

Latimer Chiropractic—Total Wellness Center

Flu- 6 Ways to Avoid

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Do you come down with a case of the flu like clockwork every year as soon as the leaves start to change color or the snow starts to fall? Do you feel helpless against the flu? If you said yes, and if you feel that avoiding the flu is beyond your ability, then read on. These are surefire ways to greatly

reduce your chances of getting the flu this year.

Avoid Sugar Sugar decreases the function of your immune system almost immediately, and as you likely know, a strong immune system is key to fighting off viruses and other illness, including the flu. It is especially imperative to avoid sugar if you feel you are coming down with something, and on a daily basis. Be aware that sugar is present in foods you may not suspect like ketchup and fruit juice.

Get Enough Rest Just like it becomes harder for you to get your daily tasks done if you're tired, if your body is overly fatigued it will be harder for it to fight the flu.

Eat Garlic Regularly Garlic is a triple-whammy: it's antibacterial, antiviral and anti-fungal. Garlic is one food that you should be eating every day. It is important to note that the garlic must be fresh or produced by a company that knows how to preserve the active ingredients, (we carry an active brand), to give you optimal health benefits. The active ingredients begin releasing 10 minutes after you chop it and should not be cooked, so put them in foods just before serving. Garlic pills are virtually worthless unless they come from a reputable source, like our office.

One problem with garlic, of course, is the smell, but generally a few cloves a day are tolerated by most people. If you develop a socially offensive odor then all you need to do is slightly decrease the amount of garlic you're consuming until there is no odor present. Garlic is an herb, however, so if you do not like it or it makes you feel sick, this is your body's way of telling you that you should avoid it.

Don't Let Stress Become Overwhelming We all face some stress everyday, but if stress becomes overwhelming then your body will be less able to fight off the flu and other illness. It has been estimated that up to 90 percent of illness and disease is stress-related.

Exercise When you exercise you increase your circulation and your blood flow throughout your body. The components of your immune system are also better circulated. In a sense, exercising helps your immune system to be more efficient in weeding out and acting upon viruses and diseases.

Wash Your Hands Washing your hands will decrease your likelihood of spreading a virus to your nose, mouth or other people. If your immune system is strong, it should be able to fight off the virus if it does enter your body.

Be sure you don't use antibacterial soap for this--antibacterial soaps are completely unnecessary, and they cause far more harm than good.

The flu vaccine can actually weaken the immune system and make you more predisposed to the illness. The flu vaccine, is loaded with toxic chemicals including mercury and aluminum, but many people come down with the flu shortly after receiving the shot. This is because it actually weakens the immune system, making the person more predisposed to the illness. I have never received a flu shot and haven't missed a day of work due to illness in over 20 years.

Facts About Spreading the Flu or any Virus

It can remain live on surfaces up to 8 hours.

It is recommended to avoid excessive contact with live virus' that you



- Wash your hands often with regular (not antibacterial) soap.
- Cover a cough or sneeze with your arm not your hand.
- Stay hydrated and get enough rest.

It is not mandatory that you get a flu shot.

We have options to help keep you strong. Ask our staff and the doctor.