

Today's Chiropractic Weekly Handout

Boost Your Immune System!

Dr. Charles M. Laycock

The average American adult suffers from two to four colds a year, which adds up to approximately 1 billion colds per year in the United States. **The cold virus is the leading infectious disease in the U.S.**, leading to more missed school days and work time -- and more doctor visits -- than virtually any other illness.

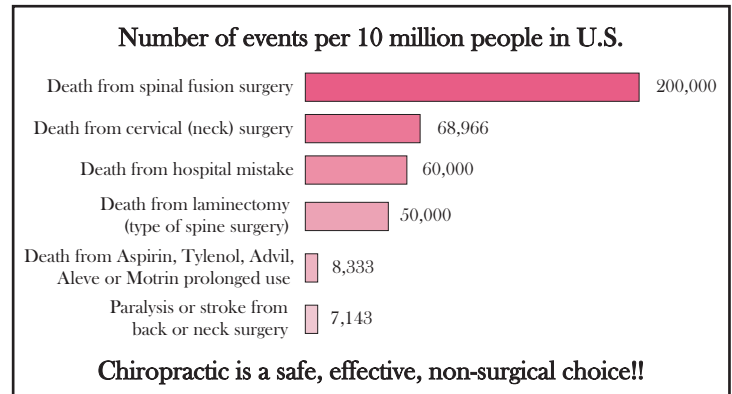
Colds are triggered by viruses but it is important to recognize that although the virus actually triggers the cold symptoms, it is in no way, shape or form the real cause of the cold. Believing that a virus "causes" a cold is a very dangerous perspective to take, for once you allow external forces to "control" your health, you lose the ability to improve it.

So what is the real cause of colds?

The simple answer has always been that **it's due to an impaired immune system**. That's still true. However, new research has discovered that "catching" cold- and flu viruses may in fact be, more specifically, a symptom of an underlying vitamin D deficiency. This will not only impair your immune system, but also has a staggering array of other health implications. So, although there are many ways you might end up with a weakened immune system, the more common contributing factors are:

- Vitamin D deficiency
- Eating too much sugar and too many grains
- Not getting enough rest or sleep
- Using inadequate strategies to address emotional stressors in your life
- Any combination of the above

Address the concerns above and keep up with your **regular adjustments** and you will be prepared to fight off the viruses and bacteria that seem to run rampant during the winter months.



Turkey Veggie Meatloaf Cups

Ingredients

2 cups chopped zucchini	1 egg
1 1/2 cups chopped onions	2 tbs Worcestershire sauce
1 red bell pepper, chopped	1 tbs Dijon mustard
1lb extra lean ground turkey	1/2 cup bbq sauce
1/2 cup uncooked couscous	

Directions

Preheat oven to 400 degrees). Coat 20 muffin cups with cooking spray or butter.

Place zucchini, onions, and red bell pepper into a food processor, and pulse several times until finely chopped but not liquefied. Place the vegetables into a bowl, and mix in all remaining ingredients except bbq sauce. Fill each muffin cup about 3/4 full. Top each cup with about 1 teaspoon of barbecue sauce.

Bake in the preheated oven until juices run clear, about 25 minutes, internal temperature of a muffin should be at least 160 degrees. Let stand 5 minutes before serving.

Today's Chiropractic Clinic

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