

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser



The Experts® on Chiropractic Care:



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The Experts®
you need to know
on Chiropractic Care

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ROBUST IMMUNE SYSTEM

You've noticed how some people just seem to fall victim to every virus that is going around, while other people never seem to get sick at all. You might think that the people who are always well just have a better genetic makeup, but through years of practice I've come to the conclusion that a healthy immune system is more likely built than inherited.

Every person can improve their immune function by making some changes in their lives. Even small changes can make a big difference. The more positive changes a person makes, the more robust their immune system will become.

Here's a list of things you can do to improve your immune system:

- Get plenty of rest. That means 7 to 9

- hours of sleep each night.
- Eat a healthy diet avoiding processed foods, especially refined sugars. Eat foods from the perimeter of the supermarket and avoid those in the center aisles.
- Consume healthy fats.
- Take a quality multi-vitamin that's easily absorbed and contains synergistic factors.
- Adults need to take 4000 to 6000 i.u. of Vitamin D daily in the fall, winter and spring and make sure you go out in the sun in the summer.
- Take 4000 - 6000 mg of Vitamin C daily.
- Eat zinc containing foods, such as sea food, beef, spinach, pumpkin seeds and nuts, or take zinc supplements.
- Eat unpasteurized fermented foods like Kim chee or sauerkraut daily and/or take high potency probiotics.
- Exercise moderately. This can be as simple as walking 5 days a week and using light weights.
- Manage your stress. Remember that stress may be physical and chemical as well as mental.
- Make sure your spine is free of nerve interference. The nervous system controls everything including your immune system.

Pick one or two items on the list to implement right now, perhaps Vit. D and probiotics, which are easy and cost effective. Then gradually add the others. Not only will your immune system be stronger, but you will have embarked on a healthier lifestyle.

As chiropractors we understand the importance of developing a healthy lifestyle that promotes a robust immune system along with a healthy spine. Let us help you. Call today for a free consultation.

**A HEALTHY SPINE
=
A HEALTHY LIFE**



**CALL 403-529-9069
FOR A FREE CONSULTATION**



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