



Healing Junction

Your personal guide to natural healing

STAYING HEALTHY DURING COLD AND FLU SEASON

8 Simple tips to keep you and your loved ones healthy this year.

- **WASH YOUR HANDS.** (30 seconds under hot soapy water.)
 - Alcohol based sanitizers like Purel are good too.
- Get regular sleep. (8-9 hours every night.)
- Drink plenty of fluids (**WATER, WATER, WATER**)
 - Avoid sugar drinks and limit alcohol and caffeine.
- If you are sick, **STAY HOME.**
- When you sneeze or cough, cover your mouth with your elbow. Then go and **WASH YOUR HANDS** anyway.
- Wash all fruits and vegetables before eating.
- Clean phones, door knobs, cabinet handles, faucets etc. regularly
- And finally **WASH YOUR HANDS**

To find out more info on how Healing Junction can help you with pain and stress call our chiropractor Dr. Kahn at 773-281-8177 or acupuncturist Kirk Moulton at 773-880-9120.
www.healingjunction-chiropractic.com or www.healingjunction.com