



Super Size Your Immune System... Naturally!

'Tuesday Talks' w/ Dr. Doug

A) Flu Shots:

- The process begins 9 months ahead of time by *guessing* what 3 strains might be most prevalent in the coming season. Some newer shots may contain 4 strains.
- It contains a weakened/dead virus along w/ other toxic & potentially lethal chemicals.
- Its effectiveness at preventing the flu varies greatly depending upon: choosing the right strains, a person's age & health and a robust response to the adjuvants.
- It takes 2 weeks to become effective & can last 4 months to less than a year.
- Everyone over the age of 6 months is recommended to get it (with few exceptions).
- Many of the manufacturer inserts state: "Safety and effectiveness in the pediatric (and pregnant) populations have not been established."
- Flu shots have been shown to cause serious, life threatening complications (including death) as shown by VAERS.
- There are contradicting studies cited in peer reviewed medical journals touting the vaccine's safety and effectiveness.
- Websites where all the information presented came from:
 - www.cdc.gov/flu/keyfacts.htm#preventingseasonal
 - www.fda.gov/BiologicsBloodVaccines/Vaccines/ApprovedProducts/ucm181950.htm
 - <http://vaers.hhs.gov/index>
 - www.mercola.com
 - www.NVIC.org National Vaccine Information Center
 - www.cochrane.org Cochrane Reviews – Largest collection of research review on flu shots.

B) Natural Alternatives to Boosting Immune Function:

The Basics:

- Understand that your body's symptoms are the 'Cure' and not the 'Cause.'
 - Support (don't suppress) your symptoms and let your body work.
- Wash your hands frequently
- Drink plenty of fluids - clean, pure water is the best. Add lemon for added benefit.
- Get plenty of rest – A full 8 hours helps regulate immune function.
- Start exercising right away
 - 30 minutes of 'moderate' exercise per day.
 - Builds muscles & improves circulation of 'T Cells.'
 - Gets vital nutrients to your cells & helps move the 'trash' thru the lymphatic system.
- Reduce stress as much as possible
 - Go for a walk, jog, run, swim, yoga, pilates, weight lifting, tai chi, etc.
 - Get a massage
 - Watch a funny movie
 - Laugh with family and friends
 - Breathing techniques (in 4, hold 8, out 8)
 - Prayer, meditation or just plain quiet time.
 - Essential oil vapors – lavender, tea tree, etc.



Feed Your Immune System!

- Fruits & Vegetables. They are loaded with antioxidants. Eat many different colors.
 - Eat fresh, raw & organic whenever possible. Have them in a shake/smoothie.
- GARLIC! virus-fighting & bacteria-killing properties.
- Ginger – natural anti-inflammatory properties.
- Good Fats – Omega 3's (Wild caught, not farm raised fish)
 - Salmon, Tuna, Cod, etc (oily fish)
- Breastfeeding is known to be more important than ever for building a strong foundation for lifelong immunity

Dietary Supplements:

- Vitamin D (The Sunshine Vitamin)
- Omega 3's – fish oil, flax oil or krill oil.
- Mushroom Extracts
- Probiotics – A variety of strains.
- Antioxidants – Vit. C, Vit E, Selenium, Pine Bark Extract, Grape Seed & Grapefruit Extract, zinc & beta-carotene.
- Echinacea, Astragalus, Goldenseal (not while pregnant!)
- Oregano, Calcium & Emergen-C (fizzy drink)

Immune Resistance Crashers

- SUGAR! It will cripple your immune system
 - 1 WBC normally eats 14 bad bacteria per hour
 - Only 8 bad bacteria after 1 can of soda or candy bar
 - Only 4 bad bacteria after 1 hot fudge sundae
- Fried Foods, White Flour, Breads, Pasta & Trans Fats (hydrogenated oils)
- Excessive &/or Chronic Stress
- Excessive Alcohol (Because of its effect on the liver, brain and blood sugar)
- Smoking (The number one preventable cause of poor health and disease)
- Antibiotics – Unless **ABSOLUTELY** necessary (determined by you and your Dr.)
 - Lowers the 'good bacteria' in your gut
 - Has **NO EFFECT ON VIRUSES**
- Vaccines – Unless **ABSOLUTELY** necessary (determined by you and your Dr.)
 - Provide only temporary immunity
 - Can cause assault and damage to the immune system

'Adjust' Your Immune System!

- Chiropractic care has been shown to strengthen the immune system of HIV patients.
- Long term chiropractic care has been shown to dramatically strengthen the immune system of patients when compared to the general population and those with cancer.
- Research shows that chiropractic drastically reduced death rates during the 1918 flu epidemic when compared to conventional medical treatment.
- Your immune system is an extension of your nervous system.
- Chiropractic care helps DNA repair and keeps you strong on the inside.
- Adjustments help 'boost' your immune system.

In Closing... The flu is not something to take lightly or even joke about. People do die from the flu every year. People also die from flu shots every year. There is no substitute for knowledge. Gather as much information as possible when it comes to you and your family. Ultimately the health & wellness of you and your family is your responsibility...

