



Healthy Holidays How-To

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Want to be healthy for the holidays? Then, in with the vitamin C and out with sugar. Vitamin C has been recommended for so long for colds and other illnesses that sometimes it gets forgotten. Increasing vitamin C intake in your diet is so easy, *and* it is very effective for helping your immune system fight off invaders. Vitamin C is consumed very rapidly when your body is battling a germ, and replacing it helps your immune system cells to keep working hard. Adequate vitamin C can help decrease the risk, severity and intensity of sickness.

HOWEVER (and that is intentionally a very big however), eating or taking vitamin C is not enough. The chemical structure of vitamin C and the chemical structure of sugar are very similar. If you eat sugar, your body will put the sugar into your immune cells instead of the vitamin C. The sugar does **not** help your body work against illness. So, your immune cells become really slow and inefficient. Your body has to take to time to clear the sugar out of the immune cells before they can take in more vitamin C and get moving again. Once that happens, the invader may have already settled in. Even worse, if your diet contains sugary products all day long, the cells NEVER get cleared and your immune system essentially works at reduced speed all the time. No wonder it takes some people so long to get well!

So, this holiday season, make sure you get plenty of vitamin C and avoid all the sugary treats. You'll be glad you did when you are strong and healthy for all the holiday events on your calendar!

P.S. Something else you can do to improve your health this holiday season is to take advantage of the "Healthy Holidays" fundraiser at Advanced Spinal Fitness. The "Healthy Holidays" fundraiser will run from Monday December 1, 2003 to Wednesday December 31, 2008, and will exclusively benefit the Victory Junction Gang Camp. For a \$50 donation to VJGC at our office, one can receive an entire

New Patient visit (consultation, exam, and any necessary tests, including x-rays) for no additional charge. Call 704-663-5142 to make an appointment or visit www.DrNicole.net for additional information. It's a great time to improve your or your family's health while also helping medically challenged children have life-changing experiences at camp!

Dr. Whitehead is a family chiropractor in Mooresville. Her office, Advanced Spinal Fitness, provides comprehensive chiropractic wellness care for the whole family. Find out more at www.AdvancedSpinalFitness.net.