

supplements...

To aid in keeping your immune system functioning at its best incorporate there are a number of ingredients that you can included in your diet including; Echinacea, Vitamin C, Zinc and Garlic.

When Echinacea is taken for a period of just five days, this herb can lead to a more active immune system and also speed recovery time from the common cold and flu.

Vitamin C is an essential nutrient that serves a number of functions in the human body and can be found in high levels in citrus fruits, some vegetables and liver. Apart from its strong antioxidant qualities, vitamin C has been shown to reduce the chances of getting a cold and reduce the time of illness, especially in those who are stressed.

Zinc is an important mineral found mainly in red meats and poultry, which is vital for immune system support. Zinc has been found to decrease the severity and duration of colds and flu.

The humble garlic clove has long been accredited with medicinal qualities, many of which are now backed by scientific research. The active biological compound in garlic, Allicin, does not only helps reduce cholesterol, lower blood pressure and aids blood flow, but may also reduce by half the risk of catching a winter cold.

above - down - inside - out

above

Above is about life force. The power that made the body heals and coordinates function and life potential.

down

Down is about bringing life force or energy into the body and helping the master control system, 'the brain' communicate the wellness message throughout the body, via the nerve system.

inside

Inside is the generator. Without your control system working properly, we can hardly expect optimal life expression.

out

Out is about doing it! Allowing the pure expression of growth, health, energy and enthusiasm for life that is expressed when our body is free to do so!

clients of the month...

Chiropractic research enables us to provide you with the most revolutionary care. The following clients will have their fees donated to the Australian Spinal Research Foundation this month.

Thank you to:

Ben Foster
Kathy Teagno
Mauro Tarquino



events...

Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

356 Rathdowne Street
North Carlton Victoria 3054
Phone: (03) 9347 4444 Fax: (03) 9347 4466
Email: reception@c4w.com.au
www.c4w.com.au



immunity
c4w newsletter
July 2009



winter...

We are already in the midst of winter!

Winter is the time of year to reflect on our health, replenish our energy and conserve our strength. Unfortunately the way we live our lives in this busy world, it doesn't always allow us to follow the natural rhythms of the seasons.

It is important to look after yourself as the weather becomes cooler and the cold and flu season peaks. Eating warm hearty soups, whole grains, and roasted nuts help to warm the body's core and to keep us nourished. Sleep early, rest well, stay warm, and expend a minimum quantity of energy to stay healthy in winter.

July's newsletter gives you some information on how to keep your immune system healthy and strong in the colder months. A combination of chiropractic care and good nutrition, diet and some immune boosting supplementation can put you in good stead for a healthy winter.

It is also the end of the 08-09 financial year so please ask if you need a statement of your chiropractic care printed or emailed to you as we are happy to oblige. Have a great month!

The team at chiropractic4wellness!

thought for july

There are two ways to live your life. One as though nothing is a miracle. The other as though everything is a miracle.

Albert Einstein

immunity...

Although it's only been winter for four weeks now it feels like people have been talking of the flu and its presence all around us for months. With all this talk of the swine flu and the seasonal flu it is easy to get stressed out and want to stay inside, however, it doesn't need to be that way!

There are a number of things each of us can do to increase our immune system's capability. Researchers now know that there is a critical link between the body's central nervous system and the immune system. When your nervous system is working at its best, your immune system will have better balance and cellular communication for you to be fighting off the winter bugs. A fully functioning nervous system has a direct effect on the immune system by activating the release of immune regulatory cells into the blood, including phagocytes which search for foreign matter, engulf it and then destroy the bad cells.

So rather than cancelling your chiropractic appointment because you have a cold, come in and get your body switched back on!!

Moderate exercise is great for our immune system during this season, however, it is important to not over exercise during these colder months as it has been found that the combination of large volumes of training and extremely low body fat levels can increase the tendency to pick up a cold. This puts stress on all of our body systems.

Winter meals should be nutritious and warming. Aim for at least 2 serves of fruit and 5 serves of different vegetables per day! Plenty of variety is important to ensure a range of vitamins and antioxidants is consumed to keep the immune system firing! It is also beneficial to limit the consumption of sugary foods and drink as sugar is clinically proven to reduce immunity. It targets specific immune cells leaving you less resistant to virus and bacteria.

flu vaccine...?

Influenza, commonly known as the flu, is caused by a highly contagious virus which is spread by droplets when someone either coughs or sneezes. A person with the flu is contagious before any symptoms present therefore it is important to have a fully functioning immune system even if you are not around people with flu like symptoms.

Much talk is out there about the flu vaccine as a preventative measure to the flu. But how much do you know about the flu vaccine? What is contained in the flu vaccine? And is it the best option? The flu vaccine contains a number of chemicals including mercury and aluminium, and also a neutralised flu virus. Mercury is known to be an extremely dangerous neurotoxin and has been removed from many vaccines, however, it is still present in the common flu vaccine. Aluminium which is also contained within this vaccine is another chemical that has neurotoxic effects that can be found in this vaccine.

It has been reported that many people come down with the flu shortly after receiving the shot. This is because it actually weakens the immune system as the body is fighting off a foreign substance, making the person more predisposed to another illness. The influenza virus changes every year because it has a unique ability to change its surface structure, which allows it to escape recognition by the body's immune system. These changes mean that the vaccination that you have this year is produced against the virus from the previous flu season. So we can only be vaccinated against last year's strain!

There is much information out there about the flu vaccine and it is sometimes difficult to separate facts from hype, so it is important to make an informed, educated decision of whether to get the flu vaccine or not. So before you run out to get the shot research the safety issues surrounding the flu vaccination and educate yourself in preventative measures against getting the flu in the first place. There may be safe and more effective ways to heighten our immune system or to prepare for the immune attack.

