




## MONTHLY WELLNESS BULLETIN

# PROTECT YOUR IMMUNE SYSTEM!



The immune system is a composite of different organs/systems working together to keep us healthy by fighting infection, inflammation, and general stress syndromes. Being healthy requires that we have a strong resistance, or arsenal, to fight viruses, bacteria, other foreign antigens, and even the body's own cells. There are two different types of immunity: cellular and humeral. Cellular immunity is a specific response to local inflammation by different types of white blood cells like phagocytes and killer T cells. These cells are produced in the bone marrow, spleen and thymus. Humeral immunity is a system of antibodies that are also made in the bone marrow, then stored and matured in the spleen and lymph nodes to fight off invaders.

The organs of immunity include the spleen, thymus, lymphatic and adrenal glands. When working together in good health, they power us to prevent molds from irritating our sinuses, and viruses and bacteria from causing colds or

**FLU's.** They can even help us fight cancers and other auto-immune disorders.

Health is a matter of balance. Viruses and bacteria are not the problem so much as too many viruses, yeast, mold, or bacteria relative to each other. They keep each other in check. Not all people in St. Louis suffer from allergies, for instance, yet the mold content can be overwhelming. Not all people in the presence of ongoing radiation get cancer. How can you keep your resistance up?

At Inmotion Health Center we encourage you to look at what you can do to prevent disease...NOW.

Following is our **PRESCRIPTION FOR GOOD HEALTH:**

1. Monthly Chiropractic Adjustments
2. Quarterly Acupuncture Tune-Ups\*
3. Monthly Massage
4. Juice Plus Daily
5. Eat unprocessed foods with LOTS of Raw Fruits and Vegetables
6. Aerobic exercise 5 times per week
7. Reduce Stress!
  - Yoga, Pilates, Meditation, T'ai Chi
  - Massage Therapy
  - Have Fun!
  - Get enough sleep
8. Drink filtered water (8) 10 oz. cups per day

**\*ACUPUNCTURE AND IMMUNITY:** Acupuncture stimulates various points on our body to create well-being. The points are electrically conductive and are found on pathways known as meridians which run up and down the body. The immune system is strongly influenced by the spleen/stomach and lung/large intestine meridians, where balance is crucial for optimal performance. An acupuncturist takes energy from one point to another by tonifying or sedating and thereby creating balance. It can be used quite successfully to bring down fevers, recover from flu's, pneumonias and colds, and/or to prevent illness.

**Call us now to help Protect Your Immune System: 314.644.2081**