

## WEAKENED IMMUNE SYSTEM HOME CARE

Lowered resistance is the "welcome" sign for germs. Germs are always present, but when the body is healthy the immune system can resist them. Treating the symptoms alone will not correct the cause. Symptoms of a cold or flu are indications that your immune system, (controlled largely by the nervous system) is weakened and your natural defenses have broken down.

Follow the guidelines below to naturally boost your immune system:

**Vitamin C – 1000 mg** 3 times per day with food. Exceeding bowel tolerance will cause gas and a loose bowel. (Not necessarily a bad thing when trying to get rid of a "bug" quickly.)

**Zinc Lozenge** - for sore throats and post nasal drip

**Super Garlic 6000** - anti-bacterial, thins mucus, boost immunity

CHILDREN: **Chewable Vit. C 250mg** 3X/day

For health maintenance consider Chewable Multivitamin, and Vit.C Daily.

Additionally, using a **Glyco-Thymoline** product can help open up the sinus and nasal passages and be quite relieving. Use a hand towel wringed out in hot water and saturate the cloth with the Glyco-Thymoline solution, lightly squeezing it through the cloth. Sit reclined, or lay down on your back if your comfortable, with this hot cloth covering as much of your forehead and face as you can tolerate, somewhat breathing through the cloth itself. A hot water bottle placed on top of this for ten to twenty minutes can be quite relieving. This can be done a few times per day and often the second or third application is even more relieving than the first. The **Glyco-Thymoline** can be found at **Medicap Pharmacy**.

For severe nasal congestion and sinus headaches, you may use an ice pack over nasal and frontal sinuses (bridge of nose and forehead) for 20 minutes every 2-3 hours. (Do not apply ice for longer than 20 minutes at a time. Do not apply directly on eyes.) Other Considerations: **While sick, avoid dairy products, bananas, orange juice, and sugar which increase mucus production.**

The following body systems need to run more efficiently in order to help your immune system:

Digestive	↓	
Elimination/Lymphatic	→	Therefore, please follow the guidelines below.
Nervous System	↗	

- Schedule and keep your appointments for your adjustments -- these will help your spinal nerves and your nervous system in general function more efficiently. Keeping your spine in adjustment allows the spinal nerves to function effectively. **The immune response is increased after chiropractic adjustments as documented with blood tests.**
- Make it a priority to get adequate rest. Do not allow yourself to become fatigued.
- Take it easy on your digestive system so your body can keep your immune system at peak efficiency:
  - 1. Avoid junk food, pork, fried foods, and sugar (sugar weakens the immune response). Also, milk and cheese cause increased mucus production.
  - 2. Decrease beef consumption which is harder to digest, while sick.
  - 3. Increase consumption of poultry, fish, fresh fruit and steamed vegetables.
- Increase fluid intake, especially water and juices (it's best to water down juices 50 %). Consume clear, broth soups.
- Dress using layers to minimize abrupt changes in temperatures, i.e. hot outside temperatures to cold air conditioned inside or cold outside to heated inside.
- As much as possible, minimize stress of any type (physical or psychological) so your body can focus on the immune system.