



7887 COOLEY LAKE ROAD, SUITE 120 · WEST BLOOMFIELD, MI 48324
(248) 366-3300 · FAX (248) 366-3396 · gordondc.com

DID YOU KNOW THAT SICK PEOPLE DO NOT MAKE YOU SICK?

Sickness comes when YOUR immune system is not strong enough to fend off invading bacteria and/or virus. Below is your checklist to stay **HEALTHY** this cold and flu season!

- Maintenance chiropractic adjustments (keeps your immune system strong)
 - Drink lots of pure water. Water in your coffee or tea is not as beneficial.
 - Continue to eat fruits and vegetables
 - Daily vitamins a, c, e, selenium + multi + immune builder (coryza forte/zinc w/vitamin c)
 - Continue to exercise 3 times per week (preferably outside)
 - Fresh sunlight. Get outside for walks so the sun can hit your face and produce vitamin d.
 - Fresh air. Get outside for fresh air. Keep home and office window cracked slightly so fresh air will mix with stale recycled furnace air.
 - Use room humidifier in bedrooms to put more moisture into the air.
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Dr. Gordon and Dr. Dorgai know that you can stay healthy this season naturally. By following these guidelines your chances of not being sick are very good!