

Naturally Chiropractic's Swine Flu Prevention Tips

The basics of preventing something like Swine Flu are identical to what you want to be doing everyday and every week in your normal lifestyle. The chiropractic lifestyle sets you up for great success when it comes to any illness or condition, so you are ahead of the game already! Follow these tips for even better immunity and nervous system strength.

1. **Exercise** – 3 days a week at 30 minutes a time is a great way to start. If you haven't been doing anything for exercise talk to me and I will help you get started.
2. **Rest** – Your body gains energy and strength from sleep. If you aren't sleeping well you will be robbing your immune system of "fighters" so to speak and you will not be as ready for anything that comes along. Sleep well to fight well!.
3. **Diet** – Sweep out the sugars and processed foods. The power of your immune system is compromised by putting garbage fuel into your magnificent machine. All natural, low sugar, organic when you can is a good start. Look at your food labels for an eye opener on things like juices, dressings, and even peanut butter!
4. **Chiropractic adjustments** – A subluxation free nervous system allows your body to function at its highest potential. Your immune function is directly control and powered by your nervous system. When you are adjusted your power is boosted and your immune strength is enhanced.
5. **Clear your mind** – Mental/emotional stress drains your body's ability to deal with the everyday needs. The clearer you are thinking and the more relaxed your mind is, the quicker you will respond to any health threat such as a flu or injury.
6. **Vitamins** – I know you have heard this before, but once again it is a key. Vitamin D is powerful for fighting off the flu. Essential fat's, omega-3's, are key to nervous system function which directly controls the speed of response to any illnesses. Multiple vitamins from a trusted source will get you started.
7. **WASH YOUR HANDS** – Especially after bathroom breaks and before eating.