

## Enhance Your Immune System with an Herbal Boost of Astragalus

The immune system protects the body from disease, illness, parasites and other abnormalities. The immune system is a delicate balance of things working together to keep the body well. When something is out of line, the body is more susceptible to colds, viruses and more serious diseases. That's why it is so important to take care of your body and strengthen your immune system.

### Boosting Your Immune System

Boost your immune system to strengthen the heart and lungs, protect the eyes, heal the skin and improve the body's functions. You can enhance your immune system with an herbal boost of astragalus, also known as huang-qi. Astragalus is an herb from the legume family. It has been used for many years in Chinese medicine and made its debut in the U.S. in the 1980s. It is used to enhance the immune system, for chronic hepatitis, in cancer therapy, to prevent colds, help fight upper respiratory infections and prevent heart disease.

Astragalus contains powerful antioxidants that strengthen the body in many ways. It acts as an antibacterial, anti-inflammatory and diuretic. It increases the production of immune cells to heal the body.

### Things that Affect Your Immune System

Poor eating habits, a sedentary lifestyle, smoking, drugs, alcohol, environmental toxins, stress and lack of sleep chip away at the effectiveness of your immune system to fight disease. Each of these things takes away from your overall health and well-being. They break down the healthy functioning of your immune system. When this happens, you can expect to feel weak and run down, to be susceptible to colds and the flu and more likely to be affected by disease. When your immune system is not functioning well, germs can easily penetrate the body and wreak havoc on your organs.

### Protecting the Immune System

Choosing a healthy lifestyle is the single most important factor in protecting your immune system. You can cause serious damage to your body by filling it with toxins. This includes inhaling cigarette smoke, consuming alcohol, drinking sodas and other sugary drinks, and eating too many pre-packaged foods. By eliminating these things, you will be able to better protect your health. Make healthy lifestyle changes to boost your immune system. Get plenty of sleep, eat lots of fruits and vegetables, stop smoking and get more exercise on a daily basis. Stop and think about everything before you put it in your body. Consider the damage you may be doing to yourself by breaking down your immune system.

### Astragalus Helps Strengthen Your Immune System

Lifestyle changes are important for your total health. There are some other things you can do to enhance your immune system though. Taking the herb astragalus is one example. It helps the body adapt to its surroundings and cope with the bacteria and germs you frequently come in contact with. When your defenses are low, it's easy for bacteria and germs to invade your body and make it a toxic environment.

You know your immune system isn't working properly if you catch cold after cold. Your body is more susceptible to illness. Your goal should be to make your defenses strong and keep illness at bay. The astragalus herb can help.

## About the Author

More information on [herbs](#) like astragalus is available at VitaNet &reg;, LLC Health Food Store. <http://vitanet.blog-city.com/>

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