



## **BOOSTING YOUR IMMUNE SYSTEM**

During the past two years, you have undoubtedly heard and read much about the immune system. In this article, we mention some often-overlooked aspects.

### **Activity Vs. Germs**

Activity helps to prevent infection. The reason: working your muscles helps move a body fluid called lymph through the lymph nodes. These nodes are loaded with white blood cells that do an important thing for a living: engulf and destroy infectious organisms.

Musculoskeletal pain and injury often lead to abandoning or postponing exercise. Chiropractic adjustments help you get past the pain, so you can get off the couch and back into activity. This benefit of chiropractic is well known in professional sports, as well as everyday life: (<https://pubmed.ncbi.nlm.nih.gov/11986584/>) & (<https://europepmc.org/article/MED/21129212>).

### **Digestive Health is Immune Health**

The above-mentioned lymphatic system is deeply integrated with your digestive system. Spinal nerves influence the gastrointestinal tract from the stomach all the way to the large intestines. Chiropractic adjustments support the function of these nerves.

In addition to adjustments, try including probiotic foods in your diet, if you are not already doing so. These foods help line your digestive tract with beneficial bacteria. Examples are yoghurt, kimchi, miso, and sauerkraut. A 2017 study found probiotic foods increase the effectiveness of flu vaccination: (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5707647/>).

Beat Stress to Beat Infection

Emotional stress can interfere with immunity. A 2002 study by Ohio State University found that depression interferes with the immune response of white blood cells (<https://pubmed.ncbi.nlm.nih.gov/11866173/>). An earlier study found that emotional stress decreases the effectiveness of vaccines (<https://pubmed.ncbi.nlm.nih.gov/9629291/>).

It’s easier to cope with stress when your body is not busy dealing with nerve irritation. Chiropractic adjustments reduce nerve irritation, thereby helping you cope with stress.

In conjunction with your adjustments, consider trying yogic alternate nostril breathing. A video demonstrating a simplified version is posted on our You Tube channel: [www.youtube.com/channel/UCkEKVboDAUWH4YEJnfrlnPg](http://www.youtube.com/channel/UCkEKVboDAUWH4YEJnfrlnPg).

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**COMMUNITY OUTREACH CLASSES**

As part of our commitment to community education, we offer a series of courses on Tuesdays, 10:00-11:00 am at the Vienna Community Center, 120 Cherry Street, Vienna. There is no charge. To register, contact Kathy Blevins, 703-255-7801 or [KBlevins@viennava.gov](mailto:KBlevins@viennava.gov). Upcoming:

<i>Breathing Exercises for Optimal Brain Function</i>	January 18 & April 12
<i>Building Better Knees</i>	February 15 & June 14
<i>Building a Better Neck</i>	March 22 & May 10

# #

**CALL FOR RESEARCH VOLUNTEERS: LONG HAULERS (COVID)**

It is not uncommon for COVID-19 survivors to have residual problems for weeks or months after the fever and acute symptoms are gone. These people are sometimes referred to as “long haulers”. Common long-haul symptoms include headache, fatigue, attention deficit, and difficult breathing.

We know from both published research and our own clinical experience that chiropractic adjustments often help people with these symptoms whether or not they are infection related. The possibility that chiropractic adjustments can help people with these same symptoms post-COVID seems reasonable.

**Our hypothesis (research question):** *In some cases, chiropractic adjustments can reduce the severity of COVID-19 long-haul symptoms.*

**More Information:** If you are interested in more information, or if you have a friend or family member who would like to know more, contact us by phone: 703-938-6441. Feel free to spread the word by forwarding this newsletter.

Thank you!

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### **IMAGINE A PILL**

Imagine a pill that helps most people with back pain, neck pain, and headaches.

It will do no harm to your stomach.

It will do no harm to your liver.

It will do no harm to your kidneys.

It will not make it unsafe to drive or operate machinery.

In fact, it usually improves attention span, balance, coordination, and general function.

If this pill existed, everyone would be talking about it.

It does not exist, but the chiropractic adjustment does.

***Let everyone know, and please accept our thanks for your referrals!***

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### **OUR COVID-SAFE PRACTICE**

We are continuing protective measures such as masking, temperature checking and sanitizing. These measures will continue as long as the pandemic persists, according to public health authorities. Thank you for cooperating in our efforts to keep you safe.



## **EARTH DAY**

Earth Day 2022 is on April 22. In the spirit of Earth Day, we will be collecting donations for the Plant a Billion Trees Program. This is an initiative of the Nature Conservancy to plant trees in areas that have been deforested in the United States (including Virginia), Latin America, Africa, and Asia.

### ***Can This Help Remove Carbon Dioxide from the Atmosphere?***

Yes. One of the most important natural processes for CO<sub>2</sub> capture is the process by which plants use sunlight to convert CO<sub>2</sub> and water into sugar (photosynthesis). Needless to say, trees are big plants that can live for many years. It has been estimated that planting trees in all of the area ripe for reforestation in the U.S. alone could capture as much CO<sub>2</sub> per year as the annual carbon pollution from all of California's, New York's, and Texas's cars combined ([Reforestation the U.S.: Here's Where We Can Put All Those Trees \(nature.org\)](https://www.nature.org/en-us/about-us/press-releases/2017/04/17-reforesting-the-u-s-heres-where-we-can-put-all-those-trees)). Taking this volume of greenhouse gas out of the atmosphere would be very helpful in easing the climate crisis related to global warming.

### ***I'm a Climate Skeptic; Why Should I Care About This Tree-Hugging Stuff?***

When you look at a tree, visualize a column of water inside. That's water that is not on the ground contributing to flooding when heavy rains come.

Visualize the roots of a tree holding on to the soil. See a stand of trees as a wind break. Both of these factors help fight soil erosion.

In addition to flood control and soil conservation, forests are habitats for wildlife species that are increasingly hard-pressed, and in some cases endangered.

### ***How Do I Contribute?***

Look for our donation jar from Monday April 11 through Saturday April 23.

If you prefer to donate on your own, mail your check made out to "The Nature Conservancy" to:

The Nature Conservancy  
4245 North Fairfax Drive  
Suite #100  
Arlington, VA 22203

In the memo portion of your check, write, "Plant A Billion Trees Program".

If you prefer to make your donation online, or if you would like more information about the project, go to: [Plant a Billion Trees \(nature.org\)](http://Plant a Billion Trees (nature.org)) .

Thank you!

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*Remember our veterans on Memorial Day and every day.*

### **RETURNING WAR VETERANS**

Have you been deployed to Iraq, Afghanistan, or any other active conflict area in the past five years? If so, we'd like to offer you a year's care at no cost to you. All we need to see is a copy of your orders and your ID. Call 703-938-6441 for more information. Thanks, and welcome home.

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### **MULTIPACKS**

If you are interested in having your spine checked regularly on an early intervention basis, you may be interested in our multipacks. You'll save money while safeguarding your spinal health and mobility.

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## CHIROPRACTIC INDEPENDENCE DAYS

In an effort to make chiropractic care available to everyone, we have set aside selected Mondays as Chiropractic Independence Days. On these days, care is independent of your insurance status or financial situation. Anonymous cash payment goes into a box at the front desk, or you may pay by check or credit card. How much? That's up to your judgment of our care's worth and your ability to pay. (Medicare is the one exception; those fees are federally mandated.)

New patients are welcome on Chiropractic Independence Days, schedule permitting. This is a great way to introduce friends and family members to chiropractic care.

Time slots go quickly, so book early. We ask that you let us know as soon as possible if you need to cancel or reschedule, so that a fellow community member can use your time slot.

Thanks!

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## CALENDAR

<b>Jan</b> <b>3</b> Office reopens <b>15, 29</b> Saturdays Open <b>17</b> Chiropractic Independence Day & MLK Day	<b>Apr</b> <b>9, 23</b> Saturdays Open <b>22</b> Earth Day <b>25</b> Chiropractic Independence Day
<b>Feb</b> <b>12, 26</b> Saturdays Open <b>21</b> Presidents Day & Chiropractic Independence Day	<b>May</b> <b>7, 14</b> Saturdays Open <b>23</b> Chiropractic Independence Day <b>28-30</b> Memorial Day Weekend: Office Closed
<b>Mar</b> <b>12, 26</b> Saturdays Open <b>21</b> Chiropractic Independence Day	<u><b>STANDARD HOURS OF OPERATION</b></u> <b>M-W-F:</b> 10:00-1:00 & 3:00-6:00 <b>Sat:</b> 9:00-noon (selected Saturdays) <b>Tue/Thu/Sun:</b> Emergencies Only