

“Whenever the immune system deals successfully with an infection, it emerges from the experience stronger and better able to confront similar threats in the future. Our immune system develops in combat. If, at the first sign of infection, you always jump in with antibiotics, you do not give the immune system a chance to grow stronger.” -Andrew Weil, MD

7 WAYS TO PREVENT ILLNESS THROUGHOUT THE SEASON

- 1. AVOID SUGAR.** Since sugar works by breaking down the functions of the immune system, it is especially important to reduce or eliminate it from your diet in order to keep your immune system running strong and capable of fighting viruses such as the flu.
- 2. GET ENOUGH REST.** Getting the proper amount of sleep will help build up your resistance against potential invaders. When your body becomes over-fatigued, it is more difficult to fight the flu. If you are having trouble sleeping, ask for our “Sleep Hygiene – Tips for Better Sleep” handout.
- 3. HAVE TOOLS TO ADDRESS STRESS.** Everyone deals with some type of stress on a daily basis. Our bodies lose the ability to fight off the flu and other illnesses when we let stress overwhelm us. As a matter of fact, reports show that up to 90 percent of illness and disease are stress-related.
- 4. EXERCISE.** Exercise helps your immune system by improving circulation throughout your body. When the components of your immune system circulate properly, the immune system is better equipped to detect an illness before it gets a chance to spread.
- 5. DRINK PLENTY OF WATER.** Drink half of your body weight in ounces of water each day. Virtually all body processes, including eliminating toxins from cells, require water.
- 6. GET ADJUSTED.** Studies show that people who get adjusted regularly have improved immune system function.
- 7. WASH YOUR HANDS.** Good hand washing will help decrease the likelihood of spreading viruses 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, but washing your hands provides that extra barrier of protection. *One word of caution is to avoid using antibacterial soaps. These soaps are completely unnecessary and could easily cause more harm than good. The antibacterial compounds found in most of these soaps sold in the United States are likely contributing to the spread of antibiotic-resistant bacteria.*

REACTION TIME IS ESSENTIAL FOR DAILY LIFE

In our last newsletter, information was presented regarding the benefits of chiropractic care for athletes. One of the benefits discovered in research was an improvement in reaction time. But **improved reaction time is beneficial to everyone, not just athletes.** Think about the following scenarios and you will see that everyone benefits from the ability to react quickly. While driving to work, school, the grocery store, soccer practice or music lessons another car cuts you off or stops suddenly in front of you. Or maybe you hit a slick spot on the pavement or a dog runs out in front of you. It is easy to see that the ability to react as quickly as possible in these situations makes the difference between a tragedy and continuing on your way with your car, body and family intact!

You aren't likely to notice a slightly slower reaction time like you would a pain in your neck or a headache, but it too can be a result of interference in the nervous system. Chiropractic adjustments reduce this interference and improve your reaction time.

DID YOU KNOW that women who are adjusted throughout pregnancy experience less back pain and other physical discomforts, shorter labors and a decreased frequency of postpartum depression?

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SPLENDA ~ NOT SO SPLENDID!

As Dr. Janet Hull writes, eating sucralose--brand name Splenda--is like ingesting tiny amounts of chlorinated pesticides. If this sounds unappealing to you, it certainly doesn't to Splenda's marketing team, who say they've "done a great job of redefining sweetness."

Splenda, which was approved by the Food and Drug Administration (FDA) in 1988 as a tabletop sweetener and sweetener for an array of other products, is a chlorocarbon. Chlorocarbons are known to cause organ, genetic and reproductive damage, which may explain why Splenda has been found to **shrink the thymus gland--a foundation of the immune system--**by 40 percent.

According to Dr. Hull, sucralose also causes: **swelling of the liver and kidneys, calcification of the kidney, fertility issues** in male rats and **gastrointestinal problems** in pregnant rats.

It is especially important to stop using Splenda immediately if you experience kidney pain, cramping, swelling, an irritated bladder, or blood in your urine, she says.

It is also interesting to note the information taken directly from a statement from the manufacturer of Splenda: "Sucralose is made from sugar, but is derived from sucrose (sugar) through a process that selectively **substitutes three atoms of chlorine for three hydrogen-oxygen groups on the sucrose molecule**. No artificial sweetener made in the laboratory is going to be either natural to the body or safer than unprocessed sugar."

Splenda is approximately 600 times sweeter than sugar, but the sweetness is forced, not like a natural sugar the body uses for fuel, says Dr. Hull. And although corporations say Splenda is safe, they have said the same thing about aspartame, which is now linked to disease and obesity. They also claim that the chlorine atoms in Splenda are altered and therefore safe, yet it's known that any animal that eats chlorine (especially on a regular basis) is at risk of cancer.



"It isn't that they can't see the solution, it's that they can't see the problem."

--G.K. Chesterton