

Fall Health Update

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The Best Way To Avoid The Flu

Lately it seems that you can't turn on a news program or pick up a paper which isn't discussing the swine flu pandemic and how everyone needs to be vaccinated. Should you be worried? Should you get the vaccine? Let's look at some of the facts.

The first thing to remember is that doing all we can to keep our bodies as healthy as possible is the best way to prevent the flu. A healthy person is less likely to contract the flu in any form and much more able to combat it effectively should infection occur.

What about the flu shot? Think long and hard before you get a flu shot. Do the research and then decide what's best for you and your family. The current strain of flu most often *is not* contained in the seasonal shot. Flu shots contain 2—3 strains of flu virus (chosen from prevalent strains in China and Australia the previous flu season). There are hundreds of different strains circulating in the population. So, chances are that you will not even come in contact with the virus that you've been vaccinated with.

The swine flu shot has been rushed to market and thus inadequately tested. Vaccine trials were not yet completed when the shot was released. So the safety and effectiveness of this vaccine is a big question mark. Any flu shot depresses your immune system, so that if you do come in contact with a virus which was not in the vaccine you received, you may be *more susceptible*. There are other potential dangers to the shot as well, including dangerous additives which can cause and contribute to health problems far more serious than a flu. If you would like additional information on this topic, check out our website www.bfchiro.info for much more information.

There are many other types of illness which have symptoms similar to the flu, but which are not caused by a flu virus. With these, as with the flu, the best strategy is to keep your body as healthy as possible.

Following are some ways to keep your immune system working its best and avoid the flu:

1. **Get adjusted on a regular basis.** Subluxations interfere with the proper function of your nerve system which is closely linked to your immune system. Keeping your nerve system working at its best helps your body stay as healthy as possible.



2. **Avoid Sugar**— Sugar decreases the function of your immune system almost immediately. So, be especially careful during the holidays or if you feel at all that you're "coming down with something. Remember, fruit juice has a lot of sugar in it.

3. **Keep your diet as healthy as possible**— Eating a healthy diet with lots of vegetables, fruit, whole grains and lean protein gives your body what it needs to stay healthy.

Supplementing your diet with a high quality nutritional supplement helps you to get the nutrients your body might be missing.

4. **Drink plenty of water**—Being properly hydrated is important for good body function. Also, if you're drinking plenty of water you're less likely to be drinking other things which aren't as good for your body.

5. **Get 15 minutes of sunshine as often as possible**— Most of us are deficient in Vitamin D, a vitally important substance for our immune system. Get out in the sun. If you can't, supplement with good quality Vitamin D3

6. **Get enough rest**— If you're fatigued, your resistance will decrease and your body will find it harder to fight the flu. Your body does most of its repair work while you're sleeping. Give it the time it needs.

7. **Don't let stress become overwhelming**—Stress plays havoc on our nerve system and our immune system. When our body is in a stress mode, immune system function can be depressed. Find ways to decrease the stresses in your life. If this seems impossible, then develop strategies for not letting the stresses affect you in such a negative way.

8. **Exercise**—Exercise increases circulation and enhances immune system function. It helps combat the effects of stress, elevates your mood and outlook and is important for overall body function.

9. **Wash your hands**— This is simple advice, but it can help to decrease the likelihood of spreading a virus to your nose, mouth or other people.

If it's been 6 months or more since your last visit, it's time to come in and get checked.

Mention this newsletter when you come in and you'll receive an exam and

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*x-rays not included.



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Louis Pasteur, the father of the “germ theory” realized near the end of his life that he had been mistaken. He said, “*It's the soil, not the seed*” - meaning that it's not the germs, viruses or bacteria which make us ill. It's the health of our body and our ability to resist which is the most important thing. This flu season, do all you can to keep your body and your health at it's best!! Be sure to include Chiropractic as part of your health plan.

Go To www.bfchiro.info for important information regarding swine flu vaccine and how to stay healthy—Naturally!

To conserve paper and other resources, we will be phasing out mailing our printed quarterly newsletter. In order to receive the same great information, sign up for our e-mail newsletter on our website

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