

# “Give Your Child’s Immune System a Healthy Head Start”

By Joseph V Cassarino



## Why Do Kids Get Sick More Often When School Starts?

Every parent knows the routine, the school year begins, and suddenly the sniffles start! It’s not your imagination. Kids really do get sick more often when they return to school, and here’s why:

- **More Germs, More Sharing:** Classrooms, playgrounds, and lunch tables are perfect places for viruses and bacteria to spread.
- **New Germ Exposure:** After a summer of less contact with others, children’s immune systems are suddenly exposed to new germs.
- **Less Sleep & More Stress:** New schedules, homework, and early mornings can throw off routines and weaken the natural immune system.
- **Indoor Time:** Cooler weather means kids spend more time indoors where viruses hang around longer.

All of this means your child’s immune system is working overtime just to keep up!

## Common Illnesses Kids Catch in the Fall

The start of the school year often brings common infections like:

- **Colds and upper respiratory infections**
- **Stomach bugs**
- **Strep throat**
- **Ear infections**
- **Pink eye**

In fall 2025, experts have seen higher levels of **flu, RSV, COVID-19,** and **norovirus** among school-aged children. Therefore, now more than ever, keeping their immune defenses strong is essential by doing so all naturally.



## The Hidden Problem: Processed Foods and Weak Immunity

Today's busy lifestyles make it easy to rely on convenient processed snacks and meals. However, these foods can quietly harm your child's natural immune system.

Processed foods are often low in key nutrients and children lack essential nutrients like glutathione, zinc, vitamin C and iron. Parents often fail to check important glutathione levels, the molecule directly inside cells, necessary to reduce toxins and strengthen the immune system. Children especially require these important nutrients to fight off illnesses. Processed foods also contain artificial colors, additives, and chemicals that can disrupt gut health, decrease glutathione levels and worse off, increase inflammation, and weaken the body's natural defenses.

### Here's how processed foods hurt immunity:

- **They replace healthy foods:** Kids fill up on chips and snacks instead of fruits, veggies, and whole grains.
- **They harm gut health:** Artificial additives can upset the gut, where 70% of the immune system lives.
- **They raise inflammation:** Unhealthy fats and chemicals put stress on the body and lower resistance to illness.
- **They add toxins:** Some packaging contains PFAS chemicals linked to a weakened immune response.

### How Stress Makes Kids More Vulnerable

Between school pressure, sports, and social challenges, kids can feel stressed and additional stress is a quiet enemy of a strong immune system. When children are stressed, their bodies release hormones like cortisol that, in high amounts, are shown to weaken immune defenses. Long-term stress can lead to:

- **Frequent colds and infections**
- **Headaches, stomach aches, fatigue, brain fog, lack of cognition and tiredness**
- **Trouble concentrating**
- **Higher risk of becoming sick more frequently and future chronic illnesses sooner than later**

Supporting your child's emotional health is just as vital as nurturing their physical well-being. Fortunately, an innovative, all-natural scientific breakthrough developed by a physician and scientist from Rhinebeck, NY offers a powerful clinically proven new approach. This discovery, known as ProImmune, enables the body to naturally synthesize glutathione *within* cells, following the same biological pathways nature intended. Backed by an \$88 million NIH research grant and studies conducted across 18 universities, ProImmune has been shown to be the most effective method of replenishing intracellular glutathione. It is trusted by leading physicians and pharmacists nationwide for its ability to restore healthy glutathione levels efficiently and safely, helping the body detoxify harmful substances and strengthen immune function all without toxicity. Unlike other non-natural glutathione supplements or precursors such as NAC, which struggle to penetrate cell membranes effectively, ProImmune works *inside* cells to generate glutathione directly. This intracellular action allows it to reduce harmful oxidative stress and inflammation more efficiently and naturally than conventional or synthetic glutathione products. In essence, ProImmune represents a true scientific advancement restoring glutathione exactly as nature designed, from within. Please ask your trusted pediatrician about the unique benefits of ProImmune.

**Bambini Pediatrics PC**  
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PROUDLY RECOMMENDS  
**ProImmune**

**KEEPING KIDS SUPER HEALTHY IN THE HUDSON VALLEY**  
TheBestImmuneSupport.com  
Available locally at Bambini Pediatrics - Sunflower Market - Williams Lumber

**ProImmune boosts glutathione levels better than NAC. Additionally, it is a semi-sweet tasting powder that children like. I highly recommend it. - Dr. Joseph Malak, MD - Founder Bambini Pediatrics**

## Why ProImmune Is the Smart Choice for Parents

**ProImmune** was specially developed to help kids stay strong, healthy, and resilient even during the toughest seasons. It gives growing bodies the nutrients they need to build a powerful immune system and stay protected year-round.

## Here's why parents love ProImmune

- **Boosts natural immunity:** Packed with immune-boosting nutrients and antioxidants that help fight off toxins.
- **Supports gut health:** Promotes a balanced microbiome essential for strong immunity and better digestion.
- **Reduces inflammation:** Helps the body manage everyday stress and fight inflammation caused by processed foods, stress and electromagnetic frequencies (EMF's).
- **Improves energy and focus:** Kids feel more alert, active, and ready to learn. ProImmune also increases cognition.
- **Protects long-term health:** Builds a strong foundation for lifelong wellness and resilience by powerfully strengthening your child's natural immune system, helping them to protect against the harmful effects of everyday toxins and the stresses of our modern, technology-filled world. That's why so many pediatricians, physicians, and pharmacists who understand the science behind ProImmune choose it and recommend it as a daily essential for natural detoxification and immune support.

## Simple Tips to Keep Kids Healthy

- **Prioritize whole foods:** Fill their plates with colorful fruits, veggies, whole grains, and lean proteins.
- **Limit processed foods:** Cut down on sugary drinks, chips, and fast food and processed foods.
- **Encourage sleep & downtime:** A well-rested child has a stronger immune system.
- **Add ProImmune daily:** Give their bodies the extra support they need to fight infections naturally.
- **Turn off WiFi** at night and the house **router** when going to bed so children are not bathing in extra WiFi.
- **Teach your children as soon as possible to wear blue blocker glasses:** The constant light being emitted from cell phones, tablets, and screens are disrupting sleeping patterns by suppressing melatonin. It can also contribute to retinal damage potentially increasing the risk of macular degeneration and cataracts.
- **Forster much more outdoor activity in sunlight:** Sunlight increases vitamin D and is essential for optimal health. Vitamin D also supports bone health, immune health and keeps muscles and brain cells functioning.

## A Healthy Start for a Bright & Successful Future

Your child deserves to feel their best every day inside and out. By choosing nutritious foods, reducing stress, and adding ProImmune to their daily routine, you're helping build lifelong health and shielding them against chronic illness. Give your child's immune system the ultimate care it deserves because strong kids grow into strong adults. ProImmune is helping children across America thrive, one healthy day at a time. ProImmune was approved as an all-natural Covid-19 Countermeasure in 2020 by the Federal Cares Act when vaccines were also approved. Visit the website below to learn more about how ProImmune helps children stay healthier by avoiding illnesses.



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Please visit [TheBestImmuneSupport.com](https://TheBestImmuneSupport.com) and Instagram: Best Immune Support for additional useful information.