

Fight the Coronavirus Naturally

Coronavirus (COVID-19) has been dominating news headlines as of late. Some of the best things you can do to avoid getting sick from Coronavirus are some of the same things recommended by Upper Cervical chiropractors to help you stay healthy when faced with a variety of illnesses, including the common cold and flu. Yes, Coronavirus is concerning and more than a little scary. You may not even know where to begin to keep you and your family healthy, but focusing on the basics is a good place to start.



Wash Your Hands

You've likely heard this a million times but get ready to make it a million and one. You must wash your hands frequently. Simple hand-washing with warm water and soap for at least 20 seconds is your first line of defense from germs and is key to protecting yourself.



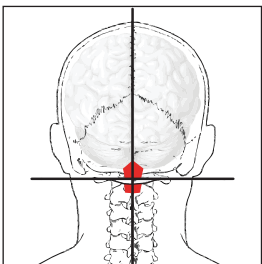
Fuel Your Body

A healthy immune system starts in your gut. A balanced diet full of whole grains, fresh fruits and vegetables, lean protein, and healthy fats will keep the good bacteria in your gut happy. This microbiome is one of your body's first lines of defense when it's exposed to germs, so keep them healthy and you will keep yourself healthy too. It certainly doesn't hurt to increase your intake of Vitamin C, either as a food source or supplement, or Vitamin D, which you can get from a few minutes in the sun, fortified foods, or as a supplement.



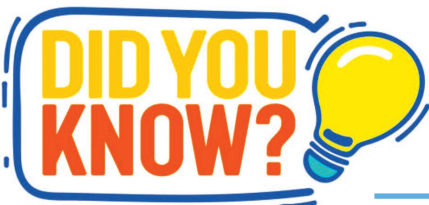
Get Some Sleep

When you sleep, your body uses the time to rest and rejuvenate. Sleep is integral to your overall health and wellness, so make sure you're getting enough of it.



Get Your Head on Straight

If the first two bones in your neck (atlas or axis) become misaligned, nerve communication between the brain and body is interrupted and can cause numerous health problems. Upper Cervical chiropractors focus on locating and correcting this misalignment. When the two bones are aligned, your head is "on straight" and your brain can effectively communicate with your body to achieve optimal function, simple! The nerve system controls every function in your body. Nerve impulses or messages travel from the brain to every part of your body via the brain stem which starts at the base of your skull and passes through the top two bones. If they become misaligned, pressure is applied to the brain stem and the healing messages are distorted and do not reach their intended destination at 100%. This is when symptoms develop. Upper Cervical care is one of the best ways to stay healthy, naturally!



Every day, we encounter billions of germs, but they're not all bad. Though it may not be pleasant to think about, countless microbes live on and in our bodies, and they are actually necessary to maintain good health. Good bacteria in our body provides us with nutrients we need and also provides a defense against bad bacteria and infection.

Support Your Health With Nutrition

Good nutrition is essential to a strong immune system, which may offer protection from seasonal illness and other health problems. No one food or supplement can prevent illness but you may help support your immune system by including these nutrients in your overall eating plan on a regular basis.

Protein plays a role in the body's immune system, especially for healing and recovery. Eat a variety of protein foods including seafood, lean meat, poultry, eggs, beans and peas, soy products and unsalted nuts and seeds.

Vitamin A helps regulate the immune system and protect against infections by keeping skin and tissues in the mouth, stomach, intestines and respiratory system healthy. Get this vitamin from foods such as sweet potatoes, carrots, broccoli, spinach, red bell peppers, apricots, eggs or foods labeled "vitamin A fortified," such as milk or some cereals.

Vitamin C supports the immune system by stimulating the formation of antibodies. Include more sources of this healthy vitamin by choosing citrus fruits such as oranges, grapefruit

and tangerines, or red bell pepper, papaya, strawberries, tomato juice or foods fortified with vitamin C, such as some cereals.



Vitamin E works as an antioxidant and may support immune function. Include vitamin E in your diet with fortified cereals, sunflower seeds, almonds, vegetable oils (such as sunflower or safflower oil), hazelnuts and peanut butter

Zinc helps the immune system work properly and may help wounds heal. Zinc can be found in lean meat, poultry, seafood, milk, whole grain products, beans, seeds and nuts.

Other nutrients, including vitamin B6, B12, copper, folate, selenium and iron also may support immune response and play a role in a healthful eating style.

Obtaining these nutrients from foods is preferred, so be sure to speak with your health care provider or a registered dietitian nutritionist before taking any supplements.

Sources: <https://www.eatright.org/health/wellness/preventing-illness/support-your-health-with-nutrition>
www.thejoint.com/2020/03/05/4-easy--helpful-ways-to-fight-coronavirus



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