

A Body's Best Defense

If we're healthy, our bodies work around the clock fighting off any number of illnesses and diseases that we encounter everyday in our environment. Strengthening your immune system means focusing on preventing illness from taking hold in the first place.

There are many ways to bolster your immune system, one of which you're already doing: exercise. Exercise keeps the body strong and can apparently speed recovery from common colds. A recent study found that women who walked 45 minutes a day recovered twice as fast from colds than women who did not exercise. Nutrition is also key: eating a diet high in natural foods, fruits, vegetables, and whole grains. In a 1991 study, researchers found that the white blood cells from vegetarians had more than double the ability of their non-vegetarian counterparts to destroy cancer cells.

And don't forget your orange juice. As Dr. Linus Pauling, two-time winner of the Nobel Prize discovered, "The potency of vitamin C and other vitamins is explained by the new understanding that they function principally by strengthening the natural protective mechanisms of the body, especially the immune system." Other good immune system boosters are vitamin A, B-6, E, beta-carotene, copper, zinc, and selenium. To find out the optimal combination for strengthening your individual immune system, check with a natural health care practitioner or nutritionist.

Yours in health,

Dr. Rick

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