

Buhler Athletic Injuries & Human Performance Clinic

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Newsletter

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The First Thing to Do When a Cold or Flu Strike

Taken from Dr. Mercola

Both Colds & various influenzas are caused by a wide variety of viruses (not bacteria).

Common symptoms of a "regular cold" include runny nose, congestion, cough, & sore throat. The symptoms of the flu tend to be far more severe, as the influenza viruses are capable of causing severe lung infection, pneumonia, & even respiratory failure. They also tend to affect your joints – hence that achy feeling.

The most common way these viruses are spread is via hand-to-hand contact.

If your immune system is operating at its peak, it should actually be quite easy for you to fend off the virus without ever getting sick. So it is important to understand that the reason you catch a cold or flu is that your immune system is impaired. It's not inevitable event based on exposure alone.

Lifestyle factors that can depress your immune system are: eating too much sugar & too many grains, Vitamin D deficiency, lack of rest, insufficient exercise, & emotional stress.

What will help you fight cold & flu viruses a little quicker:

Vitamin D – vitamin D is an amazingly effective antimicrobial agent, producing 200-300 different antimicrobial peptides in your body that kill bacteria, viruses, & fungus. So optimizing your levels will not only help send a cold or flu virus packing, it will prevent them from invading your body in the first place.

Dietary Strategies – The first thing you want to do when you feel like you're coming down with a cold or flu is avoid all sugars, artificial sweeteners, & processed foods. Make sure to drink plenty of pure water. And as for chicken noodle soup, yes it can indeed help reduce cold symptoms.

Chicken contains a natural amino acid called cysteine, which can thin mucus in your lungs & make it less sticky so you can expel it more easily. For best result, make a fresh batch yourself.

Supplements that send pathogens packin' – Vitamin C; Oregano Oil; Propolis; tea made of elderflower, yarrow, bonset, linden, peppermint, & ginger; and olive leaf extract.

Zinc – Research shows that zinc taken within 1 day of the first symptoms can cut down the time you have a cold by about 24 hours. Zinc was also found to reduce the severity of symptoms.

Other lifestyle strategies that promote a cold & flu-free existence:

Get plenty of rest & sleep.

Exercise regularly.

Address your emotional stress.

Supplement of the Month

Barlow Herbal – MunityBoost
(20% off in November – regularly \$27)

"Flu Shot in a bottle" – The perfect supplement for you and your family to take daily to help build the immune system, fight off colds & flus, anti-bacterial, & anti-fungal.

Buhler Athletic Injuries & Human Performance Clinic would like to invite you to our annual

Fun & Food

Friday, December 11, 2015
7:00am to 5:00pm

Established patients & their children will receive a chiropractic adjustment with Dr. Buhler or Dr. Parker

For friends & family who are new to our clinic, Dr. Parker will offer a new patient consult

All services are in exchange for canned food donations for the Utah Food Bank & a \$5 cash donation to the local Utah Women's Shelter (per person)

Call today to schedule your December appointments. Spots are filling up fast!

Dr. Buhler will be out of the office after Dec. 15
Dr. Parker will be out of the office after Dec. 21

Both doctors will return January 4, 2016