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HEALTH *focus*

HOW TO AVOID THE FLU AND STAY HEALTHY

People get the flu or other common infections, because their resistance to illnesses is low. So, what can we do to improve our resistance? That's simple: raise the vitality of the lymphatic/immune system and keep it optimal. That's not such a difficult task. First, we need to know what lowers one's resistance. Then, we can take strategic steps to reverse the condition.

In reality, there is only one cause of a lowered resistance –STRESS! It can easily be defined as OVERWHELM. There are three types of stress: mental/emotional, biochemical/nutritional and physical. Let's take a closer look at these conditions.

Mental/Emotional stress raises our stress hormones. In particular, elevated amounts of the stress hormone, cortisol, depress the immune system. Cortisol is over stimulated by trapped, stuck or repressed emotions. At the Center for Holistic Health, I systematically identify and release these trapped emotions by using the advance Emotion Code treatment. When this treatment is applied to organ systems, such as the lymphatic/immune system, dramatic improvements in organ system vitality occur and a strengthened resistance results.

Chemical toxicities in the body (including heavy metals), also stress the immune system. Basically, heavy metals form 'bomb shelters' in which bacteria and viruses hide. This action renders the immune system totally ineffective. Using advanced Applied Kinesiology techniques, I can accurately detect heavy metal and chemical toxicities. Then, with a combination of laser treatments and footbaths, heavy metal deposits are removed. During this process, liver and kidney function is routinely checked. If needed, these vital excretory organs can also be detoxified and strengthened with targeted nutritional supplements.

Biochemical/physical deficiencies exert tremendous stress on the body. Such deficiencies occur when the body cannot metabolize usable vitamins and minerals. The reason for this condition is simple – chronic emotional stress shuts down the digestive system. When this occurs, the body cannot properly use what it ingests. Here is an interesting fact: By the time a person is 25 years old, the stomach's hydrochloric acid production is already declining. When a person reaches 40, 50, 60, etc., this decline is more dramatic and it becomes vital to supplement the digestive system with hydrochloric acid and digestive enzymes. Yet, beware! Not every supplement will work.

At the Center for Holistic Health, I use Applied Kinesiology to determine which supplements your body will utilize the best. I use this process to aid the body in reaching optimal efficacy. Therefore, we save the patient money, as they are not purchasing supplements that will not help their body.

Deficiencies in vitamin D are also related to low resistance. The traditional 'flu season' is typically at the time of year when there is less sunlight. This condition promotes a decrease in the production of Vitamin D in our skin. It is important that everyone supplement themselves with some form of Vitamin D – pills or infrared tanning. Adequate intake of ionizable calcium, fatty acids and full spectrum Vitamin C also enhance our resistance.

The next factor for improving our immune system function is to get adequate exercise. Our lymphatic system has twice as many capillaries as does our circulatory system. Yet, no physical organ is assigned the job to pump and clean the lymphatic system. The only way to create 'a pump' for this system is to engage in physical exercise. In other words, manual muscle contraction helps to cleanse our lymphatic system. At the Center for Holistic Health, I recommend 20 -30 minutes a day of physical exercise.

The last help for improving our immune system is proper amounts of sleep. During our sleep time, our body repairs tissues. It gathers toxins made by the body and those that it has absorbed from the outside. Then, the body prepares them for excretion during our waking hours. Extensive research by the National Institute of Health shows that all people need at least 9 hours of sleep per night. Men get bonus points for being in bed by 10 p.m. Women get bonus points for staying asleep during the first two hours after sunrise.

In addition to these traditional treatments, I have stocked Flumax Pro, a natural homeopathic aid that helps in preventing the flu. It can also be used to combat the flu, should you get it. For more information, please call the Center for Holistic Health at (510) 652-2302.