

of the Week...

BEATING THE BUGS - COLD AND FLU'S

Have you ever wondered why some people are more prone to repeated colds and flus? How is it that even though we are all exposed to the same environment with the same "bugs," some immune systems have to work harder, therefore displaying more symptoms? Well, let's get one thing straight - symptoms aren't the problem. Coughing, watery eyes, sore throats, and low-grade fever are signs that your body is doing a healthy job of expelling a virus or bacteria. "Bugs" are present everywhere, but the solution lies in your body's defense mechanisms, which are governed by your nervous system. If your nervous system is irritated by spinal pressure, your immune system becomes suppressed and will therefore have to work harder to stave off those "bugs"- and that means more symptoms.

Trying to ease symptoms once they arise does not affect the cause. In fact, medications that counter symptoms are directly inhibiting your body's best efforts to be healthy. If you had an army, would you sedate your strongest fighters because they were loud and obnoxious? Or would you give them better command to make them stronger and more efficient? If nerve pressure exists in the body, the strength of your immune system suffers, leaving the body open for attack by those always-present "bugs." Instead of medicating and sedating your best inner defenses, why don't you look to give them better command by ensuring that there is no nerve pressure in the body? Only then can the immune system function with the miracle of precision that you were born with.

Ways to get into health: Remedy for Preventing the Flu

Chiropractic Adjustments

Increase Sunlight Exposure

Increase Vitamin C, D and E

Avoid fast foods, sugars, soda, breads and Trans Fats

Add fish, Omega Fatty Acids or cod liver oil to your daily diet

Eat fresh raw veggies and fruits

Drink plenty of Water

Exercise (Hot Yoga works well)

Get plenty of sleep

Reduce stress levels

New Patient Special!!!

Consultation, Exam and First Adjustment for \$49.00

Future Adjustments \$40.00

This issue of the HealthTip of the Week is brought to you as a public service by Dr. Jon Wise.

Dr. Jonathan Wise
5875 S. Rainbow Blvd #201
Las Vegas, NV 89118
702-248-6292
www.wisechiropractor.com