Echinacea and Boswellia

With so many herbal options it can be challenging to decide where to focus, what to take, and how to maximize your opportunity for success. Sometimes the best thing to do is to keep it simple. If you wanted to add one herbal remedy into your routine, add Echinacea Premium. If you wanted to add two, take the Echinacea along with Boswellia Complex. Here’s why:

Echinacea



* Optimizes immune system function for infection prevention.
* Is high in alkylamides which
	+ Support the ability of white bloods cells to break down pathogens
	+ Regulate the endocannabinoid system and the hypothalamus-pituitary-adrenal axis and provides nervous system support.
* Reverses aging trend in Natural Killer Cells
* Is disease modifying

Echinacea is most effective when taken regularly, rather than at the onset of symptoms. If you have a suppressed immune system or struggle with recurrent infection, Echinacea could be a game-changer.



Boswellia

* Highly anti-inflammatory
* For osteoarthritis, pain, neuroinflammation (as in Alzheimer’s, schizophrenia, and bipolar disorder)
* Indicated in ulcerative colitis, Crohn's, and leaky gut
* Is disease modifying

Taken over the long-term, boswellia is highly effective at keeping inflammation at bay. If you have arthritis, digestive troubles, or Alzheimer’s runs in your family, you’ll want to add this herbal remedy sooner rather than later.

\* Always consult with a medical professional before taking herbal remedies to check for contraindications and possible drug interactions.

\* Not all supplements are created equally. Dr. Kate specifically recommends those from Medi Herb and they are available at East TN Discount Drugs. She has taken extensive continuing education with MediHerb and trusts the phytochemical makeup of their herbs.