



HOLISTIC FAMILY CHIROPRACTIC

HFC'S NATURAL FLU DEFENSE PROGRAM

Holistic Family Chiropractic (HFC) physicians **Dr. Nathan Sikora and Dr. Michael James** have developed a unique and effective **flu prevention program** following years of study of influenza (flu) and today's flu vaccine.

STEP 1

CHIROPRACTIC CARE

Chiropractic care is scientifically proven to provide lasting positive affects on the body. By restoring proper alignment to the spine, the brain and nervous system, organs and circulatory system can function optimally - preventing pain, illness and disease - naturally.

STEP 2

LIFESTYLE CARE

Help prevent illness with good life-style habits. Increase high-nutrition foods like fresh greens, fruits and whole grains. Drink 5-8 glasses of water per day. Reduce sugary, starchy and processed foods. Exercise regularly. Avoid tobacco products, and get 7-8 hours of sleep per night.

STEP 3

SUPPLEMENT CARE

1. Vitamin D
2. Immunomax
3. Wholemune
4. Viracid
5. Cherry Chews

VITAMIN D3

Vitamin D is an immune system modulator to support healthy T-Cell response. T-Cells fight infection.

IMMUNOMAX

Immunomax combines herbs and nutrients to boost immune function during illness. It works by enhancing immune response in a number of ways to provide comprehensive immune support.

WHOLEMUNE

WholeMune primes immune cells without stimulating the immune system for season-long immune readiness.

VIRACID

Viracid includes a powerful combination of key nutrients and botanical extracts that provide immune support.

CHERRY CHEWS

Cherry Chews deliver 500 mg. of vitamin C to support immune system function and collagen health.

RECIPE: NATURE'S FLU SHOT

Juice of 6 Fresh Lemons
1 Bulb of Fresh Garlic
2 Tsp. Ginger
2 Tbsp. Honey
3 Cups Unsweetened Pineapple Juice
¼ Tsp. Cayenne Pepper Powder
Blend ingredients in a blender. Store in a glass jar in the fridge.
Take one cup, 4x daily until symptoms are resolved.



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FLU FACTS

There's a big difference between a bad cold, a virus, a gastrointestinal virus and true influenza.
There are many different flu strains, and flu is a serious illness.

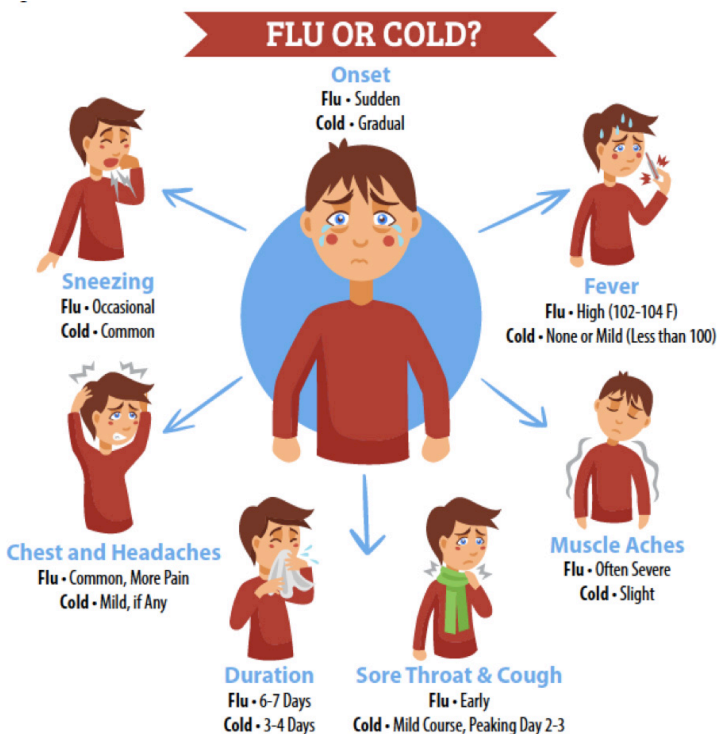
FLU SHOT OR NOT?

SIDE EFFECTS

According to the Center for Disease Control (CDC), the flu shot can result in minor to severe side effects. Minor effects from shots with inactivated virus can include soreness, redness and swelling at the injection site, severe shoulder pain, hoarseness, sore eyes, cough, fever, headache and fatigue. Minor effects from live virus vaccines can cause a mild case of influenza, with cough, fever, headache, muscle aches, chills, wheezing, vomiting and diarrhea. Serious effects can range from Guillain-Barre Syndrome, to seizures, allergic reaction, serious injury and death.

EFFECTIVENESS

According to a [2018 article in Time](#), the flu vaccine, geared toward prevention of the H3N2 virus, ranged from 17% effectiveness in Canada to 30% effectiveness here in the U.S., citing the ongoing mutation of the virus. Those with weaker immune systems often have less resistance to flu after receiving the vaccine, the article notes.



PRESERVATIVES & ENHANCERS

Thimerosal (which is 50% Mercury by weight), Aluminum, Antibiotics, Egg Proteins, and Formaldehyde are among ingredients used as preservatives and “enhancers” in flu vaccine, according to the CDC. Even “preservative free” versions of the shot contain trace amounts of these ingredients. All forms of Mercury and Aluminum are toxic to humans.