

CHIROPRACTORS SAY SKIP THE FLU SHOT, TAKE VITAMIN D SUPPLEMENTS INSTEAD
Free Class Offered on Benefits of Vitamin D

IDAHO FALLS, ID – Dr. Todd L. Reese and Dr. Devin P. Scoresby of Spine Align Chiropractic won't be standing in line to get their flu shots any time soon. They say when flu season hits, the best fortification against catching a cold involves pills not needles. "Research shows that being vitamin D deficient weakens the immune system and makes people more susceptible to getting sick," said Reese.

Vitamin D, which is actually a hormone, is produced naturally in the skin through exposure to UVB rays from the sun. As society has shifted from working outdoors to working indoors, regular exposure to natural light has decreased, reducing the levels of vitamin D produced in the body. From September to April, areas above the 37th parallel, such as Southeast Idaho, don't receive UVB rays that are strong enough to produce vitamin D.

"During the winter months, we recommend that teenagers and adults get 5,000 units of vitamin D a day to maintain the right levels to stay healthy," said Scoresby.

But if you do catch a cold, the doctors say adding 1000 units per pound of body weight (taken as one dose per day) for three days should help to get you back on your feet again. Vitamin D deficiency is linked to other ailments such as osteoporosis, diabetes, cancer, rheumatoid arthritis, depression, heart disease, tuberculosis and muscle pain as well as the flu.

The doctors are giving a free one-night workshop about the benefits of vitamin D, Wednesday, November 16th at 6:15 p.m. at the Spine Align Chiropractic clinic located at 1491 Curlew Dr. in Idaho Falls. For more information, visit www.spinealignchiropractic.com or call [\(208\) 227-0400](tel:2082270400).

Spine Align Chiropractic Center emphasizes improving patient health by focusing on posture correction and proper spinal alignment. As experienced chiropractors, Dr. Reese and Dr. Scoresby are committed to promoting the optimal health and well-being of their patients using the latest techniques and methods.

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