and realise their immunity isn't strong. However, they generally do not consider **why this happens and which part of their body preforms at a subhealth level to cause it.**



**Now the most commonly asked question:**

**what can you do in daily life to boost immunity according to your specific condition or body type?**

**THE ANSWER IS:**

**Evergreen Herb's Six Essential Ways of Fighting Epidemic**

# Evergreen Herb's Ultimate Aim

## Restore and Enhance the Body's Self-healing Ability

Kick start the whole immune system

Evergreen herb's six essential ways of fighting epidemic

— Verified by 20 years of use in natural health clinics —

### Good Sleep

Good sleep quality  
- is the foundation  
of strong immunity



### Body Cleanser

Cleans and detoxifies  
the body - breaking  
toxin's suppression  
of immunity



### Energy Support

Restores body energy  
- specific to you to  
enhance immunity



### Stress-ease

Anti-stress - emotion management  
for maximum immunity



### Tension-free

Relax - relieving  
anxiousness for  
greater immunity



### Better Digestion

Improves gut health - the  
fountain of immunity

## Continue Reading ...

Continue reading next sections for details of Evergreen Herb's Six Essential Ways. While Body Cleanser is commonly used for boosting immunity, someones may need other Essential Ways as well for the best results, depending on their conditions.

# Evergreen Herb's Six Essential Ways No. 1

## Clean and detoxify the body - breaking the toxin's suppression of immunity

Enhancing the body's self-healing ability and mucus immunity, cleansing accumulated toxins, removing waste of the immune complex.

Evergreen Herb™ **Body Cleanser** - Wellbeing. Protection. Recovery

[Allergy Frontiers: Classification and Pathomechanisms pp 79-94 | Cite as](#)

### Immune Complexes: Normal Physiology and Role in Disease

Michael M. Frank, C. Garren Hester

Research article published on *Allergy Frontiers* :  
“immune complexes can cause severe organ pathology, they contribute to the development of autoimmunity”.

### Environmental toxins impair immune system over multiple generations

Date: October 2, 2019

Source: University of Rochester Medical Center

**Summary:** New research shows that maternal exposure to a common and ubiquitous form of industrial pollution can harm the immune system of offspring and that this injury is passed along to subsequent generations, weakening the body's defenses against infections such as the influenza virus.



## Examples of feedback using **Body Cleanser**:

### Example 1, student, male, 27 years old

**Repeatedly catching the cold/flu,** he used to be easily caught by the seasonal common cold or flu, that normally lasted 2-3 weeks before recovery. This time it had prolonged for two months, his body feeling tired and heavy, fluctuation of temperature and irritated throat. Taking Vitamin C seemed not help much.

**After Taking** one course of **Body Cleanser**, he feels refreshed and his throat is clear, bringing him back to his normal self.

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### Example 2, retired, female, 50 years old

**Slow recovery from common cold/flu,** she had no more fever after antibiotics treatment, but still felt discomfort in the throat and chest for nearly two months.

**After taking** **Body Cleanser** for one week, these discomforts were gone.

### Example 3, business manager, male, 45 years old

**Toxins accumulated** in the body. Frequently travelling long distance with over 10-hour flights each time. After getting off the plane, his head and body often felt heavy and tired with achy joints.

**After taking** one course of **Body Cleanser**, He finds that his bowel motion is much more complete, not like incomplete as before. His body and head don't feel heavy, tired like before after long haul flights.

## Evergreen Herb's Six Essential Ways No. 2

### Relax and relieve anxiousness to maximize immunity

Most of us become unconsciously anxious, or do not care about it even after we realized it. Prolonged anxiousness can cause harm to the physical body and vice versa, and ultimately weaken immunity.

Evergreen Herb™ **Tension-free** - Relieving anxiousness

[Psychol Rep.](#) 1981 Dec;49(3):969-70.

#### **Anxiety and immune responsiveness.**

[Linn BS](#), [Linn MW](#), [Jensen J](#).

PMID: 7330156 DOI: [10.2466/pr0.1981.49.3.969](#)

Clinical research published on *Psychological Reports*:  
“ psychological states of perceived stress and anxiety influence functioning of the immune system and could lead to greater vulnerability to infections and disease ”.



## Examples of feedback using **Tension-free**:

### Example 1, Manager, male, 42 years old

**Busy and anxious**, he is often overworked and under immense pressure, by which he changed from a gentle man to someone who is annoyed and hot headed. So, he became easily irritable, had shallow sleep and an irritated throat that was worsened by the common cold or flu.

**After taking** one course of **Tension-free I** and **II**, he feels inner calm, collected, not irritable anymore and has good sleep at night. He is back to the gentle man he was before.



### Example 2, university student, male, 23 years old

**Frequently running to toilet** when stressed or before exam, he also had sweaty hands, a busy mind, who found it hard to fall asleep or had shallow sleep. He was easily irritable, had a bitter taste in his mouth and/or bad breath.

**After one week** of using **Tension-free I**, he sleeps soundly one night after night. With continued use, he becomes better both emotionally and physically.

## Evergreen Herb's Six Essential Ways No. 3

### Digestion system (spleen, stomach, gut) is closely correlated to immunity

A healthy digestion system is the fountain of immunity, as up to 80 percent of your immune tissue is situated in your digestive tract.

Evergreen Herb™ **Better Digestion** - Foundation of immunity

[Clin Exp Immunol](#). 2008 Sep; 153(Suppl 1): 3-6.

doi: [10.1111/j.1365-2249.2008.03713.x](https://doi.org/10.1111/j.1365-2249.2008.03713.x)

#### Allergy and the gastrointestinal system

[G Vighi](#),\* [F Marcucci](#),<sup>‡</sup> [L Sensi](#),<sup>‡</sup> [G Di Cara](#),<sup>‡</sup> and [F Frati](#)<sup>‡</sup>

Clinical research published on *Clin Exp Immunol* : “ The gastrointestinal system plays a central role in immune system. The crucial position of the gastrointestinal system is testified by the huge amount of immune cells that reside within it ”.



 For Healthy Living™  
**Evergreen Herb**



## Examples of feedback using **Better Digestion**:

### Example 1, university lecturer, female, 47 years old

**Loose bowel movement** constantly, she also had puffy face, loose body especially in tummy and eye bags. She easily felt tired, bloating and burping worsened from ingesting cold food or drinks. She was timid and disliked darkness, and easily caught common cold or flu.

**After one course** of using **Better Digestion**, her puffy face and loose tummy gradually tightened. Much less bloating and burping even after eating cold food or salad. She is not susceptible to the cold or flu like before.

### Evergreen Herb's Six Essential Ways No. 4

#### Anti-stress and proper emotional management for effective immunity

We are living in a society with constant stress which may force the body to release stress hormones, leading to emotional distress and low immunity. The effective emotional management can only be achieved by simultaneously relaxing the body and mind, based on an individual's traits.

Evergreen Herb™ **Stress-ease** - Emotional management

[Pharmacol Biochem Behav.](#) 1996 May;54(1):299-303.

**Stress and the immune system in the etiology of anxiety and depression.**

[Leonard BE<sup>1</sup>](#), [Song C.](#)

Research article published on *Pharmacol Biochem Behav*:  
“ various aspects of the immune system are severely compromised in chronic stress and depression ”.



## Examples of feedback using **[Stress-ease]**:

### Example 1, retired, female, 55 years old

**Introverted,** she was also sensitive and tended to over think. She started to have difficulty in falling asleep or waking up early after 40 years of age. She easily caught the cold or flu.

**After one course** of **Stress-ease I**, her body feels refreshed, she sleeps soundly at night and is emotionally relaxed. She also finds that she is less susceptible to the cold or flu.

### Example 2, student, male, 25 years old

**Sleeps very late,** he often had dry stool, sore mouth and tongue. He studied hard during the day and played computer games till very late night, leading to an irritated throat, and became quite susceptible to the cold or flu.

**After one course** of **Stress-ease II**, he feels inner calm and controls himself to not play games till the early hours of the morning. He has better sleep quality and has less irritation in the throat and mouth, less susceptible to the cold or flu.

### Example 3, sales manager, female, 35 years old

**Feeling dry,** she had dry throat/skin, dry stool, easily thirsty and would have a dry cough. She has low immunity and easily caught the cold or flu. She often works hard and is constantly busy.

**After one course** of **Stress-ease III**, she feels noticeably relaxed. Her throat and skin are not as dry as before with stronger immunity against cold and flu.

## Evergreen Herb's Six Essential Ways No. 5

### Boost your energy according to your body type - A premise for healthy immunity

Chronic tiredness or fatigue is a common issue of our modern society. Prolonged anxiousness, sleeplessness and overwork can lead to adrenal fatigue manifested in slack skin, dry mucus and low immunity.

Evergreen Herb™ **Energy Support** - For promoting immunity

[Hokkaido Igaku Zasshi](#). 1998 Jan;73(1):61-71.

**[Effects of physical exhaustion on immune systems].**

[Article in Japanese]

[Takahashi K](#)<sup>1</sup>.

A clinical research published on *Hokkaido Journal of Medical Science* to elucidate the effects of physical fatigue on immune parameters of T cells: “the effect of fatigue on immune parameters depends on the level of fatigue”.

Intolerant to cold/Loose tummy/Tired?



Intolerant to heat/Irritated/Tired?



## Examples of feedback using [Energy Support]:

### Example 1, business manager, female, 42 years old

Working under pressure, she is busy and unconsciously anxious. She over-exercises and feels this is only way to get rid of her stress.

She is hard-muscled but has a dull complexion, low stamina, becoming easily exhausted.

She often has red eyes and easily catches the cold or flu, indicating her low immunity caused by an over-worked body.

After one course of Energy Support I in morning and Energy Support II in evening, she feels that both her energy and stamina are boosted, with less frequent red eyes than before.

She continued to use Tension-free formulas to relieve anxiousness, and she no longer relies on over-exercise to rid herself of stress. Becoming much less affected by the seasonal cold or flu.

# Evergreen Herb's Six Essential Ways No. 6

**Good sleep = Good immunity, verified by clinical studies**

Many clinical studies demonstrate that bad sleep quality weakens immunity. However, the causes of sleep problem are highly variable from one to another, the solution to this dilemma is to tackle it according to an individual's traits.

Evergreen Herb™ **Good Sleep** - The foundation of strong immunity-

[Physiol Rev. 2019 Jul 1;99\(3\):1325-1380. doi: 10.1152/physrev.00010.2018.](#)

**The Sleep-Immune Crosstalk in Health and Disease.**

Besedovsky L<sup>1</sup>, Lange T<sup>1</sup>, Haack M<sup>1</sup>.

A research article published on *Physiol Rev*: “ sleep affects various immune parameters. Prolonged sleep deficiency (e.g. short sleep duration, sleep disturbance) can lead to chronic, systemic low-grade inflammation and is associated with various diseases ”.



