

Chit-O-Gram

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How do you spell relief?!

I have always suffered with allergies. I went through skin tests, a series of allergy shots and nose surgery, twice. The "treatments" seemed to make matters worse. I was on antibiotics every 4 to 6 months for a sinus infection.

A friend introduced me to chitosan oligosaccharide. In a matter of weeks, my allergies began to clear. Since taking Chit-O-Power, I have neither allergy problems nor sinus infections. Chit-O-Power has improved my overall health.

Debbie Bennett: Atlanta, GA

Did You Know...?

Chitosan Oligosaccharide is a multi-functional preparation and its application in different sphere gives amazing results. In the form of BAS (biologically active supplement) Chitosan Oligosaccharide may be used alone as well as in combination with other biologically active substances. (i.e. vitamins)

In combination with other substances Chitosan Oligosaccharide allows obtaining highly effective BAS Efficiency in such areas as:

- Decrease of cholesterol level
- Removal of fat from the liver (hepatitis)
- Immunity activation
- Liver function activation
- Decrease of sugar concentration in blood
- Anti-cancer activity
- Prevention or healing of arterial hypertonia
- Prevention of diarrhea and constipation.

THREE CONVENIENT SIZES:

- 100 MG (30 CAPSULES / 3GRAMS)
- 250 MG (30 CAPSULES / 7.5 GRAMS)
- 500 MG (60 CAPSULES / 30 GRAMS)

(SEE YOUR DEALER FOR DETAILS)

Too Much Stress Hinders Immune System

Chronic stress makes body less able to control inflammation. Nov. 4, 2002 –

Being stressed out may not only increase your chances of getting sick, but it could also hinder your immune system's ability to fight off infection and disease. New research shows that chronic stress can affect how well the immune system is able to respond to its own signals.

The study shows that constant stress impairs the immune system's capacity to respond to the normal hormonal cues that signal the end of an inflammatory attack after an infection or injury. Those hormones, known as glucocorticoids, are responsible for turning off the production of compounds from the immune system that trigger inflammation.

Researchers say the findings suggest that this interference could increase the risks associated with a variety of conditions, such as heart, allergic, and immune diseases. Their study appears in the November issue of *Health Psychology*.

Although psychological stress has been linked to a variety of health problems, researchers say it's not clear exactly how stress affects the immune system. In addition, the effect of chronic stress is difficult to quantify due to the variety of stressors people experience.



