

## ANDERSON UPPER CERVICAL

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### Immune Checklist

## **DON'T**

- ◇ Smoke/ Vape
- ◇ Drink sodas (diet or regular)
- ◇ Use the microwave or be near it when it's on at all
- ◇ Consume dairy regularly (at all if possible): cow's milk, cheese, ice cream etc.
- ◇ Eat processed foods
- ◇ Consume artificial sweeteners (ex: Splenda, Sweet & Low, Aspartame, etc.)
- ◇ Keep your cell phone on your body -- use on speakerphone whenever possible
- ◇ Eat fast food ... if you do go out to eat, choose lean meats that are baked & not fried

## **DO**

- ◇ Eat organic fruits/vegetables/meats as much as possible vs. non-organic foods
- ◇ Drink filtered water (reverse osmosis is best) consistently throughout day
- ◇ Get a **MINIMUM** of 7-8 hours of uninterrupted sleep per night
- ◇ Take time out each day to lay down flat on your back for at least 20 mins. Even if you don't fall asleep, the rest will help your immune system.
- ◇ Get 20 minutes of direct sunlight on exposed skin each day
- ◇ Walk each day for at least 15 minutes. If you are unable to walk, at least sit outside in the sun to get fresh air.
- ◇ Avoid ALL stressful people & situations - your job is to heal!