

FITNESS ARTS NEWS

www.fitnessarts.org

4001 Park Drive, Palatine, Illinois 60067

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THE TRUTH ABOUT THE SWINE FLU AND WHAT YOU CAN DO ABOUT IT

Click Classes for More Info

CLASSES

6 WK PILATES

REFORMER/CLASSES

THURS 9:30-10:30 am

SAT 8:00-9:00 am

REFORMER CLASSES

LIMITED TO 5 STUDENTS.

6 WK STRETCH-BREATH-

MEDITATE

SAT 7:00-8:00 am

FALL SESSION II:

11/12/09 TO 01/6/09

WINTER SESSION 1

01/7/10 TO 02/13/10

WORKSHOPS

VACCINATIONS:

KNOW YOUR OPTIONS!

FREE

Thurs 11/5: 6-7pm

Sat 11/7: 9-10 am

Wed 11/11: 10-11 am

Mon 11/16: 6-7 pm

Mon 11/23: 6-7 pm

POSTURE & GAIT

MUST ATTEND WORKSHOP FOR ANYONE WHO IS LOOKING TO IMPROVE AND OPTIMIZE YOUR WORKOUTS.

SAT 11/14/09

12:30-1:30 pm

DO I NEED VITAMINS AND SUPPLEMENTS?

FREE

SAT. 12/19/09

SAT. 01/02/10

11:00-12:00 pm

WINTER CLEANSE & DETOX

SAT. 12/19/09

SAT. 01/02/10

12:00-01:30 pm

BODY ROLLING & NATURAL FACELIFT

12/12/09

01/09/10

11:00-2:00 pm

PLEASE VISIT OUR WEBSITE
WWW.FITNESSARTS.ORG
OR CALL FOR DETAILS!



Free Vaccination Workshops at Fitness Arts!

Thurs 11/5: 6 pm

Sat 11/7: 9 am

Wed 11/11: 10 am

Mon 11/16: 6 pm

Mon 11/23: 6 pm

Because this is such an important topic, we believe that everyone is entitled to a full disclosure of all pertinent data and the freedom to choose whether or not to vaccinate.

Many of the email letters and telephone calls that we receive discuss common concerns. We will address them at this information based workshop.

This workshop is designed to provide you with uncensored factual information so that you can make an informed choice. So much information, misinformation, and opinions are bombarded at us. It's difficult to weed through the mounds of information offered to us through the media, healthcare providers friends and family. Everyone has something to say about it but so much of it is contradictory. It is tough to know the right action to take. Good health habits to avoid the swine flu will be discussed.

Join us for this one hour workshop so you are well aware of your options when it comes to vaccinations. You will be glad you

What is swine flu?

H1N1 flu, popularly known as swine flu, is a respiratory infection caused by an influenza virus first recognized in spring 2009. The new virus, which is officially called swine influenza A (H1N1), contains genetic material from human, swine and avian flu viruses.

The H1N1 swine flu virus is a human virus spread by people and not by pigs. The only way to get the new swine flu is from another person.

Most people who come down with H1N1 swine flu recover fully -- without antiviral treatment.

Causes

Influenza viruses infect the cells lining your nose, throat and lungs. The virus enters your body when you inhale contaminated droplets or transfer live virus from a contaminated surface to your eyes, nose or mouth on your hand.

How long does the flu virus survive on surfaces?

Flu bugs can survive for hours on surfaces. One study showed that flu viruses can live for up to 48 hours on hard, nonporous surfaces such as stainless steel and for up to 12 hours on cloth and tissues. The virus seems to survive for only minutes on your hands -- but that's plenty of time for you to transfer it to your mouth, nose, or eyes.

H1N1 flu (swine flu) pandemic:

What does it mean?

It's not actually worse, just -- as predicted -- widespread.

Treatments and drugs

By Mayo Clinic staff

Most cases of flu, including human swine flu, need no treatment other than symptom relief. If you have a chronic respiratory disease, your doctor may prescribe additional medication to decrease inflammation, open your airways and help clear lung secretions.

The antiviral drugs can reduce the severity of symptoms, but flu viruses can develop resistance to them.

Natural Flu Cure?

Are you looking for a natural cure for flu? While there are some natural remedies that can help ease flu symptoms, there is no natural cure for flu at this time. In addition, *there is no sure way to prevent the flu other than by avoiding it.*

Building A Healthy Immune System: Your #1 Defense

- 1) Detoxify your digestive tract and liver/gallbladder
- 2) Eliminate all sugar
- 3) Change your diet
- 4) Eat a clove of garlic every day.
- 5) Drink half your body weight in water every day
- 6) Exercise every single day
- 7) Adequate Sleep
- 8) Vitamins and minerals
- 9) Wash your hands frequently.
- 10) Deal with stress

Flu Relief

Join us at one of the four free workshops offered at Fitness Arts to arm yourself with the necessary information to stop the flu from entering your body as well as to learn the natural cures for flu symptoms