

TIPS TO KEEPING YOURSELF HEALTHY

#1 GET ADJUSTED

According to research, neural reflexes control and stimulate the immune system. Chiropractic improves nerve flow and conduction velocity through adjustments. With an improperly firing nervous system, you are more prone to illness and disease. Get adjusted to keep your nervous system intact and your immune system functioning properly.

#2 DRINK LOTS OF WATER

Water is the key to life and health. Not only does water keep us hydrated, drinking lots of water can flush out any toxins, pollutants, or infection that you have in your body. Even if you contract something, staying hydrated can help fight the disease faster and can more effectively flush out any irritants in your body. Drink every 15 mins to flush any virus that may be in your throat so it does not have a chance to enter the trachea and the lungs.

#3 AVOID SUGAR

Viruses love sugar. Sugar (or more specifically Glucose) is the main source of fuel for viruses to thrive and proliferate. Our bodies do a great job at converting the food we normally eat into the nutritional building blocks that keep us going, so there is no need to introduce excess sugar that will only make you more prone to disease and help feed a viral infection. Taking amylase (a natural carbohydrate digestive enzyme) can help your body break down the starch that you inevitably consume, leaving less glucose for the virus to feed off of and more for your body to use as energy.

#4 GET QUALITY SLEEP

Sleep is vital to healing and replenishing the body. Our bodies need a full 7-8 hours of sleep every night to function properly. Studies show that if you sleep less or get poor quality sleep your immune system is unable to function properly and you become more prone to illness. Make sure you are getting enough good sleep.