

ANDERSON UPPER CERVICAL

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Immune System Boosters

It makes more sense to boost immune system function as a precautionary measure rather than trying to do so after becoming ill.

Antioxidants directly boost the performance of the immune system. Increase intake of foods rich in antioxidants Vitamin C, Vitamin A, beta and mixed carotenes, Vitamin E and selenium.

Fruits and Vegetables daily. Eat lots of fresh organic fruit and vegetables every day. Aim to eat a variety of colors – the darker the color vegetable, the better [e.g. Kale has more nutrients vs. Iceberg lettuce].

De-stress. Control stress levels with daily relaxation techniques, such as prayer, meditation, yoga, etc. Ongoing stress places a tremendous strain on the immune system, and this makes the body more susceptible to harmful bacteria and viruses.

Drink Apple Cider Vinegar (ACV) daily. ACV contains probiotics which are cultures of the beneficial bacteria that occur in the intestinal tract of healthy people. Probiotics increase the uptake of important minerals from the GI tract thus preventing deficiencies, which lower immunity.

Spend more time with immune enhancers [positive people, pets, and children]. Spend less time with immune suppressors [negative, angry or tense people].

Get regular fresh air and direct sunlight. Oxygen and Vitamin D are excellent immune boosters.

Stimulate lymphatic flow through exercises like T-Tapp.

*Brainstem interference DIRECTLY suppresses the immune system so above all - **Get regular Upper Cervical check-ups!***