

Dr. Hanes' Top 10 Things You Can Do To Boost Your Immune System

1. Eliminate Sugar and grains (yes all grains but especially refined grains and carbs) from your diet. Yes, that includes fake sugar (which are actually neurotoxins) and all baked goods, candy, bagels, crackers, chips, cookies and anything with processed flour. **Sugar and refined grains decrease the function of your immune system almost immediately, and a strong immune system is a key to fighting off viruses and other illness, including cancer.**
2. Get plenty of sunshine and time outside and supplement in the winter take at least 5,000 IU of Vit. D3. If you haven't had your vitamin D level tested, call us today and we'll make sure you get the right test done.
3. Get a good night's sleep (at least 8 hours of deep rest). If you don't sleep well or wake up constantly, there natural things which work extremely well. Don't resort to drugs like Lunesta or Ambien, which can cause delirium and dementia.
4. Get Adjusted Regularly. Guess what? The nervous system is the "Master Control System" of the entire body (including the immune system); and if messages from the brain to the cells, organs and tissues are interfered with in any way, they can't express their full health potential.
5. Eat Garlic is a triple-whammy: it's antibacterial, antiviral and anti-fungal. Garlic must be fresh to give you optimal health benefits. The active ingredient is destroyed within one hour of smashing the garlic, so most garlic pills are virtually worthless. When you use garlic, compress it with a spoon prior to swallowing it. If you swallow the clove intact you will not convert the active ingredient, allicin, to its active form.
6. Don't Let Stress Overwhelm you. We all have stress everyday and some stress is actually beneficial. It becomes a problem when it goes on too long or is more than we are prepared to deal with. Make time to decompress and don't take up everyone else's burdens for them (mom's you know what I'm talking about!).
7. Exercise. Improved circulation helps flush toxins and deliver nutrients.
8. Drink a Minimum of eight 8oz glasses of pure water. Water is the greatest elixir on earth and it flushes toxins and helps deliver nutrients.
9. Take a High Quality Probiotic. I recommend only the NCFM certified strain of Acidophilus because it is the only one proven to be able to survive the acid of the stomach, adhere to the mucus membranes and colonize the gut and genitourinary tract.
10. Do a Modified Fast. This is a healthier version of fasting. Simply eliminate everything except 1-2 types of vegetables (e.g. broccoli, carrots, spinach etc.) and free range chicken or turkey (or their broth) for 2 days, once or twice per month.

Skip the flu shots which are loaded with mercury and propylene glycol (anti-freeze) and other known neurotoxins. I'm not anti-vaccine but I am definitely against injecting known neurotoxins into anyone. Until the FDA requires Big Pharma to clean these things up, just say NO!