



## Combating Colds & Flu

### **Mission:**

We at West U Wellness are committed to serving people who want a natural, higher quality of life for themselves and their families. We acknowledge that physical, chemical, and particularly emotional stress has devastating effects on the nervous system. Chiropractic adjustments remove this nervous system interference. Therefore, we go to extraordinary measures in educating society about the benefits of chiropractic care for optimal health.

### **Immunity and the nervous system**

Microorganisms cause colds and the flu so how can chiropractic or acupuncture help fight a cold or the flu? Neither form of treatment kills microorganisms.

One could also question how physicians for the last 100 years could say drink fluids and rest if you have the flu. Does fluid drown bacteria? Does lying down cause a virus to die? Of course not, clearly rest and fluids do not affect microorganisms. They are intended to strengthen the sick person's immune system. Doctors have found through common sense and experience that the ability to fight off microorganism (the immune system) is improved by resting and drinking fluids.

Chiropractic is based upon the same logic. If there is interference in the nervous system, then the immune system (which is intricately linked to it) will not function properly. And if you shut down the nervous system completely (death), then the immune system will not work at all. Therefore, if you interfere with its function, the immune system will work at less than 100%. It is a self-evident fact, if the nervous system works better, every system in the body works better, including the immune system.

Acupuncture is similar in that a vital energy referred to as "Qi" (pronounced "chee"), flows along channels or meridians throughout the body. This Qi is divided into Yin and Yang, which when out of balance leads to disharmony or disease (colds and

the flu). In order to correct this disharmony, the energy must be stimulated so that it moves freely again. With very thin disposable needles we use the flow of Qi and the actions of the various acupuncture points to help stimulate the body's immune system to treat colds and flu in the body.

We do not claim that chiropractic nor acupuncture cures the flu, the common cold or anything else. We just maintain that if there is an interference in the nervous system, the immune system will not work as well as it should. And if that interference is removed, the immune system will work better. This could be the difference between bouncing back quickly from a cold or the flu or not.

### **Supplements to boost immunity**

Nowadays most people know to take Vitamin C and echinacea capsules at the first sign of a cold. But how much should you take and how often?

Vitamin C: When you start feeling sick, take 500 mg. of Vitamin C every hour until it starts to give you loose bowels. Stop at that dosage and record how much Vitamin C you took to get to that point. Four to six hours later, take that same dosage and continue until you start to feel better. Vitamin C can reduce the severity of the illness and has an antihistaminic effect. Antihistamines are used to stop runny noses and watery eyes. Some Vitamin C supplements come with bioflavinoids which are substances that are

found naturally in citrus fruits and vegetables and can increase Vitamin C's effectiveness.

**Echinacea:** Echinacea root seems to be one of the most effective forms. Echinacea stimulates the immune system for fighting bacterial and viral infections. You should take the recommended dosage on the supplement bottle you've purchased. If you've already developed all the symptoms of a cold or flu, echinacea is not an effective herb, so only take it in the beginning stages of a cold or flu.

**Vitamins A, E, Zinc, and Selenium:** Along with Vitamin C, these are the other commonly thought of antioxidants. They all make the immune system stronger and more effective at fighting diseases.

**Goldenseal:** This is another common herb found along with echinacea for helping the immune system. Goldenseal is endangered in nature, so do not buy any "wildcrafted" goldenseal. Goldenseal is a great antibiotic and it also combats congestion.

**Garlic:** There are innumerable healing properties associated with garlic. The active ingredient, allicin, is also renowned for its antibacterial and antiviral properties. When you first start getting sick, try boiling 1-2 cups of chicken broth with as many cloves of crushed garlic as you can take. Drink the broth right before bedtime and hopefully the garlic will do its magic while you sleep. Garlic is also good for persistent coughs and bronchitis.

**Elderberry:** Elderberry is a powerful immune stimulant and is beneficial for respiratory conditions. Elderberries are full of Vitamins A & C. It helps with sore throats and initiates a speedy recovery.

Due to their popularity, we sell many of these vitamin and herb supplements in our clinic to keep your immune system strong and functioning properly. Hope you stay well!

*For further questions on combating colds & flu please contact Dr. Long or Dr. Yeager.*

## **Fit for Life Program**



"As a recently diagnosed diabetic, I needed help with my diet and exercise. I received a newsletter from West U Wellness with the "Fit for Life" class.

Each class focused on a different area, such as cholesterol and glycemic index. The class was presented in a relaxed environment with welcome discussion. We were taught stretches and exercises that could be done in the home or while traveling.

I have lost some weight, but more importantly, my numbers are looking great; my doctor is very happy with my progress."

- Sandi B.



# HEALTHY LIVING

*E-Newsletter*

Volume I Issue XI  
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West U Wellness hosts or participates in numerous events and activities each month. Included in these events are free health talks covering a different topic every **Tuesday at 6:00 PM** in West U Wellness. We believe these talks to be a means of allowing our patients to improve their lifestyles.

***\*Begin your New Year with a bang  
by joining us on Tuesday, January 4<sup>th</sup>  
at 6:00pm for more information on "Fit For Life".***

## ***January Calendar of Events***

						1 New Year's Day
2	3	4 "Fit for Life" Health Talk*	5 West U Walking Club 7:30 am	6	7	8 <b>West U Wellness Open</b>
9	10	11 Stress Management w/Pilates Talk	12 West U Walking Club 7:30 am	13	14	15 Select Comfort Screenings
16	17	18 Cold & Flu Health Talk	19 West U Walking Club 7:30 am	20	21	22 <b>West U Wellness Open</b>
23	24	25 Cholesterol Health Talk	26 West U Walking Club 7:30 am	27 US Oncology Health Fair	28	29
30	31					



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## **February Calendar of Events**

		1 Arthritis Health Talk	2 West U Walking Club 7:30 am	3	4	5
6	7	8 General Nutrition Health Talk	9 West U Walking Club 7:30 am	10	11	12 <b>West U Wellness Open</b>
13	14	15 Headache Health Talk	16 West U Walking Club 7:30 am	17	18	19
20	21	22 Low Back Pain Health Talk	23 West U Walking Club 7:30 am	24	25	26 <b>West U Wellness Open</b>
27	28					

*Dr. Sherman Yeager & Dr. Caroline Long are available to give free “stress management” lectures to a variety of groups. If you would like us to speak at your company or have us come to offer free spinal screenings at your place of work, your school or your church, please contact our office at (713) 490-2225.*