

Tips from Dr Ellenberger...

- 1). Regular chiropractic adjustments keep your nerves to the immune system working better.
- 2). Grapefruit seed extract or Oregano oil have natural antiviral and antibacterial properties.
- 3). Drink adequate water 40-80 ounces per day.
- 4). Add lemon juice or apple cider vinegar to water.
- 5). Immuplex, Congaplex, Cyruta - natural supplements to boost immune system.
- 6). Vitamin C and/or zinc help some people.

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