

6 Steps

To Crush the Cold & Flu with a STRONG Immune System



Vitamin D

Study shows daily Vitamin D eliminated 99% of cold and flu cases. Try supplementation with naturally occurring Vitamin D3.

Aloia, J et al. Epidemic Influenza and Vitamin D. *Epidemiology and Infection* 2007, Vol 135 (7) pp. 1095-1098.



Fruits & Veggies

Study shows fruits and veggies are required for an optimally functioning immune system. Try 5 of each daily.

McAnalley BH, Vennum E. Glycoscience: State of the science review. *GlycoScience & Nutrition* (Official Publication of GlycoScience.com The Nutrition Science Site). 2001;2(14):1-8.



STRESS

Study shows only people who were "stressed" got the cold when exposed to it. Try daily quiet time.

Cohen, S. et al. Psychological stress and susceptibility to the common cold. *N. Engl. J Med* 1991 Aug 29; 325 (9): 606-612.



Refined Sugars

Study shows sugar interferes with body's ability to naturally control infections. Try cutting back on what you know isn't good for you.

Janna C. Kiselar, Xiaowei Wang, George R. Dubyak, Caroline El Sanadi, Santosh K. Ghosh, Kathleen Lundberg, Wesley M. Williams. Modification of β -Defensin-2 by Dicarboxyls Methylglyoxal and Glyoxal Inhibits Antibacterial and Chemotactic Function In Vitro. *PLOS ONE*, 2015; 10 (8): e0130533.



Exercise

Study shows physical inactivity depresses your immune system. Try daily exercise. Such as walking for 30 minutes.

Booth et al. Waging war on physical inactivity: using modern molecular ammunition against an ancient enemy. *Journal of Applied Physiology*, 2002; 93:3-30.



Get Adjusted

Study shows people under longterm chiropractic care have a 200% stronger immune system than those who are not. Try chiropractic care.

Pero R. "Medical Researcher Excited By CBSRF Project Results." *The Chiropractic Journal*, August 1989; 32.