

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
- Avoid panic, anxiety & worry. Those feelings actually weaken the immune system & make you sicker.
- The flu virus that we deal with each year is often more deadly than COVID-19.
 - Did you know in 2018 more than 80,000 people died in the U.S. alone from the seasonal flu? This virus is NOT more serious than the yearly seasonal flu, only the (over) reaction has been.

If you experience any symptoms that are concerning, call to see Dr. Anderson right away.

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

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