



The Wellness Way

We don't guess...we test!

Ultimately it is extremely important to get your immune system properly tested. Here are a few tips to keep in mind to boost your immune system and fight the flu!

- Infrared Sauna (keep your temperature up)
- Sauerkraut (DMSO, Lac. Brevis)
- Xylitol (Birch bark, not with corn!)
- Add Medicinal Mushrooms
- Sulfer based foods and essential oils
- Elderberry, Horsetail
- Exercise
- Silver
- Avoid sugar (Halloween, Thanksgiving and Christmas)
- Reduce Stress
- Get chiropractic adjustments
- Test Vitamin D