

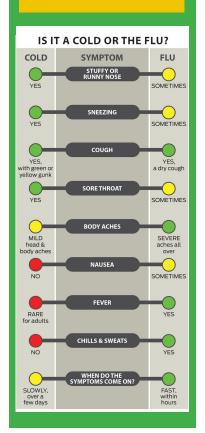
Winter healthy ready

Cold and Flu Season

Danger of Sugar

CAUTION

COLD & FLU SEASON



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





Get active



Get plenty of sleep



Eat a well-balanced diet



Decrease stress



Avoid sharing

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 /

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

8. Strawberry-kiwi mint Home Chef Notable nutrients

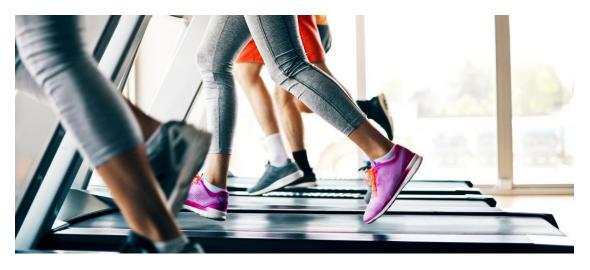
vitamins A, C, and B-6 /

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 /

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. Theses 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 a 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

