



Jensen Health & Energy Center, S.C.

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HOW TO BUILD THE BEST DEFENSE AGAINST THE FLU

Getting ready for the flu season is not unlike the preparation for football season. First the owner organizes his staff of coaches and trainers to guide, encourage, and train the athletes. Then practice begins, when meetings are held, strategies made and execution perfected. Last- Game Time- A time to overcome obstacles and adjust to new developments.

YOU are the owner, who has the opportunity to surround yourself with a group of healthcare providers who work with your goals and give innovative ideas and treatments with little to NO negative impact on the state of your team.

Your team of athletes are the systems of your body that work hard to organize and implement functions and respond to physical, chemical and mental stress. The better all of the components of the TEAM flow together, the better the outcome of the game.

At Jensen Health & Energy Center, we offer a great group of healing professionals with practical, holistic therapies to help you stay well during the flu season and the off season! Here's how:

Chiropractic- Reduces structural stress and interference to the nervous system which is the body's primary communication device. This allows your body to maintain health or respond quicker with an immune response and lessen the effect of the virus &/or bacteria.

Acupuncture- Balances the vital energies of the body by regulating, tonifying, draining and/or promoting flow. It can improve stagnation and support the function of critical immune organs.

Massage- Improves circulation and lymphatic drainage to help the body get rid of congestion and relieve tension built up in the soft tissues.

Nutritional Evaluation and Supplementation- Using skills unique to Jensen's, we look at the individual's lifestyle to improve and balance chemical load. We provide a range of high quality professional grade vitamins, minerals and herbs that support immune function and overall fit the needs of each patient.

Mind/Body Work- Provides tools to connect to your bodies cues and uncover patterns which lock us into specific immune responses.

******* THIS INCLUDES THE THREATS OF THE H1N1 VIRUS *******