

NUTRITIONAL SPOTLIGHT:



7 Healthy Steps to Prevent or Stop Colds & Flu

Hello Friends,

I often hear some of my patients saying they are considering a “Flu shot”, or they are worried about their Mom & Dad or kids this Flu season. I am taking a moment to “set the story straight” about Colds & the Flu.

With so many choices and so-called “experts” out there giving advice it’s difficult to know what is best for you and your family. Also, with stores like GNC, and local pharmacies packed with “natural remedies” and “nutritional supplements”, the choices are much more difficult.

I’m writing to tell you that IF you are planning to be proactive and take care of yourself NATURALLY, I’m here to help. We now carry Physician- Quality natural products. These “natural” products can help with pain, help with arthritis, digestion, and many more of the common problems many of us face on a daily basis.

What we have begun to do is do a Monthly Nutritional Spotlight. Where every month, I will talk about a different Natural Nutritional product and how it may help YOU.

I also want to give you some easy, practical advice to **AVOID Colds & the Flu this winter.**

Though we often associate wintry weather with getting “sick”, it’s actually a myth that being cold will make you catch a cold. The TRUTH is you get sick when your immune system is impaired or you’re exposed to a virus or bacteria that your body can’t fight. Bottom line. If your body is healthy and in balance, you won’t come down with a cold- *not even from wintry weather!*

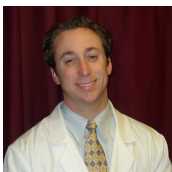
PRECAUTIONARY MEASURES



When you are exposed to pathogens passed around by others who are coughing and sneezing, you need to take preventive precautions. Try to feed your body in advance by taking extra **Vitamin C (Ester-C Ultra)**. This way when you’re exposed to an onslaught of germs, you won’t be as likely to come down with it.

The best way to fend off the flu is to get plenty of rest, eat a low-sugar-diet (sugar impairs your immunity) and pay attention to your body. When you notice the first signs of a snuffle, use natural remedies such as **Echinacea** (pronounced “*ek-uh-NAY-shuh*”) that will help the body heal itself. Then give your body a chance to recuperate by getting lots of sleep and drinking plenty of fluids. If you take the time, you may actually nip the crud in the bud.

Have a Happy & Healthy New Year, and as always we are here to help...



- Dr. Seymore

P.S. See the following page for 7 Natural Ways To Prevent Or Knock Our A Cold or Flu!

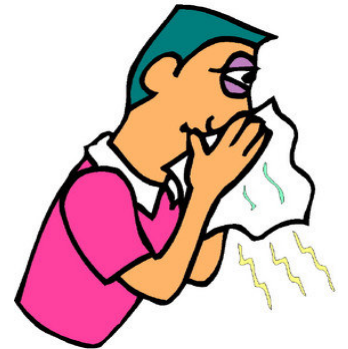
7 Natural Ways To Prevent Or Knock Out A Cold Or Flu:

1. The Ultra Seasonal Protector. They say “an ounce of prevention is worth a pound or cure”. Well, sometimes it’s best to go in “guns blazing”. The **Ultra Seasonal Protector** has what we need to stay healthy, so the miserable wintry cold or flu won’t get the best of us. **Ultra Seasonal Protector** contains many crucial natural ingredients to help keep us healthy, and nip the early onset of the cold or flu. This product is recommended for those with immune system compromise or those who frequently get colds or the flu. It is recommended to utilize **Ultra Seasonal Protector** in the wintry months (November through March). (**Note:** Once you have a significant cold or flu, some of the products below would better assist you BACK to health.) *We have **Ultra Seasonal Protector** available to help KEEP you healthy!*

2. Vitamin C to the rescue. Vitamin C can significantly reduce cold symptoms and help you get over it faster. On days when you are sick, take 500 to 1000 mg. of vitamin C three to six times a day. (Reduce this amount in half if you develop diarrhea.) *We have lower level **T.R.I. C-500 (500 mg.)** and higher dosage **Biomax C (1000 mg.)**. These are the best source (both quality & quantity) for your Vitamin C needs. (We also have **Kids Orange Cee** & **C-Rola 500 Chewable wafers** available for your children)*

3. Help from Echinacea. When you need to boost your infection-fighting capacity, try the herb echinacea. Taken at the first sign of symptoms, echinacea can speed your recovery and minimize your symptoms. Use this popular herb only while you are ill- studies do not report much success with people trying to prevent colds with it. The **Ultra Seasonal Protector** helps with prevention. *We have **Echinacea** from the highest grade herbs available to help boost immunity.*

4. Zap colds with Zinc. The human immune system doesn’t function properly when you’re zinc deficient. In addition, higher levels of this important mineral- especially when taken in lozenge form- can cause cold symptoms to improve faster than they would otherwise. The usual dosage to take when you’re feeling sick is 23 mg. of zinc gluconate. That amount should be reduced to 10 to 25 mg. daily once you’re well again. **Caution:** High doses of zinc taken for more than a week can actually *suppress* immune function. *We have **Zinc Lozenge (with Zinc Gluconate)** available to help with the common cold.*



5. Soothe a sore throat. Sucking on **Zinc Lozenges** every few hours can alleviate a sore throat, although you’ll also benefit by drinking a tea mad of mucilaginous herbs such as marshmallow or slippery elm, which coat the throat. To help wipe out infection in the throat, gargle with tea tree oil, a natural antiseptic. Add 3 to 6 drops of pure tea tree oil to warm water and gargle for a minute. Repeat three times a day. (Caution: Do not swallow tea tree oil, which can kill the friendly flora/normal bacteria in your digestive tract.) *We have **Zinc Lozenge** available for the sore throat.*

6. Stop the cough & sweat out a fever. When you can’t quit coughing, turn to an old standby: Hot ginger tea. Ginger stimulates circulation and helps clear your sinuses and lungs of mucus. You may also get some relief with the natural cough suppressant, bromelain, and enzyme from pineapple. It can also soften and loosen hard, sticky mucus. Ginger also helps the fever run its course and do its job, which is to burn off invaders. *We have **Ginger Plus** available to help with the cough.*

7. Get Adjusted. Study after study show that receiving regular **chiropractic** adjustments helps **boost** your body’s **immune system**. Getting adjusted can help your body overcome a cold or flu much faster than without **chiropractic** care. When people who get adjusted on a regular basis report become sick, they report getting sick much less often, and when they do get sick, their symptoms aren’t as bad and don’t last as long! *We can help by offering affordable health maintenance adjustments.*