

**TEN WAYS OF NATURALLY PREVENTING THE FLU THIS  
WINTER!**

10. INCREASE THE IMMUNE SYSTEM - Eating 5-6 fruits and veggies a day keeps the immune system elevated
9. ANTIOXIDANTS FOUND IN DARK GREEN VEGETABLES, RED VEGETABLES, and CARROTS HELP BOOST THE IMMUNE SYSTEM
8. VITAMIN C (ORANGE JUICE WITH NO ADDED SUGARS) STRENGTHENS THE IMMUNE SYSTEM
7. MANGOS are packed with VITAMIN A, C, and E an EXCELLENT ANTIOXIDANT AND IMMUNE SYSTEM BOOSTER
6. DRINKING 7-8 GLASSES OF WATER PER DAY HELPS FLUSH OUT TOXINS FROM THE BODY
5. STAY AWAY FROM SUGARS AND COMPLEX CARBOHYDRATES THEY DECREASE THE IMMUNE SYSTEM
4. ECHINACEA effective in enhancing the body's natural defense system and GOLDENSEAL is a natural antibiotic and helps to relieve congestion (caution do not take for prolonged time period and if you are pregnant or allergic to ragweed)
3. ZINC LOZENGES WITH VIT C - stimulates the immune system when you feel the onset of the flu
2. CHIROPRACTIC ADJUSTMENTS HELP INCREASE THE IMMUNE SYSTEM
1. WASH YOUR HANDS MULTIPLE TIMES A DAY, TRY NOT TO TOUCH YOUR FACE ALL THE TIME - UNKNOWN GERMS CAN BE TRANSFERRED THAT WAY and STAY AWAY FROM COUGHERS AND SNEEZERS!