

NOVEMBER 2024



IMMUNE SYSTEM

Gonstead Chiropractic care can help strengthen the immune system by improving spinal alignment and nerve function. The following areas commonly see improvement with consistent chiropractic care:

- **White blood cell production:** Gonstead Chiropractic care can stimulate the production of white blood cells, which are the body's primary defense against infections and diseases.
- **Respiratory bursts:** Gonstead Chiropractic care can lead to respiratory bursts, where the body increases white blood cell activity to fight infection.

IMMUNE PACKS

Immune System Health Packs are designed to provide support in three convenient daily immune system supplement packs.

- Excellent source of calcium, iron, zinc, copper, chromium, folate, iodine, and vitamins A, B6 and B12 and antioxidant vitamins C and E
- Good source of magnesium and selenium



IMMUNITY BOOSTING SMOOTHIE!

A sweet and tart smoothie that aids in keeping common colds at bay, that the whole family will love! Loaded with antioxidants and vitamins, hidden in it's dessert-like flavor!



IMMUNE SYSTEM

»»» HOW GONSTEAD CHIROPRACTIC AIDS IN IMMUNE SYSTEM HEALTH

The nervous system communicates with the rest of the body. So when you have a misaligned spine, it indicates a problem with the communication path. In addition to causing pain, it can increase the likelihood of illness or injury.

The compression of the nerve pathways in your immune system can weaken your body's natural disease-fighting mechanisms. Fortunately, according to numerous studies, Gonstead Chiropractic can relieve pain and stress. It can also fix spinal misalignment and improve nerve function. This can boost your immune system.

SUPPLEMENTS, SUPPLEMENTS, SUPPLEMENTS!

There are plenty of options regarding supplements that we provide to aid in building your immune system. Our favorite is the immune system pack by Standard Process!

Each box includes a 10-day supply of individual packs (taken 3 times a day).

Each pack contains:

- [Immuplex](#) (2 capsules) – blends essential micronutrients and minerals as well as Protomorphogen™ and Cytosol extracts to support the immune system.
- [Cataplex F Tablets](#) (2 tablets) – provides an excellent source of vitamin B6 and iodine.
- [Cataplex C](#) (3 tablets) – supports the immune system, skin and connective tissue, and bone health.
- [Calcium Lactate](#) (1 tablet) – contains calcium and magnesium which provides support in the immune system response function.

»»» ASK YOUR DOCTORS!

We have plenty of options in our office that are readily available for you TODAY! Ask either Dr. Brad or Dr. Riley how we can address your immune system concerns. We are happy to assist you!





IMMUNITY BOOSTING SMOOTHIE

>>> WHAT MAKES THIS SMOOTHIE SO BENEFICIAL TO YOUR HEALTH?

This healthy smoothie is not just any old smoothie. Sure, there are loads of delicious smoothie recipes out there, but many are designed simply to taste good. The ingredients in this smoothie were each chosen specifically for their immunity-boosting properties. Let's take a look at them:

- **Turmeric** has crazy powerful medicinal properties. It's an incredibly strong antioxidant and also has anti-inflammatory properties.
- **Ginger** is actually closely related to turmeric. It's used to help digestion, reduce nausea and fight the flu and common cold. Additionally, Gingerol, the active substance in fresh ginger, helps to lower your risk of infection.
- **Citrus fruits** are loaded with vitamin C, which boosts your immune system. They are also a great source of fiber.
- **Cinnamon** is also loaded with medicinal benefits and antioxidants. It can even help to fight bacterial and fungal infections.

>>> INGREDIENTS

The ingredients are simple! A carrot, a banana, clementine, ginger, orange juice, lemon juice, turmeric, cinnamon, and plain yogurt. If you have a bit of a sweet tooth, you can add some sweetener (natural raw honey, maple syrup, agave)

>>> HOW TO

1. **Load:** Add all of your ingredients to a high-powered blender and process everything until it's completely blended.
2. **Test:** Give it a little taste to test for sweetness. Adjust accordingly. If you're looking for a thicker smoothie, blend in more ice to make it thicker. To thin it out, add more liquid.
3. **Serve:** Pour the smoothie into a glass or tumbler, insert a straw, garnish with fresh orange wedges, and enjoy!

