



## Dr. Greg Woeste

## Back to School & Immune Health



**Dr. Greg Woeste**  
In 1993 Cincinnati Health Institute was created through the evolving vision and beliefs of Dr. Gregory Woeste.

His primary goal is to empower his patients to discover effective natural solutions to their health care needs.

He accomplishes this in his practice by educating and understanding every patient he works with.

He believes a sustainable health care model is not possible without a means of ending the massive abuse of medication and by healing the body from within.

### What Can You Do to Stay Healthy?

The most common question we've gotten lately is "how can I boost my immune system?" The immune system is a delicate balance of working parts to keep you healthy and well.

Check out our top 4 Immune boosting tips for 2020.

**1. Sleep:** Our immune system needs restorative sleep to produce the protective cytokines needed for fighting off infection and inflammation.

Lack of sleep, or poor sleep, can leave us susceptible to illness and disease.

30% OF THE U.S. WORKFORCE  
SLEEPS LESS THAN HOURS **6**  
A NIGHT!

**2. Diet:** A healthy, varied diet is key to keeping your health and immune system in prime condition.

To keep your immune system humming increase the amount of anti-inflammatory foods you eat. Incorporating berries, broccoli, spinach, ginger, garlic, green tea, kefir, oranges and bell peppers into your diet gives your immune system the vitamins and nutrients it needs to fight off infection.

If you really want to hone in on any nutritional deficiencies you may have, ask about our testing profiles.



**3. Digestion:** The gut is a major site of immune activity and the production of antimicrobial proteins.

Supporting the microbiome has a twofold approach. First, a healthy gut allows us to absorb more healthy nutrients from the food we do take in and second, a fiber-rich diet with plenty of fruits and vegetables supports the growth and maintenance of beneficial microbes.

These helpful microbes break down fibers into short chain fatty acids, which have been shown to stimulate immune cell activity. Healthy gut=healthy immune system.

## A HEALTHY GUT=HEALTHY IMMUNE SYSTEM.

**4. Stress management:** When we are stressed our brain sends out defense signals, that cause the release of hormones like cortisol, to get us ready for emergency situations. This also temporarily lowers immunity.

Ongoing stress can cause a constant flood of cortisol and constant lowering of immunity, to avoid illness and infection. Great stress reduction exercises include:

- MEDITATION
- DEEP BREATHING
- EAT RIGHT
- EXERCISE
- SPEND TIME WITH FAMILY & FRIENDS
- OUTDOOR ACTIVITIES
- CHIROPRACTIC!

## Dr. Andrea Beaver



**Dr. Andrea Beaver**  
is an experienced Chiropractic Physician at Cincinnati Health Institute.

Driven by patient outcomes, she takes pride in providing the best care possible.

Her focus includes musculoskeletal conditions, healthy eating behaviors, and empowering her patients to take responsibility for their own health and nutritional goals.

Dr. Beaver truly practices what she teaches her patients. She knows healthy food does not have to sacrifice flavor or taste.

Please follow Dr. Beaver on Social Media for a sneak peak of her everyday life.

Dr. Beaver is currently accepting new patients.

& THE USE OF  
ELECTRONIC  
DEVICES



Computer Vision Syndrome (CVS). Kids today spend more time than ever playing and doing school work on digital devices such as laptops, iPads and cellphones. With the increase in virtual, remote and blended learning in 2020 we wanted to give you some tips to protect your children's eyes.

- **Beware of the glare on the screen.** Think about investing in an anti-glare protector or adjusting the display settings on the device.
- **Position devices correctly to reduce eye strain.** When using a tablet, the best position is flat in front of you or slightly angled. For computer use, the ideal screen position is a 10-15 degree angle BELOW eye level.

A 10 MINUTE BREAK EACH  
HOUR IS RECOMMENDED FOR  
GOOD EYE HEALTH.

- **Make sure they are taking eye breaks.** Experts recommend kids refer to the 20/20/20 rule, in which every 20 minutes a person should look away from the screen, focus on something at least 20 feet away, for at least 20 seconds. A 10 minute break is recommended every hour, for good eye health.

Good luck to all as we start another school year!



Biogenetix has created the Deluxe Immune Support Bundle with the four key top-tier supplements recommended by the Biogenetix Scientific Advisory Board for Immune Support. The Deluxe Immune Support Bundle is suggested for consistent improved immune support and those that desire a long term immune support strategy.

The Deluxe Immune Support Bundle (Est. Duration: 30 Days) contains:

- BIOG-MAX C (5 BOTTLES)
- BIOG-MAX GSH (3 BOTTLES)
- BIOG-MAX B12 (1 BOTTLE)
- LIQUID D 20000 (1 BOTTLE)

If you have more questions about how to boost your immunity, testing or what vitamins and supplements to take we would be happy to help.

Learn more about the 3D Lifestyle in next month's newsletter!



Contact us at 513.522.2220

7712 Hamilton Ave  
Cincinnati, OH 45231

Let's get social!

Be sure to follow us on Facebook, Instagram and Twitter! We will be providing healthy tips and tricks, as well as product spotlights, for all of your health and wellness needs! Tag us on your health journey so we can share and support your successes!



September 2020

- You have 26 bones in your spine.
- You have 24 ribs, twelve on each side.
- 40-50% of your body weight is muscle.
- 31 million people will suffer from low back pain.
- The average person breathes 17 times a minute.
- Humans and giraffes both have 7 vertebrae in their neck.
- The human microbiome includes around 100 trillion bacterial cells.

3 Tips for Fitness

- JUST MOVE.
- Have fun with it.
- Stay motivated!

**\$25<sup>off</sup>**  
**SPECIAL OFFER!**

This offer includes a consultation, examination & FIRST TREATMENT.

\*No charge for worker's comp or auto accidents. Not applicable for Medicare. New patients only. Present coupon at time of first office visit. Expires 12/31/20



Ask the Doc!

Welcome to our new Ask the Doc segment! You can email or message through social media your question and we will feature a question in the next newsletter!

Email us at: [admin@chi4health.com](mailto:admin@chi4health.com) or visit our website at:

