



A quick online search generates about five times as many hits for "immune boost" versus "immune strength." There seems to be a lot more interest – and possibly human supplement products – to "boost" the immune system rather than to "strengthen" it.

"Immune boosters are certain ingredients that only stimulate the immune system, and do not provide balanced strength," note experts at Embria Health Sciences, the Diamond V subsidiary that manufactures the human immune support product EpiCor®.

"Knowledgeable medical professionals should typically recommend consuming immune boosters for only a short time-frame so the booster will not over-stimulate your system and cause immune fatigue."

A person's immune system is constantly being challenged by viruses, bacteria, environmental toxins, and other pathogens. Stress, lack of sleep, and poor nutrition can also affect immune health. Such stressors can become immune challenges that can lead to a compromised immune system.

The Embria experts point out that over-stimulation of the immune system already occurs in the case of some autoimmune disorders, allergies, and inflammatory disease: "So, further stimulation by a booster may lead to additional, unanticipated problems."

**Immune
objective: To
"boost" or to
"strengthen"?**

EPICOR®

As for immune strength, what is it? We can describe immune strength as the optimal state of immune health that allows the body to respond appropriately when challenged.

For more on balanced strength for your immune health in the coming year, [look here](#).



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