

ANDERSON UPPER CERVICAL

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Health Recommendations:

Ways to strengthen your immune system to fight ALL infections:

- ✓ ***Keep your brain stem free of interference by regularly getting checked by Dr. Anderson!***
- ✓ Get plenty of rest & water throughout the day
- ✓ Avoid processed sugar & dairy; these inhibit the immune system
- ✓ Open the windows in your house often to get fresh air flow
- ✓ Spend time outside for fresh air & sunlight daily
- ✓ Exercise daily → movement is critical to a strong immune system
- ✓ Eat organic fruits & vegetables daily
- ✓ Avoid panic, anxiety & worry. Those feelings actually weaken the immune system & make you sicker.

The immune system is the BEST defense any person can have – focus on building your first line of defense today!

If you would like to discuss the above information or have any health related questions at this time, Dr. Anderson is offering phone consultations to any existing patients as well as any of their friends & family.

Call 770-443-0787 to schedule a time today.