

H1N1 & Chiropractic

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A NATURAL APPROACH TO PROTECTING YOUR FAMILY FROM THE FLU
seasonal flu strains or swine flu

H1N1 (also known as swine flu)

A strain of the influenza virus; the symptoms are the same as other flu illnesses. Watch for respiratory symptoms with nausea, vomiting, and sometimes diarrhea.

Prevention is a key element in protecting your family from contracting any flu virus. The same measures your family can take to prevent the flu can also aid in a speedier recovery should you contract a flu virus.

- ❖ Commit to Aerobic EXERCISE 3X a week; this keeps your immune system in tip-top shape
- ❖ Remember to take a daily dose of vitamins so that your body has the resources it needs to fight off illness. As soon as you feel compromised or ill add more: **Vitamin C, Vitamin D, Oscilloccinum (available in our office)**
- ❖ Eat a healthy well-balanced diet
- ❖ Get adjusted! Research literature suggests an increase in the natural killer cells of the immune system after a chiropractic adjustment (Chiropractic Journal of Australia 1993); we have noted that adjustments take 1-3 days off the duration of any viral infection
- ❖ Get more sleep and REST MORE if you feel an illness coming on (stay home and keep your germs to yourself, too!)
- ❖ Reduce stress: live in the moment, let go of things you can't control, be kind to yourself!
- ❖ Hydrate yourself! Flush the system, keep fluids moving: Water. Water. Water.
- ❖ Find a good probiotic (not just yogurt) Look for: refrigerated, live culture pills
- ❖ Wash hands, cough into arms; sanitize, sanitize, sanitize
- ❖ Lower alcohol and refined sugar intake

Austin Chiropractic Health Center

1200 W. Howard Lane, Ste E

Please call us today for a free consultation:

(512) 252-3030

Please feel free to contact us if you need more detailed information about H1N1.

Autism & Chiropractic

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Skilled chiropractic care can improve the functioning and quality of life for children diagnosed with autism spectrum disorders.

After implementing both chiropractic and nutrition programs we have seen children...

- ❖ Improve a letter grade in school; in one case a child no longer requires special education assistance.
- ❖ Experience a decrease in behavioral and anger symptoms associated with autistic spectrum disorders.
- ❖ Establish meaningful social interactions and an ability to form relationships with peers.
- ❖ Enjoy higher quality of life, find relief from physical symptoms, and show overall improvement in functioning.

Chiropractic care is a safe and effective approach to treating symptoms associated with autism and PDD-NOS.

Case studies as early as 1975 (Walton EV. *Int Rev Chiro* 1975; 29:4-5,24-26) suggest that introducing chiropractic care into the treatment plan for children on the autistic spectrum leads to learning and behavioral improvements and progression in cognitive development. 1990's research studies confirm these findings (Rubinstein, HM, *Chiropractic Pediatrics* Vol.1 No. 1, April 1994; Warner SP and Marner TM. *Today's Chiropractic*. May-June 1999).

"Chiropractic care removes roadblocks within the body and allows proper expression of the neurological systems inside the patient – this leads to reduced symptoms because communication is restored," ~ Dr. Harry

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