**A hand holding an object in his hand

Description automatically generated**

**Little Germ. Big Fear.:**

**How to catch the coronavirus:**

**Eat a poor diet**. Make sure your body lacks the vitamins, minerals, enzymes and micronutrients needed for optimal health.

**Avoid adequate rest**. Stay up late and rely on sugar, tobacco, coffee and energy drinks as needed.

**Become dehydrated**. Reduce the effectiveness of your natural defense mechanisms by shunning adequate water.

**Stop exercising**. Reduce the efficiency of your lymphatic system, which depends on movement to circulate this vital germ-fighting fluid.

**Rarely wash your hands**. Use your dirty hands and fingers to rub your eyes, pick your nose or wipe your lips.

**Think negative thoughts**. Worry that you'll be a victim. Closely monitor news reports about outbreaks, fearing a pandemic.

**Skip your chiropractic adjustments**. Handicap your nervous system, the master system that controls your entire body. Wait until symptoms are present before doing anything.

**The only way to “catch” anything is to make yourself a hospitable host.**

Posted by Bill Esteb on Feb 29th 2020, Patient Media, Inc.