



Page Chiropractic Life Center's Stance on Coronavirus

Obviously, and rightly so, much has been made recently of the Coronavirus. What I would like to do here is let you know our stance on this health issue and give you some information and advice to help you and your family stay healthy.

Like any virus, whether it is the flu, HINI, Bird flu, common cold, etc., **a virus needs a suitable host for it to survive and thrive.** Viruses are opportunistic, meaning they look for the opportunity or right environment in order to spread. Much is being said and done recently to stop the spread of the virus through quarantines, travel restrictions and proper hygiene. This is needed and will save lives. However, for most people, little is being done in means of maximizing their own bodies' defenses and creating a "clean" environment within them where the virus CANNOT thrive.

Our bodies have an immune system whose job is to first create a "barrier" that prevents invaders such as a virus. **For this immune system to work optimally it needs certain things such as good nutrition, proper rest, fresh air, sunlight, good attitude and a healthy nervous system.** Your nervous system gives your immune system the energy to function and work optimally. Having **a healthy nervous system** also **helps your body** function optimally as a whole to help **create that environment (in your body) where a virus DOES NOT like and CANNOT live.**

So yes, now more than ever, it is an important time to eat a balanced diet that includes fruits, vegetables, healthy proteins, fats and complex carbohydrates. It is also important we get enough rest every night, fresh air from outside, sunlight, take walks, and keep a positive mental attitude that is not fear based.

Want to **take that extra step and optimize your own bodies defenses? Keep your nervous system healthy with periodic check ups of your spine and** specific **chiropractic adjustments** when needed, to reduce nerve interference. Your body is an amazing "machine" built with a defense system that is second to none. Give it what it needs, and it will protect you and help you optimize your potential in all areas of LIFE. Remember, the "Power that made the body, heals the body and keeps it well."