

What is the best defense against viral infection? Boost your immune system now!

Lately the news has been filled with reports about the viral outbreak in China. As I write this it has spread to other countries with some cases reported here in the United States. Indeed, we seem to be experiencing more such episodes. Undeniably we are more globally connected than at any time in history — thereby increasing our exposure.



Dr. Gabrielle F. Cannick

This begs the question: Is there anything we can do in our daily lives to help protect ourselves and our loved ones from these health risks?

Yes. We can boost our immune systems, a marvelous frontline defense in the on-going war taking place in our bodies. We do get sick, but despite constant attack most of the time we remain healthy. Our immune system is comprised of white blood cells that recognize and

destroy specific invaders. On top this our brain contains messenger molecules produced by our immune system that enable the brain and the immune system to work together in harmony to protect us.

It is nothing short of amazing. And it proves how our physical condition is closely related to our mental and emotional state. If we're happy and free from stress, our immune system is better able to fight sickness. Enjoyment can boost the body's immune system for hours. Positive feelings stimulate the spleen, producing an increase in healthy red blood cells and simultaneously increasing the number of cancer-fighting cells. Experiencing pleasure can increase levels of a compound in the body called immunoglobulin A — our first line of defense against colds and flu.

Armed with this knowledge, who would not want to boost their immune system? The blueprint is well known. Make it your life's mission to embrace a healthy lifestyle:

Diet. Stick with whole food, not processed food. Eat fresh fruits, vegetables, and lean cuts

of meat. Drinking plenty of water helps cells operate more efficiently to process food and eliminate waste.

Exercise. Even moderate exercise mobilizes immune system cells, helping the body defend itself against pathogens and even cancer cell growth. Exercise may also protect the immune system from the effects of aging.

Stress Reduction. Prolonged stress may wear down the immune system. To keep your stress in check, there's meditation and yoga. But to keep it simple, try deep breathing to relax!

Sleep. Vital to preventing sickness is eight hours sleep each night. A study of thousands of people found that those who slept less than six hours were more likely to have infections. (Our practice specializes in assisting patients with sleep issues.)

Add to this your personal hygiene. The simple act of washing your hands is one of the most effective things we can do to prevent the spread of germs that cause infectious diseases including viruses. In addition, there is flossing and brushing daily coupled with regular dental checkups.

Bleeding gums allow bacteria into our bodies which can weaken our immune system. Please call us with questions. Think of us as your hometown resource for guidance and support.

Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine.

For more information about Grand Oaks Dental and the services provided, please call 864-224-0809, or click to grandoaksdental.com or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.



Get gorgeous with North America's #1 choice.

Call now for your free consultation at home!

We're your local, neighborhood experts. And we're also backed by North America's #1 provider of custom window coverings. We do it all for you, measure and install — because we think that everyone, at every budget, deserves style, service, and the best warranty in the business.

BUDGET® BLINDS

Style and service for every budget.™

Blinds • Shutters • Shades • Drapes • Home Automation

25% OFF
On Selected Window Coverings*
Offer expires March 31, 2020

864-332-0612
BudgetBlinds.com/Anderson

*Applies to selected window treatments and Enlightened Style products from Budget Blinds. Restrictions may apply, ask for details. Minimum purchase required. Valid for a limited time, not valid with any other offers, discounts, or coupons. Offer good at initial time of estimate only. At participating franchises only. ©2018 Budget Blinds, LLC. All Rights Reserved. Budget Blinds is a trademark of Budget Blinds, LLC and a Home Franchise Concepts Brand. Each franchise independently owned and operated.



SIX MONTH SMILES®
Straight Teeth. Less Time.

1 DAY ONLY
MARCH 26

Sign up on
MARCH 26 and
SAVE \$1000!

Straight Teeth in 6 MONTHS

Clear Brackets & Wires
Unnoticeable at the surface and engineered for quick results to deliver an attractive and confident smile.



We have hundreds of incredibly happy patients that have had Six Month Smiles® treatment. This is our favorite procedure to perform, it's incredible how much can change in 6 months, sometimes less. Visit 6MonthSmiles.com to hear from real patients and what a difference this has made in their lives.

Grand Oaks Dental, LLC
3905 Liberty Highway
Anderson, SC 29621
www.grandoaksdental.com

Six Month Smiles® Day: Sign up on MARCH 26 and SAVE \$1000!

Call 864-224-0809 to schedule an appointment

March 26: Save on Six Month Smiles® Clear Braces.
Sign up on March 26 and SAVE \$1000 on treatment. If you have crowded, crooked, spaces/gaps, OR rotated teeth, then this treatment can change your life.

There will be door prizes including an Oral B Genius Electric Toothbrush, WaterPik Waterflosser, \$50 Amazon Gift Card