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## Flu Shots – Holiday Helper or Hurter?

Article contributed by Dr. Alex Kassalias, Greenville, SC

When it comes to the holidays, commercialism isn't just about Christmas anymore. Drug companies are also vying for your precious dollars as they peddle flu vaccine at local grocers and Wal-Mart stores. In fact, they will spend some \$25 million over the next two months into what the New York Times has called an "aggressive campaign mounted to persuade as many people as possible to be vaccinated."

### The Pros and Cons of Flu Vaccine

As the media blitz continues to place fear into our communities about the flu, there is no evidence that people who get the flu vaccination will not get the flu. "No studies have conclusively proven that influenza shots prevent flu-related deaths in people over 65 years of age, and some arguments that have been used to support that idea are based on faulty data" the researchers argue in the Lancet Medical Journal. (Reuters, Sept. 27, 2007) It is also clearly stated that there is no evidence that flu shots save lives for younger middle-aged adults.

Since the strains of flu virus mutate every year, the strains of flu in the vaccine can be different than the strains you are exposed to. The truth is, there are many natural ways to build your immune system to limit the flu's effect, and, if exposed, to protect you.

### Staying Strong During Winter Flu Season

*Life Solutions Chiropractic 40750 Symphony Park Lane, Suite 101 Murrieta, CA 92562 (951) 304-9949*

You're more likely to join the 80% of people who won't get the flu this year by adding these proven natural approaches to your daily routine.

- Avoid sugar and fried foods
- Eat fruits and vegetables
- Drink plenty of water
- Wash your hands frequently
- Stock up on Vitamin C- take up to 1000 mg every two hours if you have cold symptoms
- Get regular chiropractic adjustments to boost your immune system and relieve stress
- Exercise Regularly
- Get Your Zs- quality sleep and load up on zinc lozenges

Whether you decide to get the flu shot or not, you deserve to know all of the facts to allow you to make an educated decision. Only you can decide what's best for you and your family's health.