ate foodstuff selection depresses the system. Similarly, its effectiveness may be suppressed when an athlete overtrains and/or enters a period of vigorous training.

How does an individual boost their immune system? (1) A great starting place is by being involved in a regular, sustained fitness routine, or (2) by changing your unhealthy dietary habits, or (3) taking a daily immune support formula, or (4) controlling your mental state of mind and (5) learning how to cope with stress, and finally (6) by using relaxation as a way of boosting immune system effectiveness.

A combination of glyconutrients, called Ambrotose, I have found to be an excellent immune support formula. Ambrotose should be obtained during every illness and/or severe stress such as training and competition. Ambrotose is a Mannatech original glyconutritional, formulated to promote effective cell-to-cell communication. Thousands of experts from around the globe have experienced the benefits of of Ambrotose complex, which supplies the raw materials your body needs to create glycoforms, the structures on the cell surfaces used to communicate vital messages to other cells. This nutritional supplement provides raw materials for our bodies to use for optimal cellular communication. Its blend of specific plant saccharides provides support for the immune system. What can effective communication

2008 Cliff Keen Reno Worlds Finals (15 Under) - 89 lbs Ben Whitford (Michigan) defeats Jake Smith (Virginia) 6-2. Photo by Jim Curtis.