

# IMMUNE STRENGTH

CLAIRPOINTE FAMILY CHIROPRACTIC

## NATURAL IMMUNITY

By: *Dr. Gary Shoemaker*

Natural immunity has always been the best way to protect yourself during the cold and flu season. There are five areas where you can make your immune system stronger and prevent illness.

### 1.) Get Adjusted!

- When your Atlas and Axis vertebrae (top two in your spine) are adjusted by a chiropractor, it directly stimulates your brain stem, which runs your immune system. The stronger your immune system, the less likely you are to get sick.

### 2) Drink lots of cool, clean water every day.

- Your immune system runs on electricity, and your body acts like a battery to store that electricity; and like any battery, the immune system must be fully hydrated to work best. Tap water has chlorine and fluoride, which need to be filtered out, spring water is just someone else's tap water, so purified water is best.

### 3) Take your daily vitamins.

- Stress, exercise, and daily life deplete essential nutrients in your body, which must be replenished for you to be healthy. Eating good food alone is not enough. Vitamin C, D3, K2, and Zinc are the most important minerals to take to support and strengthen your immune system. OrthoMune is a pharmaceutical-grade supplement that offers all of these critical minerals along with N-Acetyl-L-Cysteine and Quercetin Dihydrate, which are found to improve lung and respiratory tract conditions and reduce inflammation.

### 4) Get enough sleep.

- Your body only heals while you are sleeping, and you need to get at least 6 hours a night when healthy, and up to 7-9 hours is even better.

### 5) Exercise to sweat.

- Our bodies store waste products from metabolism and toxins from our diet in our skin. The only way to cleanse your body is to exercise enough to sweat and push the cool, clean water you are drinking through your skin to flush it out. If you monitor your heart rate, a good rate for sweating is 180, minus your age.

Keep these tips in mind throughout the fall, winter, and spring seasons, and you will enjoy a more healthful experience in your life.



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# SAFE SNOW SHOVELING



By: Dr. Gary Shoemaker

Snow shoveling has inherent risks that need to be respected. One, if it's snowing, it's cold and slippery outside. Two, it rapidly accelerates your heart rate, and three, it puts a strain on your spine, especially your lower back.

Here are some tips for making it a safe winter by managing the snow on your home's driveway and sidewalks.

- If the snow is deeper and you are physically fit to use a snow shovel, start by lifting with your legs. Be sure to switch hands to even out the pressure on your back. Never underestimate how your heart rate will rise when shoveling, so go slow and take breaks.
- If you have any physical limitations, hire someone to shovel for you.
- If the snow is light, you can use a leaf blower, broom, or ergonomically correct snow shovel to push the snow aside.
- Use a snow blower or thrower to move the snow. These machines can be a great tool to save both your heart and your back.

## After shoveling, if you are sore, follow these tips below:

- Ice your back like you would for any back strain like the doctors taught you to.
- Get in for an extra adjustment at your first opportunity.
- Take extra glucosamine or a soft tissue support pack for joint and muscle support and repair.

## Eat Clean in 2024

Start the new year off with healthy and clean recipes by eatingwell.com to boost your energy.



You can get these recipes by scanning the QR code.



## FIND THE DIFFERENCE

There are 10 differences in the photos. Can you spot them?



## Word List

1. Exercise
2. Get Adjusted
3. Healthy You
4. Immune System
5. Immunity
6. Lower Back Pain
7. New Year
8. Nutrition
9. OrthoMune
10. Salt
11. Shoveling
12. Sleep
13. Slippery
14. Snow
15. Snowman
16. Stretch
17. Vitamin C
18. Vitamin D
19. Water
20. Winter

F S J R H A S O S N O W M A N S Z O A P  
 S L M S M E T E L A K K E S D Y R R Q Q  
 Z E P H N W A L I P W Q D I X W D T R S  
 F E H Z T V D L M M L J Z H N A S H Q K  
 V P Y O C B R F T J M W U X U T L O C O  
 R Z K N P G W R X H N U R O R E B M S A  
 Q N F V W E S N L A Y E N L E R F U L I  
 F J X K C T V W F V E Y S E Z S D N X N  
 J E G R Z A H E G I X O O W S G P E P D  
 X M V F B D H E Z F L Q P U I Y K O E I  
 M X M T Z J J W X K G A E S Z T S J A S  
 Y I R J N U I O L E L I M V P R J T G T  
 J B X Z E S E B E C R X P P Y F B C E M  
 S Y R W W T W C X Y A C K C U V O E S M  
 N S E S Y E J L Q I G L I J F Y E S A W  
 O N M G E D D U S I Z O W S H Z Q H L Y  
 W P U I A B X S T Z W W D Y E I A O T I  
 N W C I R Y P P R N O E D D Q B M V J S  
 V E T U X U H Y E L R N E I G M E Y J  
 I D X I B Y R P T G B B U Y M V Z L N S  
 T A I A E H O U C X U A T K M Z D I K L  
 A A A W Q Q S Q H G S C R G U W W N A I  
 M N X X Q U G M N O Z K I K N F L G K P  
 I Y A H B A U I H S B P T E I E W Q X P  
 N W N G R F B W I R Y A I V T C D C M E  
 C M G C J I N J B T M I O Z Y J M K W R  
 A L S C L F T F L P Q N N M P Q T Y M Y  
 U L Q J Q F M J U G P A U W I N T E R L  
 U J D Q S P O C L S C W K O F S N N H M  
 Z N V I T A M I N D P B A N I Q B C W V



Answers to both puzzles: