***Does This Sound***

***Like You?***

| Sick often, for long periods of time, or when you’re sick | it’s often intense

| Allergies, asthma, or skin rashes |

| autoimmunity |

| Stomach/bowel/appetite issues |

| Endocrine imbalance relating to thyroid, adrenals | gonadal (reproductive), or pancreatic

| Cancer |

| Cardiovascular and Respiratory Issues |

| Anxiety, Depression, Cognitive Change |

| Delayed Exercise Recovery |

| Sleep Disorders |

| Panic Attacks |

| Chronic Inflammation |

| Metabolic Issues |

Then there ***may*** be an imbalance between Th1 mediated (non-inflammatory) and Th2 (inflammatory) mediated immunity…\*

**Regulation of Th1**

**(less inflammatory)**

* Welfare Consciousness Patterns
* Antioxidants
* Glucans and Mushroom Extracts
* Melatonin
* DHEA
* Selenium, Zinc
* Pre/Probiotics
* Breast feeding
* Fish Oils
* Beta Sterols (Beta-sitosterol and sterolin)
* Viral and Bacterial Infections/Exposure
* Dirt, Dust, Dander
* DNA Foods, foods that come from a living entity
* Moderate exercise

**Note: a good product that says it is “immune boosting” will contain *antioxidants* (Vitamins A, C, E and selenium/zinc) and *mushroom abstracts***

**Regulations of Th2**

**(more inflammatory)**

* Emergency Consciousness
* Antibiotics
* Vaccinations
* Long Term Melatonin Use
* Purulent and Parasitic Infections
* Trans and Saturated Fats, 6EFA/Omega-6
* Oxidation Damage
* Mercury Toxicity
* Nicotine and Caffeine
* Progesterone
* CBD
* Sugar
* High Fructose Corn Syrup
* Environmental Toxins, Hormones, Pesticides, Diesel Fumes
* Food Deprivation
* Recreational Drugs
* Alcohol
* Fetal Ultrasound
* Tylenol (works as placebo due to its mechanism)
* Extreme Exercise
* Synthetic Oxytocin
* Epidurals
* Sympathetic Activity + HPAC axis (highly correlated with subluxations, improved with chiropractic care)