

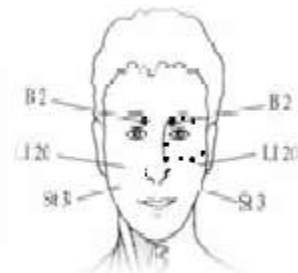
Dr. Cara's Powerful IMMUNE BOOSTERS!

Got the sniffles or a cold?

Here are a few natural helpers to boost your immune system while your body adapts and strengthens. Remember... colds & flu symptoms are how a healthy body FIGHTS bacterial and viral invaders and strengthens your immune system! If you are having the same symptoms over & over, however, talk with me.

Easy ways to strengthen your immune system:

1. Get extra adjustments – If your body is fighting a cold or infection, you want your nervous system and immune system fighting and learning to their best capacity. Chiropractic adjustments have been shown to boost your immune system 200%, by taking pressure off the nervous system so you will recruit all your natural resources.
2. Double your whole foods supplements – **Xango, Juice Plus**... whatever you are taking for your wellness, just double it. Your body will need those great nutrients to rebuild damaged tissue from the invaders.
3. Water – A simple formula is to divide your body weight by 2 and that is the minimum number of ounces to drink per day. The invaders will be damaging tissue throughout your body and water is a great way to flush the debris out and bring in good nutrition.
4. Echinacea/Goldenseal – These are wonderful herbal supplements that aid your immune system in fighting the bugs. As a guideline don't buy the cheapest one. Ask me which one I recommend...we carry it in the office for your convenience... & ask me how to take it.
5. Probiotics - PLEASE use the **Natures Sunshine Probiotic11** that we suggest. We carry it in the office for your convenience. It has 11 different beneficial bacteria! Align, for example, only has 1. We need a complex gut flora for optimal immune and digestive health.



Sinuses:

1. Sun Breeze – Topically use a small DAB on each cheek bone and each eyebrow. Put a DROP in a mug of boiling water (do not drink) and inhale the steam GENTLY with a towel over your head. Put a drop in your humidifier (clean 1x per wk). Also, put one drop on the floor of the shower while showering. I carry it in the office as well.

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2. Acupressure points – Gently press for 5 – 10 seconds on each cheek bone and then on each eyebrow. You may do this several times but be sure to be gentle.
3. Hum – Lots of humming especially in the shower will help loosen up the mucous in those sinuses.
4. Sinus flush system – From simple to intricate, these sinus irrigation systems give relief to hundreds of my patients. Use simple saline and begin to get relief.

Sore Throats:

1. Grapefruit seed extract – Big immune booster. Gargle with this several times per day and swallow if you can.
2. Zand's throat spray – Herbal spray that delivers real relief.
3. Chamomile tea – This tea has anti-viral and anti-bacterial properties and soothes a sore throat. Either no sweetener, or just a little honey!
4. Apple cider vinegar – Great mucous cutter! Minimally 1 teaspoon in 8oz of water. Gargle several times per day and drink for good health.
5. Sore throat drops – BE CAREFUL HERE! These do have sugar so only use if an emergency. Use Zinc or Ricola honey-herb flavor.
6. Salt water – Gargle several times per day

Stay FAR away from these!

Dairy products – These are HUGE mucous producers – milk, cheese, (anything made from milk)

Sugar and refined carbohydrates – No sugary drinks, alcohol, no bottled fruit drinks (including no Orange juice! – this actually increases bacteria and mucous), no crackers, cakes, cookies, etc.

Caffeine & Smoking – This affects your blood system and restricts proper immune function.

**Remember the most important one...get in & get adjusted!!!
Our practice members tell us that when they get adjusted regularly
they get better quicker...and if they get adjusted regularly they
usually avoid the illness completely!!!**

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