

Beating Colds and Flu

As a society we have been brought up to think that getting a cold is a matter of being in the wrong place at the wrong time. But it really isn't that simple. Whether or not you get a cold or the flu is dependent on the state of your body's immune system, not how nasty the bugs are.

How easily your body fights off a cold is determined by many things. Inside your body there is an amazing system of immune cells and tissues whose sole purpose is to defend you against invasion by bacteria, viruses, allergens and parasites. Collectively, this is called your immune system.

A healthy immune system is like having your own private army. When the soldiers in your army are working well, you hardly even notice that they are there. You feel healthy, you have low levels of inflammation, and you are resistant to infections.

However, when the army becomes disorganised, confused or overworked, then you may start to notice signs that all is not right.

Your army is in constant contact with many kinds of potential invaders (e.g. bacteria, viruses, parasites, allergens). Each line of defence within your immune system has its own weapons and methods of attack to fight off these potential invaders.

To give your army the best possible chance at protecting you this winter, there are some simple things you can do.

1. Eat a balanced diet high in fibre and complex carbohydrates, low in fat, with moderate amounts of protein. Eat fresh, wholesome, unprocessed foods. Eating lots of junk foods can slow your army down – especially sweet, sugary foods.

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Can My Children Be Healthier With Chiropractic Care?

How often chiropractors have encountered parents who appreciate the importance of regular checkups for their child's teeth, hearing, eyes and ears but draw a blank when it comes to a spinal checkup. In fact, a spinal checkup could be one of the most important checkups your child will ever have.

How can a child's spine lose its natural alignment? Vertebral subluxations have many possible causes. Injuries to a baby's spine can be caused by a difficult delivery, a breech presentation or simply too

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Beating Colds and Flu. - *continued.*

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2. De-stress! Enjoy plenty of rest and relaxation. Stress reduces your resistance to infection.
3. Exercise regularly. Regular exercise reduces inflammation and can support healthy immunity.
4. Increase water intake to six to eight glasses per day. Water is essential for all aspects of good health.
5. Supplement your diet with recommended nutrients and herbs to boost your immune function.
6. Make sure your spine is adjusted regularly to minimise interfere with your nervous system.

Doctors of chiropractic analyse your spine to locate vertebral subluxations, a serious condition that causes spinal distortions and interferes with your nervous system function.

Over a hundred years of chiropractic and osteopathic observations have demonstrated to many patients that spinal care improves immune function. The exact

mechanism of how the spine and the nervous system affect the immune system is one of the hottest ideas of scientific inquiry.

There are some key nutrients which can help your army to fight off any potential invaders and prevent infections this winter.

1. Zinc is the most important mineral for your immune function. A zinc deficiency may cause a weaker immune response, predisposing you to a more lengthy or severe cold. In fact, optimal zinc status has been found to inhibit the common cold virus.
2. Vitamin C is also important as it increases the activity of infection fighting white blood cells. Vitamin C may prevent the common cold as well as shorten the duration of the symptoms.

Don't leave your health to chance this year. Take some of these simple steps and stay on top of your game.

Can My Children Be Healthier With Chiropractic Care? - *continued.*

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much stress to the child's body. Health problems early in infancy can be traced back to a difficult delivery. Immediately after birth, damage can occur if the baby is dangled by the feet!

An infant's spine is very susceptible to injury. In extreme cases, "whiplash shake syndrome", when a baby is severely shaken, can cause eye or brain damage, blindness, paralysis or convulsions. It is a cause of post-natal brain damage that most medical doctors don't recognize. The condition, however, was recognized by doctors of chiropractic nearly a century ago.

Two pilot studies conducted in Texas in 1974 and 1975 confirmed what chiropractors have known for years - that spinal adjustments can help children with emotional, behavioral and neurological problems. The kind of problems helped were asthma, anxiety, low mental stamina, inability to concentrate, hyperactivity, discipline problems, and even low grades and low I.Q.

If your child is suffering from any of these common conditions, it is essential to get his/her spine checked for vertebral subluxations; not because the doctor of chiropractic is treating your child for these conditions, but because all children, especially if there are ill, need healthy spines. To schedule a check-up call us on 9435 2887.
