



## HEALTH & HEALING

# Natural extract fights flu, viruses

by **Mike Ventresca**  
Vital Choice

**C**an you believe THAT time of year is coming—flu season? In fact, I was recently told by a doctor that flu season is already upon us. As you probably know, one reason viruses pose such a problem is commonly prescribed antibiotics have little to no effect on them. Well, here's a bit of good news: New research by the National Institutes of Health (NIH), has found a natural product that has significant antiviral effects.



**Mike Ventresca**

The NIH as part of the U.S. BioShield BioDefense Program recently conducted research designed to discover new antiviral options for viruses such as Influenza, Small Pox, Yellow Fever, West Nile and even Anthrax—pretty serious stuff.

What did the experts at the NIH find? Researchers found special forms of mushroom extracts had significant direct antiviral effects. Basically, unlike other mushrooms tested, these specific extracts do more than boost the immune system; they are able to directly effect viruses. In fact, one extract tested was found to have “active” or “very-

active” antiviral effects on four different strains of Influenza (including H5N1 commonly known as “Bird Flu”), West Nile, Yellow Fever and Pox. The way I see it, if a natural extract can be effective against these “nasty bugs,” imagine how well it could work against common “nuisance” viruses.

A new product, LifeShield Throat Mist, is the **ONLY** product available that combines the mushroom extracts used in the study. LifeShield delivers powerful, clinically proven antiviral mushroom extracts directly to the throat and mouth helping to create a barrier and begin working immediately. I have already used it this year, and plan to continue throughout the fall and winter months. According to the manufacturer, Lifeshield can be used daily and is perfect for anyone exposed to groups of people where viruses are more easily spread.

*Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. Open Monday thru Friday 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.*

This information is intended for informational purposes only and is not intended to diagnose or provide treatment for any condition. If you have any concerns about your own health, you should always consult with a healthcare professional.