

YOUR DENTIST CAN SAVE YOUR LIFE

Boost your immune system: Part 2

As I was preparing our last feature, the coronavirus was barely on our radar. Now it's a national emergency. I urge everyone to look out for those closest to you and certainly the elderly. This will pass, and I believe something good will emerge. For example, we may pay more attention to our health. In a larger context it's our civic duty that can help not only our loved ones but our fellow citizens.

We hear it is the elderly who are at risk with coronavirus. Yet a significant percentage of hospitalized sufferers are under 55. Age is not the whole picture. Our vulnerability to contagion is more about the strength of our individual immune systems. Here are important – and proven – steps you can take right now to help ward off infectious diseases, some of which you may already be doing:

- The simple act of washing your hands is your first and best line of defense against virus particles. And, avoid touching your face. First: don't get them on you. Second: don't get them in you.

- Physical activity is the "miracle pill". If we could bottle its benefits, every doctor would prescribe it. It will keep you healthy, boost your immune system, improve your outlook.



Dr. Gabrielle F. Cannick

- Social distancing until this present threat lessens.

- Get a good night's sleep. It's critical.

- Reduce stress. Focus on what you can control.

- Often overlooked, sunlight. Vitamin D helps prevent the kind of acute respiratory tract infections coronavirus victims are dying of. Sunlight is our best source of vitamin D.

Next, feed your body what it needs. Certain foods are packed with nutrients and disease-fighting properties. There is not enough space to list them all. Here are some of the more effective, well known to our

parents and grandparents:

Garlic. Contains powerful antibiotic, antiviral properties that help ward off and fight infections.

Ginger. Used for ages to boost the immune system, ginger is a strong antioxidant with antimicrobial and antibiotic properties.

Consider drinking 1-2 cups of ginger tea daily.

Green Tea. The best drink known to boost the immune system. It introduces a flavonoid called epigallocatechin gallate (EGCG) into the body that helps fight bacteria and prevent viruses from multiplying.

Chicken Soup. A bowl of homemade chicken soup can increase your chances of beating a viral infection quickly. In addition to protein, it contains B vitamins, calcium, magnesium and zinc, all of which strengthen your immune system.

And let me emphasize, please seek medical advice if needed and stay home if you feel sick. Call your physician's office when in doubt. As this event progresses, consider that we are living through history right now. For good or ill, it is a momentous time, one

that may change our way of life forever. Perhaps it will free us to focus on things we previously felt we had little time for. Let's practice being in the present, grateful for the blessings we have, and more aware of things in our lives we'd like to change. Be of good cheer and call us with questions. We are here for you and your family during this challenging period. 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 www.grandoaksdental.com or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.

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Gabrielle F. Cannick, DMD, PhD
Grand Oaks Dental, LLC
3905 Liberty Highway, Anderson, SC, 29621
Call 864-224-0809 or visit www.grandoaksdental.com