



Best Ways to Stay Healthy in a Sick World



Here's a list of lifestyle changes you can do to boost your immunity:

You know the drill about washing your hands (count to 20 while you wash). We have all practiced a lot of social distancing by now, which can create even more isolation and loneliness than many already experience. We are creatures in connection, so when you need to keep your distance physically, please reach out and call your friends and family and stay in touch emotionally with others. Use your phone to talk into. Use skype and text, email and write old fashioned letters. The elderly who are confined and those in hospitals still really need to hear from you.

It's been a rocky ride for most of us this year and no one knows what tomorrow will bring. Whether it is the seasonal flu, a surge in covid-19, an old fashioned cold or lingering allergies; let's build a strong immune system so no matter what happens we are in a better position than we have ever been before.

Here are some of our favorite tips to get you through:

GET ADJUSTED. Now is when your body needs chiropractic more than ever. During this time, let's all do our part to combat what we can control and keep using chiropractic to strengthen our immune system. There's no better time than now to ensure your body has the ability to adapt to any virus and exposure out there. Chiropractic boosts your immune system because it boosts function throughout the whole body.

Eat well. Feed your body *real* food! More greens, less processed and sugary foods... In fact, cut way back on sugar and anything inflammatory. Your immune system improves with good nutrition and tanks with bad nutrition choices so find more ways to feed yourself with nutritious dense foods. Focus on adding more vegetables to your meals and using fruit as your sweet snack or dessert. Cutting down your intake of sugars in all forms will do wonders for your health in every way. Hydrate with filtered water, teas, soups and broths. In short, cut out junk and fast foods and add in more real food!



Move Well. Get plenty of exercise and get outdoors.

Wherever you work out; at home, in the gym, in the woods or in your neighborhood, movement is so calming to your brain + a great boost to your immune system! Make sure to break a sweat, because that's how our body gets things moving on out! Thirty minutes outside can change your brain and your mood and spirits. The lymphatic system requires movement to remove waste products. Sitting is the new smoking, so stand up, stretch and move. Connect with joy in your body!



Manage your stress levels. In times like this, our stress levels skyrocket. Stress is known to cause 90% of all illness and will only dramatically decrease our body's ability to FIGHT. Amidst all the unknown and chaos right now, try and find peace. Fear and anxiety put your nervous system into fight/flight and increase cortisol in your body which lowers your immune system and pushes up inflammation. Being aware of what you are experiencing/feeling, acknowledging it and accepting it helps you to move through your fear. Talk therapy and journal writing is critical. Keep a gratitude list daily and share it.



Take deep breaths. Breathe and the way we breathe can make an immediate impact in taking us out of flight/flight. Turning down the cortisol and adrenaline will reduce the impact of stress on your body and mind. One quick exercise you can do if you're feeling overwhelmed is to take a few minutes and sit quietly, with spine erect so energy can move through easily, breathe in your nose with a count of 5, hold for a count of 2 and then exhale out the mouth for a count of 5.

Meditate. Sit quietly and listen to your inner world. Put on inspiring music, read something uplifting, walk in nature, talk to a loved one who cares. Do things that increase your connection with your deeper nature and that uplifts the energy state in your body.

Get a Massage. It is safe to come back to one of the most enjoyable ways to boost your immune system. Massage increases immune response by down-regulating adrenaline and cortisol and upregulating dopamine, serotonin and oxytocin...the feel good chemicals in your body.

Get plenty of restful sleep. Your immune system requires large amounts of energy, so it depends on adequate sleep to function at full capacity. We can often reset the nervous system into parasympathetic mode with a good night's sleep. Turn off your tv and electronics 1 hour before bed. Move your phone at least 3 feet from your head when you sleep. Try to sleep in complete darkness. End your day with positive thoughts and a quiet mind.

Consider using a more natural hand sanitizer *without toxins*. All that spraying may be creating toxins that are cancer causing. In fact, several top selling sanitizers have been pulled from the shelves for this reason. We use doTerra OnGuard, doTerra Purify and doTerra Siberian fir in our diffusers and OnGuard hand sanitizer, as well as Norwex hand sanitizer for best results without any toxicity.

Stay Grateful. Take a few moments every day to give thanks and be grateful. Say it out loud and let your body hear you. Gratitude and thankfulness are shown in research to boost the immune system. Remember your body is listening to every word you think and say. Try keeping a gratitude journal and write down 3 things each day you are grateful for.



Empower yourself. Find out what you need to do to support yourself. Focus on what you can control and release what you can't. Surrender isn't a passive activity. It's being with 'what is', while being pro-active in building your immune system, staying present and connected and sharing LOVE which is always here.

Supplement Your Immune system with whole food nutrients and herbs.



It can be said that we don't have an immune system, rather, our entire body functions as an immune alliance. The immune system includes the endocrine system, mucous membranes, skin, bone marrow, GI tract & microflora, spleen, liver, thymus, endocannabinoid system, and the list goes on and on. Both Standard Process and MediHerb have powerful tools for proper immune system health and function. Please don't hesitate to reach out to us to discuss specific concerns regarding keeping your immune system strong and resilient.

Immuplex – this functions like an everyday multi-vitamin for the immune system. It has support for liver, spleen, thymus and lymphatics all-in-one. Also a good source of several minerals (Zinc, Copper, Selenium) that may not be as prevalent in our food supply as they once were. Immuplex blends essential micronutrients and minerals as well as Protomorphogen™ and Cytosol™ extracts to support the immune system. **This is your daily multi-vitamin for your immune system.**

Congaplex – the best combination nutritional product for short-term support of the immune system. This is one of the best products for ANY type of acute immune challenge. Contains a combination of key ingredients from Cataplex® A-C, Thymex®, Calcium Lactate®, and Ribonucleic Acid (RNA). This whole food formula also comes in a chewable version for the kids. **Great for fevers and stomach viruses too.**

Echinacea Premium - The herbal formula for the immune system. A patented combination of *Echinacea purpurea* and *Echinacea angustifolia*. Has been used traditionally to help enhance immune system function, support upper respiratory tract health, and help relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants. Remember too that a good quality Echinacea product should come from the root, not the flowering tops, and have an ample amount of alkylamides to be effective. How can you tell if this important phytochemical is present? Taste it. The alkylamides will make your mouth tingle. **This is your #1 supplement for prevention.**

Andrographis Complex—The herbal formula for acute immune support. A combination of Andrographis, Holy Basil, and *Echinacea angustifolia*. This formula has been used traditionally to help maintain healthy immune system function, support healthy respiratory system function, support healthy immune system response, and more. Andrographis combines well with Congaplex. **This is your #1 supplement for the Acute phase.**

Viranon- An herbal formula containing St. John's Wort, Licorice, and Thuja. These herbs have been shown in clinical studies to be **supportive against both enveloped and naked, or non-enveloped, viruses.** Viranon helps promote the body's normal resistance function and encourages a healthy defense by supporting the immune system.

Emphaplex—A combination whole food nutritional product that supports the respiratory system. It has a combination of key ingredients from Catalyn, Drenamin, Pneumotrophin PMG, Phosfood Liquid, and Protefood. It supports the body's natural ability to **expel respiratory secretions**, supports cellular energy, and the nervous system function.

Herbal Throat Spray- Herbal Throat Spray contains soothing herbs for supporting throat tissue, oral health, healthy respiratory tissue and respiratory tract function. This may also be used as a prevention tool to **kill germs because of its antiseptic properties.** Suggested Use: 2 sprays into the mouth and swallow; 4 to 5 times a day.

Cataplex C—**Vitamin C is everybody's go to for supporting the immune system**, and Cataplex C is a great source of the anti-oxidant Vitamin C. Also supports the adrenal glands and healthy skin and connective tissue, and bone health.

Cataplex D—Even after adjustment for gender, age, ethnicity and latitude, the risk of having a positive COVID-19 test result was far lower among those who had more Vitamin D in their blood. Vitamin D supports bone health, mineral absorption, the immune system, and cellular processes. **Adequate levels of Vitamin D may be your best defense against covid-19.**

Other Helpful Immune Support Products:

doTerra On Guard Essential Oil & products: contains essential oils shown to protect against environmental threats. Diffuse it to purify the air and help support healthy immune function. It may be taken internally for immune support. Also, comes in capsules, roller ball, hand sanitizer, hand soap, and cleaner. This is your #1 essential Oil go to for the immune system.

Norwex products- Microfiber cloths clean even the dirtiest surfaces using *only water, no toxic chemicals*, and removes up to 99% of bacteria. Plus with our BacLock® technology, your EnviroCloth self-purifies! Norwex offers a great hand sanitizing gel without the harsh chemicals.

Eat well-Think well-Move well! Stop at the Front desk or Call 717 558-8500 ext. 5 for more information on all our products. * These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.