

# Shining the Light

Medicine is the study of disease  
and what causes man to die.  
Chiropractic is the study of health  
and what causes man to live.

B. J. Palmer

quote fancy

Infinite Health Family Chiropractic values the relationships we have with each of you. We are making the best decisions with two goals in mind:

Our first goal is to ensure the best chiropractic care delivered to you without interruption while always providing that care in the safest possible environment. Chiropractic care is essential for life. There is no system with higher priority in the body than our nervous system. All body functions are controlled by the nervous system, including our immunity. Removing interferences to our nervous system function is what we do as your chiropractor.

Our second goal is to stay connected by showing up for and with people. We are open to serve your family. We are responsive to our state public health updates and we make changes based upon what we are asked to do to be able to stay open and provide you with the best care. We will continue to come up with solutions beyond what has been expressed. We are praying for our families and for our leaders and the decisions that are being made. We are creative, as these times require us to be present at a new level that none of us have experienced before.

You turn to us for help. We are here to provide you with information to help you get through this crisis with less worry and fear. At times like these, our belief systems about what health is and how we preserve it are challenged. Whatever you decide to do for you and your loved one's health, it should be based in sound science, not the latest whim or fad and your decisions will be respected by us.

The Coronavirus does what all viruses do: it invades and replicates itself inside of your own cells. It has a predilection for the respiratory system and lungs. The virus tends to most negatively affect the elderly and

those with already compromised immune systems. It has few or no symptoms in the early phases of infection, but it can rapidly progress to severe symptoms quickly. No person wants or plans to get infected. Thankfully, there are both offensive and defensive steps you can take to lower your risk of exposure to and illness from this virus. Interestingly, these are the same steps we would recommend to reduce your risk of any infection.

## **PROACTIVE STEPS YOU CAN TAKE:**

1. Address the nervous system as the prime system to be addressed first. Get your spine checked and stay subluxation-free by getting adjusted. If you have friends and family who have not been checked, this is the best time to bring them in.
2. Follow basic hygiene protocols – wash your hands. Build your immunity so that your body has a better chance of being able to be in the 90+% of people worldwide who have already recovered from the corona virus.
3. Eat healthy foods that build up and support your immune system.

### **Key nutrients to combat viruses:**

- Vitamin C (in the complex nature provides) – viruses deplete vitamin C, but vitamin C is anti-viral, increases white blood cells, is necessary for the body to produce interferon, and reduces the risk of infections, especially in the lungs. Foods high in vitamin C include sauerkraut, bell peppers, leafy dark greens, and citrus fruits.
- Vitamin E (in the complex nature provides) – a fat-soluble vitamin which strengthens your immune system and is an anti-oxidant. Foods high in vitamin E include avocado, nuts, seeds, and leafy greens.
- Selenium (in the complex nature provides) – a trace mineral that strengthens your immune system and is an anti-oxidant. Foods high in selenium include Brazil nuts, eggs, broccoli, spinach, asparagus, brown rice, oatmeal, garlic, salmon, beef and chicken.
- Zinc (in the complex nature provides) – Foods high in zinc include nuts and seeds (including cashews, almonds, pumpkin seeds, watermelon seeds), grass-fed dairy, asparagus, spinach, dark chocolate, salmon, beef, chicken, and oysters.
- Vitamin D (in the complex nature provides, the best form being D-3) – Vitamin D is found in sunlight, cod liver oil, mushrooms, cheese, eggs, fatty fish, and sardines.
- Vitamin A (in the complex nature provides, the best form being beta-carotene) – Foods which contain Vitamin A include green leafy vegetables, sweet potatoes, and carrots.

### **Key foods to avoid:**

- White refined table sugar, processed grains, artificial sweeteners, fast food, and alcohol.
4. Hydrate – minimum requirement is your body weight divided by 2 = # of ounces of pure water
  5. Get adequate sleep – most adults need 7-8 hours per night, more if you are ill or stressed.

6. Stay active – moderate exercise raises your core body temperature, which fights micro-organisms, just like a fever does.
7. Be sure to keep your sense of humor – having a good laugh can do wonders to boost your immunity!

Our commitment is and will always be to you and your families. We are here to serve and to help us all navigate these unprecedented times.

Thank you to our colleagues, Dr. Dean DePice and Dr. Jen DePice for sharing your knowledge and expertise on the proactive steps to take now and always for optimal health.