

Immune Valor:

Cynthia Foster, MD | DrFostersEssentials.com

Adaptogenic herbs are some of the most useful and versatile herbs in the Plant Kingdom. They can help a wide variety of complaints, balancing a multitude of systems in the body

Actions:

- **Immune System Regulator:** helps regulate overactive immune system response, such as occurs with allergies, hypersensitivity reactions, hayfever, seasonal allergies, asthma, allergic reactions, eczema, colitis, and autoimmune problems such as Hashimoto's as well as all other types of autoimmune problems. Take daily to increasingly balance the immune system, whether it be underactive or overactive. The results are cumulative over time. These adaptogenic herbs have a bi-directional effect – they help to stimulate a low immune system as well as calm an overactive immune system, depending on what is needed.
- **Disordered Cell Metabolism:** numerous research studies on Reishi mushroom show that it has protective activity against tumors/ suppresses tumor cells. (Use with the 28-Day Healing Program). Research has shown adaptogenic herbs can help to stabilize blood counts and lessen side effects while undergoing chemotherapy.
- **Weak Immune System:** Research has shown astragalus can protect the immune system during cancer chemotherapy. These tonic herbs can be taken on a daily basis to increasingly fortify and balance the immune system. A small dose daily of this herbal formula can provide much needed immune system support as an alternative to the yearly shots offered during cold and flu season.
- **Protection Against Viruses and other Infections:** protect against getting sick when others around you are sick or during cold and flu season. In Chinese medicine, astragalus is said to strengthen the Wei Qi (otherwise known as "Defensive Qi" – the energy that protects the body against infection).



- **Protects Against Stress, Altitude Sickness and More:** helps regulate all body systems and helps increase body's resistance to daily stress, high altitudes, strenuous exercise, low oxygen environments, exposure to environmental or medical radiation. Take during an airline flight to help protect the brain and nervous system from lower levels of oxygen mid-flight and from resulting jet lag. Protects brain, nerves, heart and blood vessels
- **Adaptogens help regulate blood sugar, blood pressure, hormones,** and many other body systems. They can help bring overly high blood pressure, blood sugar and hormones down and overly low blood sugar, blood pressure and hormones up, depending on that your body needs.
- **Gain Strength and Help Overcome Fatigue & Exhaustion:** In Chinese medicine, astragalus is said to strengthen the "upright qi" (the energy that helps us to stay upright).
- **Lessen Harsh Effects of Caffeine in Your Coffee:** Add a dropper full to your coffee to lessen the harsh effects of caffeine on the adrenals (Also see Dr. Foster's Essentials Adrenal Support Formula as an energizing supplement to replace daily coffee.
- **Take Regularly Between Herbal Cleanses:** to rebuild and repair
- **Can Help Recover More Quickly:** from a long protracted illness, surgery, chronic health problem, viral infection or any other type of infection

How to Take Immune Valor:

Suggested Dose: Mix in with any beverage. Fruit juice diluted half and half with purified water. Add to any vegetable juice or just dilute in pure water. Stevia or other natural sweetener can also be added to sweeten the taste.

- **Typical dose:** Average dose is around 1 dropper full 3 times daily, but you can use 2 droppers up to 6 times daily if needed. These are tonic herbs that are safe to take regularly over the long-term. You can take them during cold and flu season, during allergy season (if you tend to have hayfever or other seasonal allergies) or year-round if needed. **Children:** can take this formula safely. Simply adjust the adult dose on the product



label to a child dose, depending on your child's body weight using Clark's Rule (see Instructions/ [How to Take Your Herbs Handout](#) for the formula). Add stevia or maple syrup to sweeten the taste to help it go down easier for them.

- **Altitude Sickness:** take at least 1 dropper full 3 times daily and more if needed.
- **Cold and Flu Season Dose:** take 1 dropper full 1 to 3 times daily during cold and flu season to optimize and balance your immune system. Good to take daily if others around you are sick.
- **Maintenance Dose:** if you suffer from chronic immune system issues, take as little as one dropper full a day to further your healing and up to 3 times daily. If you take it long-term, take a day off of the formula every 7 days. Benefits accumulate over time, so keep taking it if you need it.
- **How Much is a Dropper Full?** (one dropperful means to fill up the dropper as much as it can fill. Squeeze the dropper two times quickly. You will see the dropper filling up. That's it. That's a dropper full. It usually looks halfway full. If you count the drops, it's about 30 to 35 drops.

- ***Is it Supposed to Be Opaque/ Have Sediment in it?*** Yes! The sediment is there in many of our formulas

on purpose to add potency. Your formula could be light or dark in color, opaque or cloudy and it may contain "flecks" in it as well. All are normal. Alcohol is pretty much a perfect preservative. Your tincture will last for around 30 years or even longer. It has NOT spoiled nor has it gone bad – it's completely fine! If your dropper won't work, it is likely clogged with a little sediment.

Gently insert a safety pin or sewing needle to unclog it. It will then work just fine. Stop making assumptions about

what you think an herbal extract should look like. It's not supposed to be clear, ultra-filtrated, odorless and tasteless. It's supposed to be bitter and it's supposed to have a strong taste. The extracts you've gotten from the health food store or online are often watered down and tasteless and they're pretty weak in effectiveness. This is NOT THAT. This is strong and super potent. Stop comparing it to other extracts you've bought before. Yes, it supposed to look like that, and yes, I know it looks like that.



- **Could I Take it Straight in My Mouth?** Yes! But you may or may not like the taste. You can also mix this formula with water or juice as well or even

add boiling water to evaporate off the alcohol content. The alcohol will evaporate as a puff of white vapor just after you pour the boiling water on top of your dose.

- **Could I Mix it With a Few Ounces of Water When I'm on the Go or In a Hurry?** Yes!
- **Should I Put it Under My Tongue?** You can, and you will probably feel the effects slightly faster, but it's not required. Just get it down.
- **Should I Take it On An Empty Stomach?** You can, but you don't have to. If you have a sensitive stomach or if cayenne bothers you, take this formula with juice, with the Herbal Latte recipe listed above, or with food.
- **When Does it Expire?** Technically, an alcohol extract lasts *indefinitely*. Alcohol is pretty much a perfect preservative, so it will last probably around 30 years or longer - regardless of what it says on the product label. Your rubber stopper on the dropper bottle will probably deteriorate before your herbs ever do.
- **How Do I Store it? In the Fridge?** No, you don't have to refrigerate it. Just put it in a cool dark place such as in a cabinet. I leave mine out on my kitchen counter in an organizer. Keep it out of direct sunlight or away from a heat source such as your stove/oven or a space heater.
- **Can I Mix it With Other Formulas or Supplements?** Yes. Mix it with anything, but with one exception. Don't put it in the same dose as Colon Detox Caps or Colon Soothe Formula or any other "absorptive" formulas containing clay or charcoal. Colon Detox Caps and Colon Soothe and other "absorptive" formulas need to work in your system for around an hour before you take anything else.
- **How Long Do I Take It?** Some results should be noticed almost immediately (reduction of altitude sickness, more energy, etc.) and the formula will continue to work for as long as you take it with the benefits accumulating over time. This formula will continue to help you throughout your entire lifetime. In my opinion, this is the most important formulas you can take daily to protect yourself against stress (from travelling, sick children, sick and aging parents, working overtime, sleep deprivation, and irregular meals. It will help in the fight against aging, help to keep your youthful appearance, help with bone density, your thinking processes and other issues of aging.

- **Adjunct Therapies:** Liver Regeneration Program. Cleansing the liver helps to
- **Which Other Herbs or Blends Are Compatible?** Compatible with Dr. Foster's Essentials Adrenal Support as an additional aid to help strengthen the entire endocrine system.
- **Potency/ Strength of this Formula:** For maximum effectiveness, this formula is extracted with alcohol to gain the maximum amount of healing properties. It is the strongest, most potent way of taking this herb for severe health issues, is stronger than herbs in a capsule, and stronger than herbal teas.
- **How Many Herbs/ Formulas to Take:** Children, pets and young adults may only need one remedy. Others with chronic or severe long-standing health issues are naturally going to need more herbs to help them recover (the same way some people need more than one prescription medication when they have complicated health issues). Don't judge yourself if you need more than one herb. To maintain your health, [follow the Foster Method](#) and do a Dr. Foster's Essentials herbal cleanse once every 3 months.
- **Contraindications:** there are no known contraindications or drug reactions.
- **What If I Have a Reaction?** I've never heard of anyone having an adverse reaction to this formula in over 20 years. Most people will feel great, and some will sleep better and others may have a surge of energy. But **if your body has accumulated a large amount of toxins, you might and you're SUPPOSED TO have reactions especially if your body is highly toxic and you take strong herbs and go through herbal detoxification. It's the way your body heals and it's the way OUT of your disease and the way to protect yourself from getting every other chronic health condition out there in the future. If you have an adverse reaction to any herb, then you, more than anyone else, need to detoxify and get the toxins out of your body that were causing this problem. Your body can be highly toxic even if all your blood tests are normal and if you don't intervene now, you are at high risk to be one of those people who has a heart attack, stroke or cancer "out of the blue" for no explainable medical reason.**

Your body will NEED to go through something called the "Reversal Process" to reverse the years of disease that have accumulated in your body. You'll need to remove the "Mucoid Plaque Layer" from your colon, flush out

gallstones and pre-gallstones (these show up in people as young as their thirties), clean all of the heavy metals, excess cholesterol, pesticide residues, pharmaceutical medication residues and toxic oils out of your liver as well as from your kidneys. A ton of foul-smelling toxins will pour out of your body during a detox and yet, the week before that happens, your doctor just gave you a clean bill of health and told you everything was fine. This problem with toxicity easily escapes your doctor's lab tests.

If you want to just "get by," and then find yourself randomly suffering from other health problems in the future because you didn't heal the root cause **NOW** when you had the opportunity, then follow your doctor's recommendations. If you want to actually **heal yourself permanently from something and avoid getting sick in the future**, then now's the time to learn how. **This "reaction" you had is a beautiful gift and a golden opportunity.**

When the heavy metals from your silver dental fillings that have been sitting in your liver for decades comes out because you're taking really strong herbs, those heavy metals might cause a headache, temporary fatigue, some sharp gas pains in your belly, or a slight rash on the way out of your body. That's **your dentist's fault** for putting those metallic fillings in there – not the herbs' fault. The herbs are helping you get it out. The same with residues from pharmaceutical medications, the pesticides on your food, the car exhaust and other toxic fumes and synthetic chemicals that have been deposited in your body's tissues for decades. The herbs are making them come out and that's exactly what you want to happen so you can be healthy again.

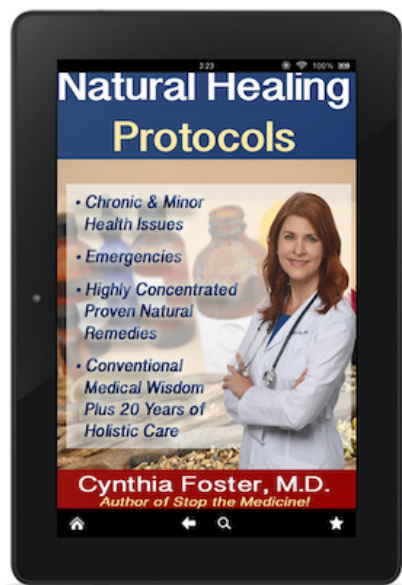
- When you heal a cold or flu 100% naturally, you can actually heal yourself 110% - yes, extra things in your body can be healed if you do this correctly and heal yourself completely naturally instead of using synthetic chemicals from your doctor or your local drugstore.
- Therapeutic herbs are very safe and they've been used safely for thousands of years. It's not the herbs' fault, **it's Big Agra's fault, the drug manufacturers' fault, the Vaccine Manufacturers' fault, and Corporate America's fault** for all the synthetic chemical toxins they pour into our environment that are in your tap water, your food, your medications, and in the air.
- When the toxins have been removed, you can take the **same herbal formula and feel completely fine**, so give your body time to remove these toxins so you can actually heal yourself from **everything** and have a bright future ahead without cancer, heart disease, strokes and other chronic diseases.
- **So, if you get a "reaction" simply lower your dose** until you arrive at a dose that's comfortable for you and *go through this healing process* **more slowly**.

- If you haven't read the "How to Take Your Herbs Flyer, you need to do that **right now because it explains reactions to herbs in detail**, the "Four Stages of Disease," the entire "Reversal Process" and **exactly what to do step-by-step if you have a reaction to any herb**. Please click here: ["How to Take Your Herbs" flyer.](#)
- **Taking the colon cleanse formulas helps prevent most of these reactions.** If you skipped the colon and liver cleanse thinking the Immune Valor Formula was the only important formula for your immune system, I highly recommend you go through [that colon cleansing information now](#) because it could save your life and make a big difference in your immune system. If you got sick with a cold or flu, you probably also are toxic in your colon and doing the colon cleansing will help you heal the cold or flu faster.

Before you say anything, I'm going to tell you that **I have been doing this for over 20 years and I also have the conventional MD medical training.** I guarantee that, unless your medical doctor is one of those very rare specialists in holistic healing, he or she has absolutely no clue what this is, what the "Four Stages of Disease" are, what "Hering's Law of the Cure" is, what the "Reversal Process" is or how to help you with it.

You will need to be the one to learn about it and you will need to be the one who educates your doctor about it. (Go easy on them – they work really hard, most really do care what happens to you, and they're doing everything they have been trained to do). This is going to allow you to take all the power back that you unintentionally gave to your doctor. This is also going to make the difference between saving your own life versus "following your doctor's advice to the grave" because all the experts agreed that your condition was "incurable."

You have the opportunity to learn from a medical doctor who has been practicing holistically and saving people's lives with herbs for over 20 years. I've made this information FREE because hardly anyone knows about it. If you learn it, you will have independence, finally be in charge of your health, and you might not even need your medical doctor anymore. I also have 6 bookcases of books on medicine and natural healing, a proven genius IQ, and have been to countless natural healing seminars, workshops and expos, and have written 10 books on natural healing. I've also spent decades making extracts for my own personal use and taking them for various things so I can learn all the intricate details about how each herb works and what each extract is supposed to look like and taste like. You can't get this information anywhere else. You need to learn this!



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More Info About the Herbs in Immune Valor:

Reishi, Maitake and Cordyceps are "therapeutic" mushrooms that have been used for centuries to help strengthen and balance the immune system. There has recently been research showing that Cordyceps has a very positive effect on those with severely weak immune systems.

One of the main active constituents of astragalus, is astragaloside. Studies have demonstrated that astragaloside has a biphasic, double direction activity. The total astragaloside fraction has an extremely potent antioxidant activity, hundreds of times stronger than vitamin E, and stronger than that of grape seed extract, green tea and pine bark extract.



What Else Can Be Done to Heal Allergies?

Any or all of these Dr. Foster's Essentials formulas: [ALRG Oil](#) (to help asthma and difficulty breathing), [Cold & Flu Formula](#), [Cider Blaster](#), [Lobelia Tincture](#) (opens up breathing, reduces spasm and constriction), [Lung Support Formula](#), [Germ Shield](#) combined with steam therapy (for chronic or intense issues), [Intestinal Rejuvenation Program](#) (toxins in the colon affect lung function), [Liver](#)

[Regeneration Program](#) (Liver toxins increase body inflammation and autoimmune issues.

What Else Can Be Done to Heal My Immune System?

Nutrition and Gut Health can radically affect the immune system. Toxins in the liver and kidneys can also adversely affect the immune system. Mental depression can suppress the immune system and predispose to infections. Also, check for any infected teeth, “dry sockets”, root canals and have a holistic dentist specializing in mercury amalgam removal remove any mercury amalgam (silver) fillings. Avoid antibiotics if possible and take Dr. Foster's Essentials [Echinacea Premium](#), [Cider Blaster](#) by mouth and/or [Oregano Oil](#) diluted in oil (see Oregano Oil instructions for the exact dilution). Avoid all shots at your doctor's office designed to prevent future illness, especially the yearly ones given during cold and flu season – these can be highly neurotoxic and immunotoxic and result in food allergies, food sensitivities and intolerances, asthma, eczema, hypersensitivity reactions, blood clots, strokes, heart attacks, myocarditis, heart damage, and autoimmune disorders.

How Are Herbs Different From Pharmaceutical Medications?

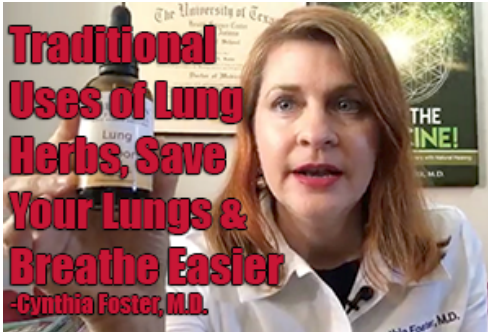
Always keep in mind that herbs contain nutrition – vitamins, minerals, trace minerals, enzymes, co-factors and many other trace elements that are missing in pharmaceutical drugs. This means that taking herbs over time will help heal your body from the inside out nutritionally and are not simply relieving symptoms. Pharmaceutical drugs do not detoxify your body, nor do they contain any nutritional elements. They sometimes work more quickly for a specific symptom, but they do not heal the underlying root causes of what's wrong.

Pharmaceutical drugs are often modeled after natural remedies, but then synthesized chemically to make an artificial and far cheaper “Product” for which the price can be risen to astronomical levels and after which side effects often occur. In the case of antibiotics, kidney damage and ringing in the ears is a common side effect. Asthma inhalers can sometimes increase the heart rate and increase anxiety while lung herbs help calm the heart and calm a person down from anxiety. Over time, lung herbs are GOOD for the heart (and the kidneys) and not a strain on the heart like asthma medications often are.

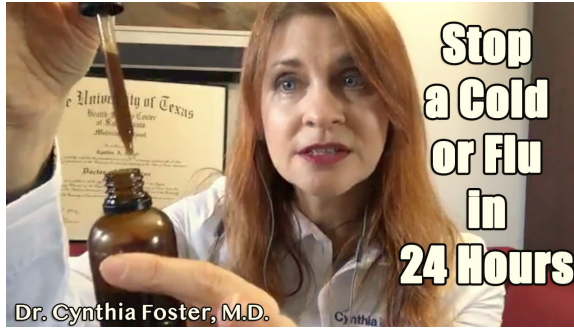
YouTube Videos and Articles for Even More Info:

For more extensive information about what to do for colds and flu, please click on the images and links below to view the following videos on Dr. Foster's Essentials YouTube Page:

[YouTube.com/DrFostersEssentials](https://www.youtube.com/DrFostersEssentials):



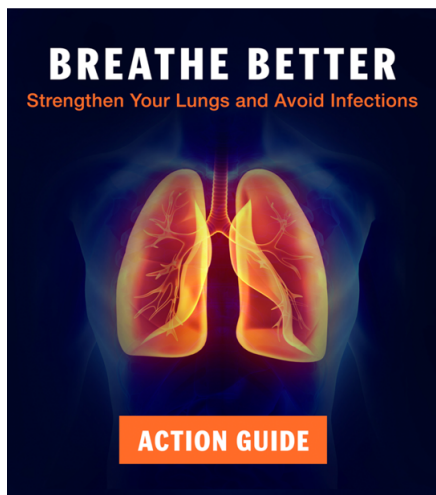
How to Save Your Lungs & Breathe Clearly Again Naturally:
<https://bit.ly/3v30mvq>



Stop a Cold or Flu in 24 Hours:
<https://bit.ly/3K5vPRS>



Natural Remedies for Colds and Flu:
[drfostersessentials.com/store/Cold_Flu_Season.php](https://www.drfostersessentials.com/store/Cold_Flu_Season.php)



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Immune Valor Helps! 12/09/2017

By Steve from MA

I have been taking Immune Valor for the past two years and I have not had so much as one cold. This after experiencing at least one head cold if not an additional cold or illness in each previous winter. Nothing else about my routine has changed as far as I know, so I must attribute at least some - if not most - of this good health to Immune Valor.

This works! 12/23/2015

By Diane Doban

I've been using the Immune Valor daily as a general tonic to get through the cold and flu season. I almost always get sick if I'm around somebody that has it! My husband has had an upper respiratory flu, and stomach flu - I'm STILL HEALTHY!!! Also, trying to get enough sleep. This really helps fortify your immune system.