

If the virus this Fall is an enveloping virus (meaning it must attach to a protein to reproduce), **New Chapter's Immunity Take Care** has shown itself to be effective in coating the virus so that it cannot attach to a protein. Some of our customers have reported to us they had been diagnosed by their medical doctors with mono and told to stay on bed rest for 30 days. However, when they took Immunity Take Care and oregano oil for three to five days, their doctors re-evaluated their conditions and said the patients could return to work or school! (Note: New Chapter's Immunity Take Care used to be called Blockade.)

Of course, **staying properly hydrated**; eating a healthy diet of plenty of **fresh fruits and vegetables**; cutting back on mucous-forming foods like dairy, meat, and processed foods; and making sure you are **eliminating wastes** from the body will help keep your body's immune system functioning more effectively. **Be informed** to make wise health choices!

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