



The Pen is Mightier than the Flu Shot: 3 Easy and Cheap Ways to Protect Yourself From the Flu

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We all know that to avoid the flu we should wash our hands frequently, take our vitamins and antioxidants. What I am going to share with you are some not so well known easy and cheap ideas that you can do immediately to keep healthy.

First, keep yourself and your sinuses hydrated. One of the ways your body protects you from viruses in your nose (rhinoviruses) is with the small hairs constantly moving foreign bodies out of the nose and by producing mucus. The hairs and mucus need to be wet to work better. So drink your water and use an inexpensive saline sinus spray to keep your nose nice and moist. You'll be glad you did.

Second, keep your hands away from your face. Of course you want to keep them out of your nose, but also keep your fingers away from your mouth and eyes. These are easy points of entry for pathogens, so keep them clear! Use a handkerchief or tissue if you must.

Third, and most importantly – Use your own pen. Don't use a community pen! If you have your own pen for signing checks, signing in at the doctor's office (where there are usually sick people), or writing down a phone number you have just reduced your chances of picking up a bug by however many people have used that pen before you. You can invest in a really nice pen or have several available in your car, your purse, or in your pockets.

These suggestions are meant to help you keep well and enjoy a healthy life. If you are interested in finding out more about how to achieve Vibrant Health, please go to our website www.joyacupuncture.com. You will find many my book "How to achieve Vibrant Health with Chinese Medicine" which you can download for free. You will also find the several articles of health tips and specific conditions we successfully treat on the articles page. As always you are welcome to call our office and speak to me personally or schedule your Free 15 minute consult, call 619-322-4492.

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