



## **Chiropractic & Immunity**

Chiropractic's effect on the immune system, along with its effect on specific secondary symptomatology is notable. Recent research and case history analysis suggests that vertebral manipulation may have wide-ranging effects. From improvement in symptoms like peripheral neuropathy, to stimulation of immune system components, chiropractic is encouraging to individual well being, quality of life issues, the prevention of disease and symptoms, as well as generalized health maintenance. All can be affected through chiropractic treatment. As a holistic health-care alternative, a primary focus of chiropractic is the maintenance of good health. The reduction of stress, education of the patient towards an immunopositive lifestyle and the removal of nervous system interference are the central benefits which chiropractic offers.

## **Chiropractic & Wellness**

Even though you are not sick, your body may be acquiring misalignments of the spine (subluxations) that are interfering with your nervous system and thus your immune system. Regular chiropractic check-ups can help you to maintain a healthy immune system and stave off illnesses or allergies. A chiropractic adjustment will restore the balance of your nervous system and restore the flow of energy and information throughout the body.

The immune system is actually composed of a number of different systems including a variety circulating cells such as neutrophils, lymphocytes, macrophages, eosinophils and basophils, hormonal factors, a number of various immunoglobulin (antibody) factors, etc, etc. The immune system is involved in protecting us from viruses, bacteria, parasites and toxins. Immune system problems account for allergies. The immune system also protects us from cancer. When the immune system goes haywire it can lead to problems in literally any part of the body. The immune system can even attack our own tissues causing diseases like hypothyroidism, multiple sclerosis and rheumatoid arthritis.

Studies on the effects of chiropractic on immunity have placed people into chiropractic care and monitored their immune system to see the effects.

One of the most important studies showing the positive effect chiropractic care can have on the immune system and general health was performed by Ronald Pero, Ph.D., chief of cancer prevention research at New York's Preventive Medicine Institute and professor of medicine at New York University. Dr. Pero measured the immune systems of people under chiropractic care as compared to those in the general population and those with cancer and other serious diseases. In his initial three-year study of 107 individuals who had been under chiropractic care for five years or more, the chiropractic patients were found to have a 200% greater immune competence than people who had not received chiropractic care, and 400% greater immune competence than people with cancer and other serious diseases. The immune system superiority of those under chiropractic care did not diminish with age. Dr. Pero said, "I have never seen a group other than this chiropractic group to experience a 200% increase over the normal patients. This is why it is so dramatically important. We have never seen such a positive improvement in a group.

"Specifically, the study demonstrated that the "phagocytic respiratory burst of polymorphonuclear neutrophils (PMN) and monocytes were enhanced in people that had been adjusted by chiropractors." In other words, the cells that act like "Pac-Man" eating and destroying viruses, bacteria, parasites and cancer cells are anywhere from 2 to 4 times more active in people who get regular chiropractic care.

So are you and your children benefitting from regular chiropractic wellness care - even when they are symptom free?

