

# Chiropractic and Health

September 2009

IMMUNITY



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**Hello Patients!**

After some well-deserved summer holidays, we welcome you back to the period of regular activities. Returning to our routines after moments of leisure, rest, and relaxation often affects our mood, which is reflected almost immediately in our immune system.

That's why, right after the holidays, many people begin to experience the first colds of autumn. In this issue, we bring you very important information to help you understand and care for your health, strengthening your immune system.

**Dr. Kinnison**

## What Is Health?

For the great majority of us, our state of health is the result of our lifestyle. Lifestyle is determined by different factors such as diet, our attitude toward our work, stress levels, posture, and personal relationships, among others.

A fascinating study carried out in California over the course of 20 years demonstrated that the most widespread diseases—such as diabetes, heart disease, cancer, and arthritis—can be directly related to lifestyle factors.

Most people are intimidated by the idea of taking responsibility for their own health. However, the truth is that we have the opportunity to control our well-being in our own hands. Many of us think that drastic changes are necessary to achieve a healthy lifestyle. Yet, research shows that small changes maintained over a long period of time bring great benefits to our health.



**We must keep in mind that health comes from within and that you are an inseparable part of your environmental, physical, social, and cultural surroundings. Accepting responsibility for learning and taking actions related to your health will be the best guide to achieving a full life.**

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For a long time, it has been known that we share space in our bodies with millions of microorganisms whose function is to protect our health. This microbial flora, present throughout our entire organism, is highly adapted to its environment, which prevents the establishment and proliferation of pathogenic (transient) microbes in the body.

The microflora asserts its authority and presence by deploying a series of organic activities known as immune reactions. Thus, we can say that innate immunity is a series of mechanisms set in motion in our body to respond and adapt to the stimuli produced by germs, bacteria, viruses, and others.



Immune function begins at birth and matures throughout childhood until puberty. However, this function does not end with growth; it continues to develop throughout life.

Immune function is carried out through the mediation of the nervous and hormonal systems—specifically through the pituitary gland and the thymus. The physical, emotional, affective, psychological, and spiritual stimuli that occur throughout life shape its development and the levels of response needed to recognize new challenges and adapt to the environment.

### Chiropractic and Immunity

The immune system protects us from the flu as well as from any other infectious disease, and works to build protection for when we encounter illness again. This system, like every other system in the body, is coordinated and controlled by the nervous system.

Chiropractic care supports better immune system function through a healthy nervous system.

Different research publications show the successes achieved by chiropractic in infectious diseases. A study published in 2000 by the Anglo-European College of Chiropractic stated that people who receive chiropractic adjustments regularly show better serum levels of IgM, an indicator of immune function.

The great influenza pandemic of 1918 was the deadliest plague of modern times. It is estimated to have caused between 25 and 40 million deaths worldwide. Statistics show that during this pandemic, the younger population who received chiropractic care had a greater chance of survival. Medical centers in Davenport, Iowa, treated 93,590 patients during the pandemic, of whom 6,116 died—in other words, 1 in 17 succumbed to the flu. At Palmer College of Chiropractic in Davenport, during the same period, 1,635 flu cases were treated with chiropractic adjustments, with only one death recorded.

According to Dr. Christopher Kent, president of the Chiropractic Council, the issue is summed up well: *“Flu vaccines seem to be more a cultural product of superstition than of science.”*

**“Think twice before rolling up your sleeve,” and look for the light of health in your spine.**

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