

Strengthen Your Immune System



IMMUNE SYSTEM 101

Your immune system is designed to defend against millions of bacteria, microbes, viruses, toxins and parasites. This defense is known as the immune response. It involves production of protein molecules called antibodies to eliminate foreign organisms that invade the body.

FEEDING YOUR IMMUNE SYSTEM

Feeding your immune system boosts its fighting power. It also increases your production of white cells and trains them to fight and triumph in the fighting process. Here are 9 nutrients to add to your diet:

Vitamin C

- Increases production of white blood cells and antibodies
- Increases levels of interferon preventing the entry of viruses
- Reduces the risk of cardiovascular disease

Vitamin E

- Stimulates the production of natural killer cells that destroy germs and cancer cells
- Enhances the production of B-cells to destroy bacteria

Carotenoids

- Increases the number of infection-fighting cells, natural killer cells and helper T-cells
- Reduces the risk of cardiovascular disease
- Protects against cancer by stimulating the immune cells called macrophages to produce tumor necrosis factor, which kills cancer cells

Bioflavonoids

- Protects the cells of the body against environmental pollutants

Zinc

- Increases the production of white blood cells
- Increases killer cells that fight against cancer and helps white cells release more antibodies
- Increases the number of infection-fighting T-cells
- Sources of zinc: oysters, crab, beef, turkey, and beans

Echinacea

- Stimulates the body to produce white blood cells called T-lymphocytes
- Stimulates the release of interferons, the body's most potent infection-fighting weapon
- Produces more germ-eating cells

Garlic

- Stimulates the multiplication of white cells
- Acts as an antioxidant that reduces the build-up of free radicals in the bloodstream
- May protect against cancer, although evidence is controversial

Selenium

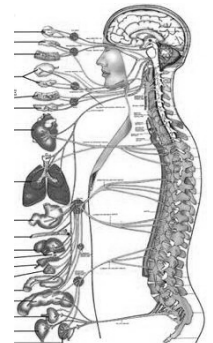
- Increases natural killer cells and mobilizes cancer-fighting cells
- Sources of selenium: tuna, lobster, shrimp, whole grain, vegetable, brown rice, egg yolks, cottage cheese, chicken, sunflower seeds and garlic

Omega-3 fatty acids

- Increases the activity of white blood cells that eat up bacteria
- Protect the body against damage from over-reaction to infection
- Sources of omega-3: salmon, tuna and mackerel

CAN CHIROPRACTIC HELP YOUR IMMUNE SYSTEM?

Doctors of chiropractic analyze your spine to locate vertebral subluxations, a condition that causes spinal distortions and interferes with your nervous system function. Keeping your spine healthy under chiropractic care is one of the best ways of keeping your immune system functioning at its optimum level so you may remain healthy and whole.



Spinal health is important for proper internal organ function



Weak Immune System? Build your defense today...

This Gift Certificate entitles you to a complete complementary chiropractic consultation: a value of \$70.00!!!

Call 542-4771 today to make you appointment!

There is no obligation with this offer

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Sources:

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