



SCHERPING CHIROPRACTIC  
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## Flu Season Is Here!

It's officially Fall of 2021 and that means another flu season is upon us. Yet this year brings something a little extra because it's not just the flu. Unfortunately, there's still COVID-19 to worry about as well.

But there's good news! Numerous studies show that normal to high Vitamin D3 levels are the #1 best way to boost your immune system and protect you from viruses, diseases, and other illnesses.

Read more information about Vitamin D3, its impact on COVID-19, and how you can stay healthy this flu season in my very first blog post!

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