

# Cincinnati Rehabilitation Center

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WE'RE ON THE WEB!!!

WWW.CHIROPRACTIC4U.COM

## Cold and Flu Prevention By: Riley Oliver, B.Sc.

### Special points of interest:

- Wash your hands.
- Drink plenty of fluids.
- Use a sauna.
- Get fresh air.
- Perform aerobic exercise.

### March Educational Classes

Back Care for New Patients  
By: Riley Oliver, B.Sc. **17th**

Thursday: 7-8 pm

Back Care: The Next Step  
By: Riley Oliver, B.Sc. **24th**

Thursday: 7-8 pm

**Happy Easter!!! 27th**

With our busy lifestyles, not only do we not want to get sick, we simply do not have time to get sick. Since there are no known cures for colds and flu, prevention must be your goal. Stop the sneezing and coughing once and for all by strengthening your immune system. It is estimated that up to 20% of the American population will suffer with flu symptoms and more than 200,000 people will be hospitalized from flu complications. The immune system is one of our body's most important defense mechanisms. We often do not recognize the importance of the immune system until we become ill.

To help with your task of boosting your immune system, we offer natural supplementation. One product is **Coryza Forte** from *Progressive Laboratories*. This is an immune system support supplement. It contains a blend in capsule form, intended for the prevention and nutritional support in the treatment of upper respiratory conditions including colds, flu, allergies, tonsillitis, Menier's syndrome, bronchitis, and sinusitis.

We also offer a product called **Bio-Immunozyne Forte** by *Biotics Research Corporation*. This product contains a synergistic blend of vitamins, minerals, enzymes, botanicals, and glandulars, and is intended to promote optimal immune function, particularly during times of illness or stress.

Along with natural supplementation, there are also other steps that you can take as preventative measures against cold and flu:

1. Wash Your Hands – Most cold and flu viruses are spread by direct contact.
2. Drink Plenty of Fluids – Water flushes your system, washing out the poisons and waste as it re-hydrates you.
3. Use a Sauna – A study found that when you inhale air hotter than 80 degrees, the temperature is too hot for cold and flu viruses to survive.
4. Get Fresh Air (Humidifier) – In cold weather, central heating dries you out and makes your body more vulnerable to cold and flu viruses. Also, during cold weather more people stay indoors, which means more germs are circulating in crowded, dry rooms.
5. Perform Aerobic Exercise – Aerobic exercise helps to increase the body's natural virus-killing cells.

Don't let this cold and flu season take you by surprise. Both **Coryza Forte** and **Bio-Immunozyne Forte** can be purchased by ordering from our website at [www.healthybeing4u.com](http://www.healthybeing4u.com) or by calling our office at (513) 772-9065. If its easier for you to stop by the office then do so because we would love to see you!!!