Use Integrative Medicine When You Want Additional Options
Integrative medicine is a unifying approach to health care. It combines the best of Western medicine with new scientific research and proven complementary therapies, such as nutrition, herbal therapy, acupuncture, massage and bodywork, homeopathy, chiropractic, and stress management.

Minimize Your Exposure
To minimize the spread of germs, there are steps we all must take, steps that need to become second nature.
◊ Hand washing is essential
◊ Avoid direct contact with someone who’s sick
◊ Stay home and away from others if you’re feeling ill

Support Public Health
Our good health is the result of innovations both in medicine and in public health. Infectious illness has been controlled in industrial nations in part through the great public health reforms that began in the late nineteenth century. These reforms led to the introduction of urban water purification and sewage disposal. Most cities also provide garbage disposal, street cleaning, rodent control, and toxic waste disposal.

Nip Infections in the Bud
Whenever we can shorten the course of illness, we conserve valuable immune resources. Eat a good diet, get regular exercise, and take supplements that provide immune support.