

## TEN WAYS to AVOID the FLU

1. Dress appropriately. One layer on in air-conditioned rooms. Even young children need a layer on. Avoid wearing wet clothes in air conditioned places. In colder weather wear another layer.
2. Sleep with a cover on. Avoid drafts and fast twirling overhead fans.
3. Diet. Eat a healthy diet with plenty of vegetables and fruit.
4. Water. Drink plenty of water.
5. Sunshine. The sun provides Vitamin D.
6. Exercise. Walk, swim, ride a bike. Go to the gym.
7. Avoid or Control Stress. Seek help, massage, rest.
8. Dietary Supplements. Some vitamins and minerals may be beneficial with your diet.
9. Hygiene. General hygiene and cleanliness are important.
10. Chiropractic Adjustment. See you chiropractor to ensure your spine and nervous system are functioning at their optimal.



Swimming



Dietary Supplements



Fruits and Vegetables