

# **DON'T GO OUT WITHOUT A COAT- YOU'LL CATCH A COLD!**

No you won't, but what will happen  
is that you will shiver, making your

atlas go out of position (that's the bone  
just under your skull where the brain stem sits)

WHICH will compromise the communication  
of the nervous system

WHICH will compromise your immune system

WHICH makes your body more vulnerable  
to any infection you are exposed to, so.....

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