

# For your Health and Wellness!

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## Your body's Biological Army

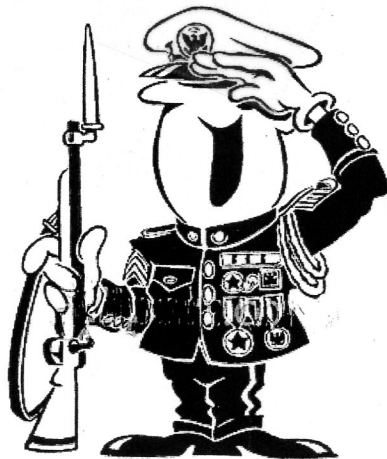
A balanced diet and regular exercise are critical in protecting your body from infections and viruses. In addition an increasing amount of scientific evidence demonstrates that your immune system needs certain nutrients to function properly. Whole food nutrition can be instrumental in enhancing your body's immune system each day and allowing you to boost your natural defenses periodically, when you feel something "coming on".

Your body has its own "Biological Army", the immune system, which guards your body against invasion from outside viruses and infections. When invading infectious organisms enter the body, the body's immune system springs into action. Pain, swelling and fever may be signs that your body has begun a local "battle" against the infection.

Whole food nutrition works as the body's building blocks for all of the necessary chemical reactions, including immunity. "Drainage Remedies" help to get the byproducts of infection out of the body. The drainage remedies have been used in Europe for many years but have been neglected here in the states. Nutrition Response Testing uses drainage remedies in combination with whole food nutrition in order to address immune challenges found in the body. Dr. Caprile is the only advanced clinical practitioner of Nutrition Response Testing in Western Massachusetts.

And what about Chiropractic? It has long been known that chiropractic care will enhance immune function by removing interference from the nervous system (a vertebral subluxation/misalignments). By adjusting the spine immunity will actually improve. While this is great for our routine colds and flus three studies in 1999 showed HIV patients having increased "helper T cells" while under chiropractic care, which kept the virus at bay.

Chiropractic and Nutrition Response Testing: what a great combination for your health and wellness!



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**Compliments of Dr. Robert Caprile, Chiropractor**  
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Chiropractic care and Nutrition Response Testing