Immune Strength with EpiCor and Exercise
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The health benefits of regular exercise can change your life regardless of your age, health condition, sex, or physical ability.

Exercise can improve cardiovascular health, maintain healthy blood pressure and boost good (HDL) cholesterol despite your current weight.

Regular exercise can help manage depression, arthritis, stroke, and help manage blood sugar in diabetic patients.

Exercise can help prevent weight gain and maintain weight loss.

Burning more calories helps maintain healthy blood sugar levels and gets you thinking more about decreasing your caloric intake.

Regular exercise will improve your muscle strength, boost endurance and improve your mood by stimulating brain chemicals while reducing stress.

Daily moderate exercise is very beneficial, and days missed due to sickness and allergies can be frustrating. A strong immune system can help keep you from missing training, important events, or just everyday life and a product like **Immune Strength with EpiCor** can help strengthen and maintain a healthy immune response to daily challenges.

One of the most studied aspects of the immune response to intense exercise is secretory IgA (sIgA). **This is one of the immune system's first lines of active defense against invading pathogens**, and sIgA levels are usually lower after intense exercise. This has been suggested as one reason why marathon runners are more susceptible to upper respiratory track infections (URTIs) in the period immediately following a race. As one of the effects of regularly consuming Immune Strength with EpiCor is an increase in sIgA levels, EpiCor has the potential to aid such athletes during their recovery from exercise. Human clinical trials have shown that taking the ingredient EpiCor regularly reduces cold and flu symptoms (1,2) as well as certain seasonal allergy symptoms (3) in a normal, healthy population. This should prove especially beneficial in a population with suppressed immune systems due to intense exercise.

The importance of this in serious athletes is underscored by recent quotes from an European study monitoring immune modulation and nutrition - "*mucosal IgA is a group A marker for defense against pathogens because it is a marker of immune function and low (salivary) IgA is a risk factor for respiratory infections in children and athletes*" (4)

Those who engage in more moderate levels of exercise are also expected to benefit from consumption of EpiCor. Exercise and inflammation can be a very confusing subject since long-term moderate exercise tends to reduce chronic inflammation, while short-term strenuous exercise can cause temporary inflammation in muscles resulting in aches and pains. This inflammation can be reduced by the use of anti-inflammatory supplements, which have the potential to shorten recovery time. Recent animal studies have demonstrated EpiCor's anti-inflammatory effects, although these inflammatory benefits have yet to be studied among athletes (5).

For all those who exercise regularly, whether in moderation or intense fashion, daily consumption of **Immune Strength with EpiCor** is likely to lead to better overall health. And for those who decide to start an exercise program, regular use of EpiCor may help your immune system cope with the transition to a healthier lifestyle.

References

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