

## Here Are Six Simple Steps To Having A Great Healthy Winter While Others Sniffle, Shiver And Sneeze...

Staying healthy in winter means you can enjoy great sporting events, time outside with the family, skiing, rugged up walks and taking advantage of winter breaks.

Staying inside all winter because you are sick, or perhaps because you are scared that you might get sick is no way to enjoy life. That's why it's important to take steps these six simple steps to make sure that you stay healthy. Having a strong immune system is the key to great health in winter.

Here are the six simple steps to increase your resistance to winter illnesses including the flu.



- **Avoid sugar** - When sugar enters your body, it almost immediately decreases the function of your immune system. Avoid sugar if you feel like you are coming down with something as well as avoiding or reducing your sugar intake on a day to day basis to enhance your overall health.
- **Exercise regularly** - A daily exercise routine is beneficial year round to help keep you in shape as well as helping to strengthen your immune system, making you less susceptible to illness.
- **Get enough rest** - Properly resting will help to keep you strong and ensure that your body is able to fight off any potential invaders, such as the flu or a cold.
- **Take vitamins** - We find that many of our patients respond well to taking essential fatty acids (i.e. fish oil), antioxidants (i.e. vitamin A, C, E, selenium, zinc and vitamin D).
- **Learn to cope with stress** - It has been estimated that up to 90 percent of illnesses and diseases are stress-related. Although stress is a part of our everyday lives, we should not become so stressed that it places our body in a state where we are more susceptible to illness.
- **And lastly, but perhaps most importantly see your chiropractor regularly.** All of the latest research demonstrates the positive effects of regular chiropractic care on the immune system. A research study showed regular chiropractic care, defined as more than seven visits per year and for more than one year, increased resistance to the common childhood diseases. So whether you are a senior, middle aged, a teenager or a child the research is overwhelming in its recommendation that regular chiropractic care will allow your immune system to be the best that it can be.



### Welcome to Core Insight!

We are dedicated to maximizing the health and performance of as many individuals as possible through natural health care, lectures and workshops. Our patient services include chiropractic, sports chiropractic, registered holistic nutrition, craniosacral therapy, active release techniques (ART), Brain Gym, acupuncture, registered massage therapy, supplements and custom orthotics.

**Referrals are  
always welcome**