

Chiropractic Works

"THE ULTIMATE IN SPINAL CORRECTION"



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WORKS

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Have we got a speaker for you!

Book:

Dr. Scott Szela

As A Speaker For Your Organization

Topics Include:

- What is Chiropractic?
- Posture and Ergonomics
- Nutritional Concepts:
 - > Vitamins: How do they work, which ones and how much?
 - > Fad Diets: The Facts

Presentations can be customized for your audience and time available.

Contact our office!

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PREVENTING COLDS AND THE FLU

It's that time of year! With winter upon us thoughts turn to fun activities like skiing and sledding, and some not so fun activities like sneezing, coughing, and fevers from colds and the flu. But with some simple tips you can greatly increase your chances of staying healthy.

First is understanding how the cold and flu are transmitted and contracted. While the cold weather does challenge our immune system the bigger problem is that we are all indoors with the windows closed and in closer contact with each other. Cold and flu viruses are transmitted, most often through contact. Someone who is sick coughs into their hand and then touches their pen, you ask to borrow that pen, and after using and returning it, you itch your eye. Now you have just introduced the virus into your system. The virus has to be introduced into your body through your eyes, nose or mouth and not just be on your hands.

Which brings us to the first tip: Wash your hands! You don't need to use antibacterial soaps. It doesn't matter if the little bugs are dead as they go down the drain, all you should care about is that they are off your hands. Never underestimate the power of a little soap and warm water. In between washings keep your hands away from your face. Remember the viruses need an entry into your body they don't just seep in through your skin. You should use the waterless hand sanitizers sparingly. These products can kill off the healthy bacteria on your skin and lead to warts and other problems.

Another simple tip is to make sure you are getting enough rest. When you're sleeping is when your body does most of it's healing and repairing. Ensuring you get at least 6 hours of uninterrupted sleep will help boost your immune system and prevent you from getting worn down. Ask Dr. Scott about our selection of Tempurpedic® pillows and how to choose a proper mattress. Also see



inside for some helpful tips on getting a good nights sleep.

Last but certainly not least make sure you stay up with your chiropractic adjustments! A healthy spine is the core to a healthy you. Your nervous system controls every function in your body including the functioning of your immune system.

Inside you'll find more nutritional tips to boost your immune system.

NUTRITION TIPS TO BOOST YOUR IMMUNE SYSTEM

The key to staying healthy through winter, and all year long, is making sure your immune system is in top running condition. We encounter viruses and bacteria countless times throughout the day, but we only get sick if they overpower our natural defenses.

Smart choices would start with fruit and vegetables. Both are loaded with antioxidants which enhance the functioning of the immune system. For more information on antioxidants check out the Winter 2006 newsletter available on our website www.ChiropracticWorksNH.com.

supplementing with Vitamin C and E. These are two antioxidants that serve many different roles in the body.

And mom was right, chicken soup is good for fighting colds. It can be made loaded with vegetables and the chicken and broth both have healthy proteins to boost your energy levels to fight off the viruses and bacteria we are exposed to. Take the time to make it your self using preferably organic ingredients. You can make a large amount and refrigerate or freeze the leftovers to eat throughout the week. Doing it this way will save money over the canned varieties even if you use organic ingredients.

We are what we eat, so eating healthy, nutrient dense food is essential to give our bodies what they need to function properly.

Another great source of antioxidants is from nuts. Some contain vitamin E, and healthy poly-unsaturated fats. They make a great between meal snack.

Avoid eating empty calories such as pastas, white breads, sugary snacks, and the majority of processed foods. Most of these foods have no nutritional value.

During the winter months, and for those of us exposed to many different people during the day, such as health care workers, teachers, day care workers, you should consider

For more information about our office call to schedule a complimentary health consultation. During this visit we can sit down and discuss your health concerns and how structural spinal correction may be able to help you.

TIPS FOR GETTING A GOOD NIGHTS SLEEP

- Listen to white noise or relaxation CDs.
- Avoid before bed snacks particularly grains and sugars.
- Drink Chamomile tea before bed.
- Sleep in complete darkness or as close as possible.
- Avoid TV right before bed. Avoid watching TV in the bedroom, keep the bed

for sleeping.

- Keep the temperature in the bedroom no higher than 70 degrees F.
- Wear socks to bed to keep you warm
- Read something spiritual, religious or anything you'd find relaxing.
- Eat a high protein snack several hours before bed. This can provide the L-tryptophan needed to pro-

duce melatonin and serotonin.

- Also eat a small piece of fruit. This can help the tryptophan cross the blood brain barrier.
- Avoid caffeine.
- Avoid alcohol.
- Take a hot bath or shower before bed.
- Remove the clock from view.