

Boosting your Immune System

Our immune system protects us from the flu, as well as any other infectious disease, and strives to get us well again when we do fall ill. That immune system, like every other system in the body, is coordinated and controlled by the nervous system. Specific Chiropractic care allows for a properly functioning, healthier nervous system, something a pill or vaccine falls short of.

Chiropractic's effect on the immune system, along with it's effect on specific secondary symptomatology is notable, according to recent research. Even though you are not "sick", your body may be acquiring misalignments of the spine (subluxations-see definitions link) that cause interruptions in your nervous system. This interrupts your entire body's function, most importantly this winter, your immune system. A specific chiropractic adjustment restores the alignment of your vertebrae, removing nervous system interference and allowing restoration of the flow of energy & information from your brain to the rest of your body.

Research show regular chiropractic checkups can not only relieve pain & daily ailments, but also prevent disease & chronic health issues. Ronald Pero, Ph.D, chief of cancer prevention research at New York's Preventative Medicine Institute and professor of medicine at New York University, performed research concluding significant immune boosting effects of chiropractic care. His 3 year study resulted in patients under chiropractic care for 5 years having a 200% greater immunity 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 states, "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 [research] group".