



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Wendy Lanser, Doctor of Chiropractic Breakthrough Patient Newsletter...

Lanser Chiropractic Inc.

990 W. Fremont Ave Ste P

Sunnyvale, CA 94087

408-245-5454

www.lanserchiropractic.com

Like Lanser Chiropractic Inc. on Facebook <https://www.facebook.com/LanserChiropractic>

Dear Patient and Friend,

Your immune system is responsible for protecting you from infection, and so you have heard a lot about immunity in the news these days. Your body comes fully equipped to defend itself, and that's why the huge majority of the time you get sick, your body fights it off naturally, even very serious illness like COVID-19.

As much as 98% of the people who get coronavirus recover, and that's because your miraculous immune system takes care of eliminating most invaders like bacteria or viruses, for example.

But did you know that your brain also plays a major role in keeping you safe and healthy? The brain oversees the cells that gobble up the microorganisms that are associated with diseases, and that's why, in addition to taking good care of your immune system, with Vitamin C, Vitamin D3, zinc and selenium, for example, you also need to take care of your brain.

Avoid injuries and stress, and arrange to be examined by your family chiropractor, who will tell you how healthy your brain is, and what you can do to get it healthier still. Your chiropractor, Wendy Lanser, DC, is a secret weapon to keep you healthy – but only if you go in for a check-up. See your doctor of chiropractic, and ask about the health of your brain – you may be surprised by what you learn.

INTHISISSUE January

Page1

How Your Brain Helps You
Protect Yourself

Page2

Nutrition That Improves Your
Body's Defenses
(continued on page 3)

Page3

Nutrition That Improves Your
Body's Defenses

Page4

Patient Testimonial
Different Health Goals for
2021

Nutrition That Improves Your Body's Defenses

Anyone with a TV has been hearing distressing and frightening reports about widespread disease, yet there is little coverage of the positive steps each individual and each family can take to move toward safeguarding their health.

There's a lot you can do to make your body stronger and surprisingly, pretty much anyone can do it, through taking nutritional supplements that have been time-tested across wide swaths of the population. In fact, there are few contraindications for this simple and inexpensive approach, so let's talk about the nutrition that improves your body's defenses.

There are a variety of vitamins, minerals and other substances, easily and cheaply purchased at supermarkets, pharmacies or online vendors, including Vitamin C, Vitamin D3, zinc, selenium, probiotics and omega-3 fatty acids, among others. Let's look at each of these dietary aids, and explore what they do to keep your body healthy and safe.

Vitamin C

Vitamin C has been used for decades to avoid colds and boost your body's immune response.

It helps the body defend itself by encouraging the production of white blood cells, called lymphocytes and phagocytes, which act as little police that find offending bacteria, viruses and other microorganisms and destroy them. This is how the body fights infections, by limiting or eliminating the bugs that are associated with them.

Vitamin C strengthens the white blood cells against harmful substances in the blood that could interfere with their effectiveness. In addition, it increases the efficiency of the skin as a barrier to infection, and helps wounds to heal faster, also preventing germs from getting into the body.

Lowered Vitamin C levels compromise overall health, so we should all be taking vitamin C regularly. It is found in fruits and vegetables, but most people could benefit from taking it in supplemental form.



*“Lowered
Vitamin C levels
compromise
overall health, so
we should all be
taking vitamin C
regularly.”*

Page2

Nutrition That Improves
Your Body's Defenses
(continued on page 3)

Nutrition That Improves Your Body's Defenses

Vitamin D3

Vitamin D3 is known as the “sunshine vitamin” because the body produces it when stimulated by sunlight. That’s why tuberculosis patients were sent to “sanitariums” where they spent time outside in the sun, and their health improved. It’s also why parents used to give their kids cod liver oil as a health tonic, or when they got sick – it’s rich in Vitamin D.

But how does it work? What does it actually do?

Technically, there are specific cells that work the immune response, which you may have heard of, like T cells and B cells, which need Vitamin D to do their job defending the body. While Vitamin D is best known for its support of bone health and calcium regulation, it greatly influences the immune system by stopping foreign invaders.

The opposite is also true – Vitamin D deficiency leaves the body vulnerable to infection and disease, and while it’s good to spend time outside, most people need to take Vitamin D3 as a supplement to their diet.

Zinc

Zinc is a mineral that helps the body defend itself against microorganisms like bacteria and viruses. The body uses it to make protein and genetic material, so it is involved in all aspects of body defense and protection. It keeps the immune system working, helps to heal wounds and enhances normal growth.

Zinc works with Vitamin C to de-stress the cells and promote healing and immune function. It is found in meats, shellfish, and seeds like sesame and pumpkin seeds, as well as nutritional yeast.

Selenium

Selenium is a mineral that acts as an anti-oxidant, which means that it decreases the wear-and-tear on your cells. It reduces inflammation and builds immunity. The right amount of selenium has been shown to have an antiviral effect. You only need a little, and it is found in nuts and seafood.

Probiotics

Probiotics are healthy germs that enhance your digestion. When your digestion is unbalanced, probiotics help to re-balance the microorganisms in your gut. These bugs put out protective substances that stimulate your immune response. They reduce inflammation in your intestines, and this also helps to improve your immunity.

Omega-3 Fatty Acids

Omega-3 fatty acids are healthy fats that support the cells that clean out your blood. Taking omega-3 fatty acids decreases inflammation and improves the function of your macrophages, cells which eat up invaders like bacteria and viruses. You can get them in seafood, nuts and seeds.

So, you can easily see that taking these substances, in your foods and in supplemental form, can improve the quality of your immune function. New research has related them to combatting coronavirus, so smart health care consumers will take note, and add these nutritional supplements to their daily routine.



“Vitamin D deficiency leaves the body vulnerable to infection and disease, and while it’s good to spend time outside, most people need to take Vitamin D3 as a supplement to their diet.”

Different Health Goals for 2021

Each year about this time we consider what we want our health experience to be like in the coming months. We may choose to quit smoking, to exercise more regularly, to eat better, and so on.

But this year, our health goals take on a new significance. In the course of the COVID pandemic, we have come to some serious conclusions about our own vulnerability, and concerns about what we have control over and what is beyond our control.

While there are still many unanswered questions, there is one thing we do know – people who are healthier in general are less susceptible to getting any infections, including the coronavirus infection. Those who do not exhibit certain conditions are less likely to become very ill and even to die.

People who are obese, diabetic, or who suffer from heart or lung disease make up the large majority of those who succumb to this virus. The elderly are exposed, but those who do not have any of the abovementioned problems are significantly less likely to perish.

So, our health goals may be a bit different this year, because they can literally be a matter of life or death – if you are obese, do whatever possible to seek your target weight. If you are diabetic, do everything you can to correct your diet, under the guidance of health and wellness professionals. And if you suffer from a serious disease, do everything you know of to get healthier – your advisors can help you, but first, you need to take it seriously, because it may be a matter of your own survival.

The good news is, opting into better habits not only diminishes your chance of getting sick, it also improves your quality of life! So make good choices, and it will reward you over and over.



"I was diagnosed with a baffling disease & had a team of Stanford specialists who told me that not being able to get off the couch most days would be normal for the rest of my life. Dr Wendy was the only one able to help me. She has helped me so much through adjustments, supplements & her intuitive spirit. I can now exercise, travel, & enjoy my family. I will always have health problems, but Dr. Wendy has made it possible for me to truly live. Rebecca R. Palo Alto