

## of the Week...

### What You Should Know About T7...

is involved with providing the primary nerve supply from the control centers in the brain through the “celiac plexus” to the *Spleen* – It is commonly found to be an area that, when misaligned, produces abnormal nerve system transmission of information and may be associated with the many health complaints resulting from a depressed immune system.

### Ways to Strengthen Your Immune System

While proper immune system function depends on many different factors, there are lots of things you can do to insure that your immune system is growing in strength rather than being depleted day after day.

First and foremost, based on a study done years ago and Life University, chiropractic care has been shown to strengthen immune function...but, we would expect that so what else can you do?

Some answers to this are simple. Don't smoke or engage in immune system depleting (unhealthy) activities. Also, keep your stress under control, exercise and rest 7 hours/night. What most people think of when it comes to their immune function is from a nutrition point of view so here are some simple guidelines:

1. Vitamin C tops the list of immune system boosters. This can be obtained through foods and supplementation.
2. Vitamin E is an important immune system builder and a study by the Harvard School of Public Health found Vitamin E supplementation was shown to cut the risk of heart attacks by 50%.
3. Omega-3 fatty acids act with Vitamin E in boosting immune system function.
4. Also found to be helpful are a good multi-vitamin and multi-mineral that contains adequate amounts of Zinc and Selenium.
5. Lastly, garlic is a powerful immune system builder.

### The Bottom Line...The Bottom Line...The Bottom Line...

It's important to note that we are NOT recommending that you use chiropractic or nutrition to treat immune system problems or the result of those problems. While effective, our purpose in presenting this information to you is that you use it to GROW your health rather than simple to combat health problems that need not have developed in the first place. Once again, think prevention, health maintenance and health development through adopting a healthy lifestyle.