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Quality Care, To Feel Better, To Heal Better

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FAMILY CHIROPRACTIC

It's Flu Season!! Here are 10 Natural Ways to Boost Your Immune System.



Self Massage Technique Tip

Although the flu shot can go great lengths to help your immune system fight off the flu virus before it takes root in your body, remember there are other sources of illness out there as well.

A boosted immune system will help you fight off many types of viruses as well as infections, bacteria, infectious microorganisms, microbes, and many more sickly things. So here are 10 simple and natural ways to boost your immune system.

There is nothing that rivals the stress relief and relaxation of a full body massage. Last year alone 48 million Americans got at least one massage. Massage therapy can be effective for a variety of conditions, including arthritis, lower back pain, insomnia, headaches, anxiety, circulatory problems, and recovery from a sports injury.

1. Eat raw garlic. Garlic is a broad spectrum anti-microbial and immune booster. Don't cook it though because it deactivates all of its' naturally good properties.
2. Eat mushrooms. No not the funky kind, a recent study showed that shiitake and maitake mushrooms enhanced immune function in women.
3. Make a echinacea tincture. A tincture is an alcoholic drink made from a plant extract. This is good to have on hand when respiratory viruses overwhelm your defenses.
4. Fight recurrent infections by taking immune boosting herbs like Asian or American Ginseng, Astragalus, or Eleuthero.
5. Manage your stress levels. Higher stress weakens an immune system. An easy way to manage stress it to make sure you get enough sleep each night.
6. Drink less alcohol, over consumption impairs cognitive ability but it also impairs immune ability.
7. Eat Your Fruits, Vegetables and Nuts. Proper nutrition helps with everything even the ability of your immune system to fight off infection.
8. Consider a probiotic to help facilitate better digestion of those fruits and vegetables. Fermented milk products, such as yogurt, have been shown to reduce the chance of respiratory infections.
9. Take a vitamin D supplement during the winter. Between the months of November to February in just about everywhere in Wisconsin the suns rays are too feeble to replenish your bodies vitamin D levels.
10. Get plenty of exercise. A healthy body is key because it is the shell to your inner immune system. Healthy body=healthy immune system.

Remember that we are always here to help you develop a program that will keep you healthy. Bottom line and our goal is always "Quality Care, To Feel Better, To Heal Better".

www.hammesfamilychiropractic.com

References:

But what if you can't get to a massage therapist right away? Not to fear you can still benefit from the many positive effects of massages with you own hands. Here is one way how...

Close your eyes. Place your thumbs under your eyebrows, starting at the inside corner of each eye socket. Press and gently move the thumbs in tiny circles, working slowly towards the outsides of your eyebrows and continuing this movement all around your eyes, ending back at the bridge of your nose.

Everyday Health - <http://www.everydayhealth.com/columns/white-seeber-grogan-the-remedy-chicks/ten-simple-natural-ways-to-boost-immune-system/>

Next Months Topic: Pain Solutions That Aren't Drugs

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