



# Welcome Dr Psencik, Christie and Jan!

It is with great pleasure that I welcome a wonderful new team to Greenville Avenue Chiropractic.



Dr. Eileen Psencik is certified in Applied Kinesiology and is working towards Diplomate status in chiropractic neurology; the highest level of certification possible. She brings great competence and skill to fulfill the high expectations that our patients have come to expect. We are truly fortunate to have a doctor of her caliber on our staff.



Christie Moore, licensed massage therapist, fills a void that many of you have encouraged us to fill over the years. Her experience and knowledge are the perfect complement to our services. She is intent on providing an integrated approach to the healing process. Please contact our office to inquire about the services she offers.



Jan, our new office manager, has extensive experience in operating large medical practices. Her personalized patient care and customer service is exceptional. Her philosophy that the patients are the reason we work so hard, blends perfectly with our belief that service is based upon humility.

Our specialized staff and new services were designed to promote more comprehensive patient care. It is also our hope that the updated office will reflect the level of care that patients receive here. It is our privilege to take care of you, your family and friends!

-- Dr Kristi Long

## Preventing the Flu this season

We are exposed constantly to viruses, bacteria and fungi that can cause illness. So why does it seem like we have flu 'seasons'? It isn't that there are more bugs in the air; the major factor is a decrease in our immune function or resistance to those bugs. Most people contribute illness to bad germs, bad genes and bad luck; however the fact is that you cannot be ill unless you have chronic toxicities and deficiencies. Sickness is just our bodies adaptation to its environment, and the common symptoms, fever, coughing, nasal drainage are our bodies way to fight harder what it couldn't before.

So the key to preventing the flu this season is increasing your body's defenses.

- ∞ **Water and Sleep** These basics are often pushed aside when our lives get busy.
- ∞ **Fresh Fiber First** Always eat some fresh fruit or vegetables with every meal or snack. Did you know that you get an endorphin rush from eating a nutrient dense meal, *even if it didn't taste good?* Your cells don't care what the foods taste like, judge foods choices on how you will feel *after* you eat them, not what you crave now.
- ∞ **Movement is Life** Over 50% of your spinal cord is movement oriented pathways, feeding these has been scientifically proven to strengthen your immune system but it also improves your brain! And most of these pathways begin in your joints So when you spine or other joints are not moving in their full range of motion, your brain and immune system can't be at 100%! Adjustments are scientifically proven to balance your WBC count and increase Natural Killer Cells, those wonderful homemade viral killers.
- ∞ **Sufficiency:**
  - **Trace Nutrients** Nutrients are more than vitamins! If your multivitamin is just that, vitamins, you are not getting everything you need. Minerals, antioxidants and phytochemicals (fancy word for good things that come from plants) are all important too! Without these, the vitamins are useless because your body needs the other to make chemical reactions go. **Eniva Vibe** is the world's leading all in one liquid antioxidant, multi-vitamin and mineral supplement. VIBE not only meets medical recommendations in terms of nutrient content, but has been specifically formulated to allow for enhanced absorption and bioavailability due to the cell-ready nature of its pharmaceutical grade liquid ingredients.

### DID YOU KNOW?

*"Nutrient deficiency is the most common cause of low immune function"*

*Dr Joseph Pizzorno*



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### Patient Highlight

How has chiropractic changed your life? Submit a short story on how chiropractic has helped you and if your story is chosen you can be highlighted in our next newsletter!

- **Probiotics** The bacteria in your body outnumber your cells 10 to 1! Sometimes it is not just the fact that you have too many bad germs, but you don't have enough of the good ones! Probiotics are good bacteria found in a normal, healthy gut, and there is more than just acidophilus! **Innate Choice's Probiotic** formula covers all the healthy bacteria and from a natural source
- **Balance with Fish Oil** When your fats are imbalanced, you get inflammation. Inflammation is a key factor in ALL CHRONIC DISEASES and is present anywhere you see a word ending in '-itis.' **Innate Choices Omega Sufficiency** is 100% ultrapurified omega 3 fish oil from wild anchovy, herring and sardines.

∞ **Homeopathies** The flu shot bypasses your immune systems detection system by only building up immunity INSIDE. This season, instead of the flu shot, use a homeopathic remedy that builds up your ENTIRE immune system, nasal passages, lungs and your cells!

- **CelleTech WinterTonic** is a combination of flu types from 1918 to the present. It is updated every year with the latest flu vaccine. As a natural flu preventative, Winter Tonic can be taken once a week during the cold and flu season.
- **CelleTech WinterBalance** is taken in conjunction with Winter Tonic in order build up your immune system.

## Combating the flu

Most natural treatments involve assisting the body, as opposed to suppressing its own immune response and hence, the symptoms of a cold. So be aware that some of these protocols may cause your symptoms to worsen – this is great!! For example, a slight cough that becomes productive and deep can help remove the phlegm meant to capture the bacteria to remove them.

- ∞ If you feel a cold coming on . . .
  - Chew Zinc, vitamins A and C every 2 hours You can get all of these in **Nutriwest Total Virx**
  - Increase your liquids – dilute fruit juice; sugar and vitamin C compete for space to 'dock' on WBC if you choose sugar, your body's defense system actually becomes inactivated! But decrease the sugar and increasing your vitamin C intake is scientifically proven to shorten the length of your cold!
  - To get extra vitamin C, **Nutriwest Chewable Pedia C** is a great tasting way to get it!
  - **Nutriwest Multimune** has Thymus tissue for support for the center of your immune system
  - Do you have a cough? Tender spots? Drainage? These are all signs of inflammation, and the best way to fight inflammation is to balance your fats! Taking 2-3g of a quality Omega 3 Fatty Acid supplement like **Innate Choice Omega Sufficiency**
- ∞ For kids with ongoing colds **Standard Process' Chewable Catalyn & Chewable Congaplex** are wonderful immune boosters to add to **Nutriwest Chewable Pedia C**, **Nordic Omega 3 Gummies** and 1 drop of **Biotics Bio-D-Mulsion Forte**.
- ∞ Sore throat? Break open an **Innate Choice Probiotic** capsule and add to your favorite smoothie or applesauce so the good bacteria can combat the bad right in the area of infection!
- ∞ Want to really get after a cold? **BRM4** has been clinically proven to triple Natural Killer Cell activity! Natural Killer Cells are your body's defense cells against viral infections

### DID YOU KNOW

*"Allergies may be an underlying factor in decreasing resistance and allowing a virus to infect the upper airways."*

*Dr Michael Murray*

"The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease." - Thomas Edison  
I am such a doctor. It will be my pleasure to serve you with science, education, leadership, empowerment, love and encouragement. Dr Eileen Psencik