

## Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic  
by Dr. Warren Gage*



### Flu prevention

With world-wide focus on the H1N1 or Swine Flu virus, it's a good time to discuss natural ways to prevent getting the flu. Of course, one way to boost your immune system is through regular chiropractic care.

Much of the world is experiencing economic stress, and stress is a key factor that affects your body's ability to ward off disease. Chiropractic care addresses the effects of stress on the central nervous system and helps to promote optimal immune system function. A healthy immune system makes it easier to avoid all types of disease, including the flu.

Other all-natural ways to avoid the flu:

- While a healthy immune system is beneficial, keeping your hands clean by washing them with warm soapy water adds another layer of protection.
- Drink plenty of water to stay hydrated and to flush toxins from your body.
- Get some fresh air, even in the colder months. Home heating can be drying and it traps stale air.
- Get a good night's sleep to recharge and refresh your body's immune system and your brain!
- Exercise to relieve stress and boost the immune system. Aside from that, exercise has lots of cardiovascular benefits, and it helps you stay in shape.
- Drink black and green teas to raise levels of *interferon*, a chemical that fights colds and viruses.
- Take Vitamin D. It is a great immune booster.
- Eat garlic! Garlic has a number of antibacterial, antiviral and antifungal properties that keep viruses at bay. Take two cloves daily with water and chew a sprig of parsley to keep breath fresh! Alternatively our local health food stores have garlic supplements in capsule or tablet forms if you can't bear to ingest it in its raw form.

While many people will get the flu this year, you don't have to be one of them. Remember, "It's the HOST (meaning: you), not the bugs, that make you sick." We are surrounded by bugs 24/7, and if you are immuno-suppressed you WILL get sick. Talk to your chiropractor about other healthy lifestyle choices to keep you feeling well and functioning at optimal health.