

of the Week...

"The higher the annual sales on a drug, the faster it was developed. Our research shows that long development times are an unlikely factor in rising drug prices," said Dr. Salomeh Keyhani, an assistant professor of health policy at Mount Sinai School of Medicine in N.Y. who led the study published 3/7/06 in *"Health Affairs."*

Top 7 Tips to Boost Your Immune System...Naturally

Everyone today realizes that it is not the germ that makes someone sick but rather a poor immune system that prevents their body from effectively fighting off that germ. So, smart players in the "staying healthy game" are making sure their immune system is working effectively and optimally. Here's what you can do to be a "smart player" and boost your immune system function...naturally:

1. Regular chiropractic care is first and foremost. Research indicates that a healthy nervous system contributes to a healthy immune system.
2. The next major consideration is, as we have repeatedly recommended, your lifestyle. Healthy lifestyle=healthy life.
3. How you deal with mental/emotional

stress contributes your overall health and vitality. Where you choose to put your attention is, indeed, your choice.

4. How able are you to properly adapt to physical stress? It is well known that a regular exercise program boosts immune system function.
5. You are what you eat. Are you taking in foods and other substances known to deplete health (caffeine, fast food, etc.)?
6. Are you using nutritional supplements wisely? Vitamin C is an old standby. Today there are other potent immune system builders like anti-oxidants too.
7. Be proactive and build your natural immunity rather than trying to fortify it after a health challenge develops.

The Bottom Line...The Bottom Line...The Bottom Line...

Clearly, the best way to stay healthy is to actively pursue health. Now is a great time to start looking at how you consciously and unconsciously work to undermine your health. Take an inventory-you'll be surprised at how much money you spend monthly on alcohol, caffeine, sugar, fast food, nicotine and other health robbing products and substances. Now is the best time to start improving your health by investing your resources in developing your healthy lifestyle.

This issue of the HealthTip of the Week is brought to you as a public service by...

Anderson Family Chiropractic, P.C. • 252-7070