

This Issue!

Winter healthy ready

Cold and Flu Season

Danger of Sugar

CAUTION COLD & FLU SEASON

IS IT A COLD OR THE FLU?

COLD	SYMPTOM	FLU
YES	STUFFY OR RUNNY NOSE	SOMETIMES
YES	SNEEZING	SOMETIMES
YES, with green or yellow gunk	COUGH	YES, a dry cough
YES	SORE THROAT	SOMETIMES
MILD head & body aches	BODY ACHES	SEVERE aches all over
NO	NAUSEA	SOMETIMES
RARE for adults	FEVER	YES
NO	CHILLS & SWEATS	YES
SLOWLY, over a few days	WHEN DO THE SYMPTOMS COME ON?	FAST, within hours

STAYING HEALTHY DURING THE HOLIDAYS

Dear Patients and friends,
The holiday season is here and with this comes the cold and flu season. The theme of this quarter's newsletter will be healthy action steps you can take to insure you stay well through this time of year. Here are 8 action steps to insure your good health through the holiday season.



One of the major reasons for the cold and flu season in our area is the abrupt change in climate we have especially this time of year in SoCal. We go from 90 -100-degree days of summer that quickly becomes 40-60-degree weather of fall with little warning. This abrupt change in climate stresses our immune system and makes us susceptible to colds and flu. The first action step you can do is dress in layers so that you

are warm on the cold mornings and can dress lighter as the day warms up. Getting drafts are huge stresses that can bring your immunity down quickly especially if you are susceptible.

Secondly, the holiday season is just that; parties and comfort foods from Halloween to New Years! Last year I was invited to 15 holiday gatherings. Sugars and sweets are some of the major stressors to the immune

system and are the majority of the foods served on these festive occasions. Sugar robs your body of immune supporting vitamins and minerals which dramatically lowers resistance.

Thirdly, alcohol is another stress on the immune system and is now being considered a known carcinogen. It is now a major risk factor for death and disability. It increases your risk for head and neck, breast, esophageal

6 Tips to Keep Children Healthy During Cold and Flu Season



1 Wash hands frequently



2 Get active



3 Get plenty of sleep



4 Eat a well-balanced diet



5 Decrease stress



6 Avoid sharing

GEO CHIROPRACTIC CLINIC News

A HEALTH AND WELLNESS NEWSLETTER

10 Immunity-Boosting Juices to Drink When You're Sick

1. **Apple, carrot, and orange**
Taste, Love and Nourish
Notable nutrients
vitamins A, B-6, and C /
potassium / folic acid
2. **Orange and grapefruit**
The Black Peppercorn
Notable nutrients
vitamins A, B-6, and C / folic acid / zinc
3. **Homemade tomato juice**
The Balance
Notable nutrients
vitamins A and C / iron / folate
4. **Kale, tomato, and celery**
Robyn Lee via Serious Eats
Notable nutrients
vitamins A and C / magnesium /
potassium / iron / fatty acids
5. **Beet, carrot, ginger, and turmeric**
Gourmande in the Kitchen
Notable nutrients
vitamins A, C, and E / iron /
calcium
6. **Strawberry and mango**
Sober Julie
Notable nutrients
vitamins A, C, and E / iron / folate
7. **Watermelon**
Veg Recipes of India
Notable nutrients
vitamins A and C / magnesium / zinc
8. **Strawberry-kiwi mint**
Home Chef
Notable nutrients
vitamins A, C, and B-6 /
magnesium / zinc / folate
9. **Pumpkin seed**
The Blender Girl
Notable nutrients
vitamins A, C, and B-6 /
magnesium / zinc
10. **Spinach, lettuce, and kale**
Jeanette's Healthy Living
Notable nutrients
vitamins A, C, and B-6 / iron /
calcium



and colorectal cancers. It also increases your risk for autoimmune diseases, osteoarthritis, sleep disturbances, fibromyalgia and gout! Caution: keep alcohol to a minimum this holiday season!!!

A fourth action step you can take for strengthening your immune system is through nutritional supplementation. There are many immune supports you can take as a prophylactic measure including Vitamin C, Vitamin D3, Omega 3 fish oils, zinc, echinacea and golden seal, immuplex, and a broad-spectrum trace mineral supplement. These supplements will strengthen the immune system and lower your risk for colds and flu. Ask your doctor which will be most beneficial for you.

The fifth action step take insure a good night sleep. Your body actually heals when you sleep. This is when growth and repair takes place. Instead of partying to the late hours make sure you get 7-9 hours' sleep. Do not burn the candle at both

ends because your immune system will suffer.

The sixth action step is to get a chiropractic adjustment on a wellness basis. This will relieve stress on your nervous system, your hormonal system and immune system; the three most important systems that keep you healthy, day in and out.

The seventh action step is to get a flu shot. I do not recommend this for the average person. Big Pharma has blown this way out of proportion just to make money. I recommend those who are susceptible or have heart, lung or immunological disorders should get a flu shot on a prophylactic basis.

The eighth action step is to continue your regular exercise program during the holidays. The tendency is to take a lay-off. Regular exercise is one of the best ways to keep your immune system strong; it will strengthen your resistance and promote better circulation and tone throughout your entire body!

I hope these recommendations will help you to stay healthy over the holiday season. On behalf of the Doctors and staff of Geo Chiropractic, I want to wish you a happy, successful and healthy holiday season and New Year!

Dr. Orłowsky

