

Red Clover

Essentials for Healthy Living

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AHCC: The Clinically Proven Self-Defense For the Flu Season

By: Dr. Fred Pescatore

More than ever, people are interested in concrete steps they can take to protect themselves from colds, flu, and other infections. With the medical community on high alert due to the global pandemic of influenza H1N1 (swine flu) the interest in natural methods of boosting immunity has never been greater.

One exceptional ingredient that can protect the body when it is susceptible to infection is Active Hexose Correlated Compound, commonly known by its acronym "AHCC". A novel bionutraceutical compound developed in Japan, AHCC has been extensively studied for its ability to enhance immune response to viral, bacterial and fungal infections.

Second, AHCC has a very low molecular weight of only 5,000 Daltons as compared to over 200,000 Daltons, characteristic of mushroom extracts and other popular immune-enhancing herbs. Therefore, AHCC is very well absorbed, one of the reasons for its powerful biological properties.

And finally, AHCC is an "immune-modulator", meaning that it regulates the immune system so that it maintains its peak performance. This differs from herbs that are simply immune "boosters", which can overstimulate the immune system, thereby requiring its users to cycle "on and off" them. AHCC has a spotless safety record after 20 years of use. It can be taken year-round to maintain peak immune response.

What Makes AHCC Unique

Obtained from a hybridization of several subspecies of Japanese medicinal mushrooms, AHCC is unique in several ways. First, unlike mushroom extracts and other herbs containing glucans, AHCC is very rich in alpha-glucans, which appear to have stronger immuno-modulating properties than beta-glucans.

The Proof is in the Research

While there are plenty of nutritional supplements that claim immune-boosting properties and describe themselves as "clinically proven", few compounds have actually undergone rigorous scientific research. Even if a product is described as "being supported by studies", that is not sufficient, since the integrity of the study

"A healthy body and soul come from an unencumbered mind and body."



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