

## What is our immune system?

Our immune system protects us against threats such as viruses, bacteria and parasites that can cause infectious diseases. Most of us take our immune system for granted... until we get sick! Our immune system is very fascinating, complex and important in keeping us healthy.

Our bodies have the ability to adapt to change and 'get by' and therefore, chronic illness may build up over time. It is not until a stressor in our lives pushes our immune system over the edge; 'the straw that broke the camel's back' that we then realise we are sick. However, as it can take a long amount of time for a chronic illness to develop, we may not experience any symptoms or pain. The absence of symptoms does not mean that we are healthy. Once our body reaches this stage, it often takes quite some time to feel great again. Therefore, with regular chiropractic care, your spine can be free of subluxations that could be causing interference with your immune system. Our priority is your health care and helping you to maintain your immune system and create wellness to enjoy a happy, healthy life.

Have a very immune boosting July!

The team at c4w

### thought for july

"The private and personal blessings we enjoy- the blessings of immunity, safeguard, liberty and integrity- deserve the thanksgiving of a whole life."

**Jeremy Taylor**

## Immunity boosters...

### chiropractic care

Studies have shown that chiropractic care has a positive effect on the immune system and general health. One study measured the immune systems of people under chiropractic care as compared to those in the general community over a 3 year period. Clients under care for 5 years or more were found to have a **200% greater immunity competence than those who were not under care**. It was also found that the immune system abilities of those under care did not diminish with age.

### vitamin c

Vitamin C is a water-soluble, antioxidant vitamin. It is important in forming collagen, which gives structure to bones, cartilage, muscle, and blood vessels. Vitamin C aids in the absorption of iron, and helps maintain capillaries, bones, and teeth. Ascorbic acid (one form of Vitamin C) has been found to significantly increase wound healing, reduce the inflammatory response, lessen respiratory distress and enhance immune function. Good sources of Vitamin C include: oranges, broccoli, strawberries, mangoes and spinach.

### raw foods

Fresh, raw foods contain the highest level of enzymes which are used by the heart, lungs, kidneys, immune system, and for brain function. In cooked foods, enzymes and oxygen are destroyed. Give the body the nutrients it needs to repair and rebuild itself, by eating as many fresh raw foods as possible!

## Immunity boosters...

### exercise

The average adult has two to three upper respiratory infections each year. We are exposed to bacteria all day long, but the likelihood of catching a cold depends on how well the nervous system is controlling the immune system. Recent studies have shown that during moderate exercise, several several positive changes occur in the immune system. Various immune cells circulate through the body more quickly, and are better able to kill bacteria and viruses. On completing exercise, the immune system returns to normal within a few hours. This suggests that moderate exercise, such as a brisk walk, will help give your immune system a boost, and that in turn, should increase your chances of fighting off cold viruses over the long term.

### water

Water is everywhere in our body...almost like a free flowing river!

We require plenty of fresh, pure water (that doesn't mean tea or fruit juice) in order to function properly. Water is essential for digestion, absorption of nutrients, aids circulation, regulates our body's temperature, keeps our skin clear, detoxifies the kidneys and liver and assists in removing toxins from the body.

Water should not be consumed cold, rather at room temperature for best absorption. You should try to have 6-8 glasses of water each day to help build your immune system.

## Special offer for July.....

**For the month of  
July  
receive 10% off  
all vitamins**

### 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:

**Annie Emery**

**Paula Fitzgerald**

**Sue Hearn**



## events...

### Creating Wellness Workshop

Have you attended?  
Do you understand Chiropractic?  
What else could you be doing to  
support your care?

Our next workshop is on

**Monday 12th July at 7.00pm**

Make a booking at reception!

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