



**Camden County Clinic of Chiropractic is proud to announce we're partnering with CASA (Court Appointed Special Advocates for children) this Holiday Season! We will be collecting donations for children in need until December 13<sup>th</sup>!**

### **Chiropractic Care, Before or After Flu Symptoms Arise May Be Your Best Bet!**

When planning your family's strategy for avoiding the flu this season, we recommend regular chiropractic care. This may be the best way to support your immune system and help protect yourself from colds and flu.

The nervous system and the immune system work closely together. When you get adjusted, it helps your nervous system and immune system 'talk' to each other. With the interference removed, they can respond faster and adapt better to the environment. This powerful 1-2 combination promotes and protects our health.

A healthy immune system can easily repel most infectious invaders. Our immune system protects us against every infectious disease, which is why people who are on immune-suppressing drugs must be extra careful – their front door is wide open. It also works to get us well again if we do fall ill. This marvelous immune system, just like every other system is coordinated and controlled by the nervous system.

### **What Can You Do To Give Your Body A Fighting Chance:**

1. Get adjusted regularly (Adjustments increase immune response by 200% to 400%)
2. Eat nutritious foods and drink lots of water
3. Get plenty of quality rest
4. Keep your body moving with exercise
5. Maintain a positive attitude
6. Tell somebody else what you know!

### **The Chiropractic Paradigm:**

the body is a self-healing organism; it benefits from the ability to heal from within without drugs and surgery. For instance, if you cut your arm, the body can heal the cut without band-aids or antibiotics. Your body has within it an inborn ability to heal itself, in fact all living things have the ability to heal themselves naturally.

### **HAPPY BIRTHDAY**

**to all of our patients for the month of December!**

Alma Beasley, Yvonne Dinkins, Jennifer Gibbons, Bridget Lindsey, Rosalie Carter, Edward Williams, Diana Roberson, Mary Zickmund, Deborah Cook, Christopher White, Betty Ison, Elizabeth Roddenberry, Ralph Haworth, Nicci Crider, Dana Maye, Merri Pass, Jonathan Blount, Frederick Dube

### **Patient of the Month Banks Van Pelt!**

This is the patient who has brought the most referrals to our office!  
**THANK YOU!!!**

