

Bonus Supplement!



“How Chiropractic Can Help Combat the Flu”

Dear Patient,

Welcome to this special **Bonus Supplement** included with our monthly newsletter. On the bonus insert I focus on little-known benefits of chiropractic. This month it's about... **how chiropractic can help prevent and combat the flu – and with flu season almost upon us this is relevant & important information for the whole family.**

The medical community is in unanimous agreement that the secret to fighting the flu is a **healthy immune system**. Unfortunately you can't *buy* a healthy immune system and you can't *pop a pill* and get a healthy immune system. A healthy immune system comes about as a result of having a fully functioning nervous system & body.

When Will Flu Season Strike?

The flu season begins in November and is at its height between December and March. According to the Centers for Disease Control and Prevention, 1 out of every 5 Americans will get the flu this year. Are you prepared for the flu season?

Chiropractic care may be your answer to a clean bill of health this season.

Chiropractic can give your immune system a boost with a spinal adjustment. Let me give you the facts and a recent study about chiropractic and the flu: A study shown in the Journal of Vertebral Subluxation Research in 1997 showed chiropractic care to be effective in treating the flu. Over 2,800 individuals received regular chiropractic care and the result was an average *15% decrease in the incidence of colds and the flu.*

According to the *World Chiropractic Alliance*, spinal adjustments can help your immune system function better. An adjustment corrects what are called vertebral subluxations which can cause interference of the nervous system. When an adjustment is performed, it **releases pressure on the nerves** and allows more efficient interaction between your body's nervous system and immune system. When your immune system is healthy it is better prepared to prevent or combat the flu.

Regular chiropractic care is beneficial to the body. Preventing the flu is just one of the many positive side effects of regular chiropractic maintenance. Do you really need a flu shot? Or could great flu-fighting benefits accrue from taking a healthier and more natural approach to fighting the flu? And of course eating right, exercising, and having a healthy body are all important issues in combating the flu as well. If you would like to learn more about utilizing chiropractic to combat the flu during the upcoming flu seasons, please give me a call. We're here to help! Also, family plans are available to save you money.

Interested in learning more how chiropractic can combat the flu? Or have family members who want to combat the flu? Call (801) 569-1141 today.