

OPERATION

STAY HEALTHY!

Our **TOP 5 ALL NATURAL** and **DRUG FREE** choices that you need to keep your immune system happy, healthy, and strong!

1 CHIROPRACTIC

The Central or Autonomic Nervous System is the main connection between chiropractic and a strong immune system. It's a simple 3-step framework:

1. Excessive **STRESS** (Emotional, Chemical, and Physical) stacks up and build up in our lives, and creates a "shift" in our nervous system that often leads it to be **STUCK** in what's called fight-or-flight sympathetic overdrive (subluxation)
2. Excessive sympathetic stress then **SUPPRESSES** the immune system (as well as the gut and other major systems)
3. This then leaves us more **SUSCEPTIBLE** to illness of all sorts, and makes it harder to overcome and get through an illness, prolonging the **SICKNESS**

Chiropractic can also help improve the Nervous System's function, which in turn can help other vital systems like the immune system!

1. The adjustment **RELEASES** and **REDUCES** that built up stress
2. The Nervous System then achieves better **BALANCE**, aka less sympathetic stress
3. The Immune System can then function better, helping fight off illness and get through them faster, and overall **STAY HEALTHY**

2 EXERCISE

GET MOVING - exercise is an essential "nutrient" to reduce stress and detox the body! Pick your favorite kind, and get after it 3-5x per week!

3

NUTRITION

- Eat a well-balanced diet consisting mostly of unprocessed whole foods
 - Buy whole foods and cook/bake your own meals, breads, snacks, desserts (limited), etc.
- Eliminated (or do your best to reduce) sugar, partially hydrogenated fats/trans fats, and heavily processed foods
 - Watch sugar intake, including natural sugars
 - Avoid margarine, vegetable shortening, canola oil, etc. Eat and cook with olive oil, butter/ghee, coconut oil, and lard
 - Avoid frozen foods, processed foods, and foods with long ingredient lists. Instead choose real foods, such as high-quality meat and fish, eggs, colorful, fruits and vegetables, whole fat dairy, nuts, beans, and whole grains (as your diet permits). *Choose organic, pasture-raised, grass-fed, antibiotic- and hormone-free, and non-GMO when possible
- Drink plenty of water and limit beverages high in sugar and caffeine

4

SUPPLEMENTS

- **Vitamin C**
Thorne Vitamin C with Flavonoids
 - **Vitamin D**
Thorne Vitamin D/K2
 - **Curcumin**
Meriva 500-SF
 - **Fish Oil**
Carlson's Wild Caught Elite Omegas
 - **Probiotics**
Protocol Chewable Probiotic
- At the first signs of illness:**
- Immune Support by Oxygen
 - Zinc
 - Higher doses of vitamin C
 - Higher doses of vitamin D
 - Raw local honey
 - Activated charcoal
 - Shop online: www.hansonfamilychiro.store

5

SLEEP

- **GET YOUR ZZZ'S** - sleep is also beyond critical to a healthy body and healthy immune system. It's when our body reboots, repairs, and gets to work on clearing out all the stress we incurred during the day.