

Boost Immunity Naturally with Chiropractic Care!

When the clouds move away, the sun shines through!

At Core Wellness, we talk about the 3 main blockages of *physical, mental, and nutritional stress* that “cloud over” our perfect health potential and lie at the root of all health problems, especially poor immune function.

Removing all three of these blockages is what true chiropractic care is all about!

The following are clinical studies or documented cases, which have shown that Chiropractic care naturally boosts the immunity of patients by 200% or more.

- a) Author Katie Gilbert’s great article, “**Immune Boost: This is a Spinal Zap covering how immune function is greatly improved with regular chiropractic care**” was published in **Psychology Today** 24 August 2006. (I included it at the end of this article) It contained the following Interesting paragraph on the flu:

"Chiropractic care was first linked to improved immunity during the deadly flu epidemic of 1917 and 1918. The funny thing was: Chiropractic patients fared better than the general population. This observation spurred a study of the field. The data reported that flu victims under chiropractic care had an estimated .25 percent death rate, a lot less than the normal rate of 5 percent among flu victims who did not receive chiropractic care." This equates to Chiropractic patients having a 20 fold (20 times better) result. [Read the full article \(Click Here\) at Psychology Today](http://www.psychologytoday.com/articles/pto-20060824-000001.html). <http://www.psychologytoday.com/articles/pto-20060824-000001.html> article id 4142

- b) The study performed by the chief of cancer prevention at **New York’s Preventive Medicine Institute and professor of medicine at New York University – Ronald Pero, Ph.D.** In his 3 year study Dr. Pero found that the 107 chiropractic patients had a 200% greater immune competence than people who had not received chiropractic care, and in fact a 400% greater immune competence than other people who had cancer or other serious disease. Further he found that the immune system superiority of those under chiropractic care did not diminish with age. Dr. Pero commented, “I have never seen a group other than this chiropractic group experience a 200% increase over the normal patients. This is why it is so dramatically important.” Specifically the study demonstrated that the cells responsible for engulfing and destroying viruses, bacteria, parasites and cancer cells are anywhere from 2 times to 4 times more active in people who get regular chiropractic care. Scientifically the study demonstrated that the “phagocytic respiratory burst of polymorphonuclear neutrophils (PMN) and monocytes were enhanced in people that had been adjusted by chiropractors.” Later it was commented by other parties that the study should have taken into account the diet of the patients.
- c) Another study published in Chiropractic Research Journal, 1994; 3(1) showed that Chiropractic adjustments increase immune cell counts 48% in AIDS patients. At the same time for the control group who did not receive any Chiropractic care the immune cell counts actually fell 8%. So the patients receiving the Chiropractic care were very much better off for it.

For all disease the central nervous system plays a major role in healing, chiropractors are the only professionals specifically trained to locate and adjust joint blockages commonly called “subluxations” thus restoring normal nervous system function. Chiropractors generally tend to have approx 3 times as many class hours (USA numbers are some 320 hrs vs some 112 hrs) on neurology as the medical students’ course.

See following page for reprint of Psychology Today article...

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Immune Boost: This Is Spinal Zap
Give your immune system a leg up through chiropractic care.

By: [Katie Gilbert](#)

It came to the point where something had to give. Lilian Garcia's pollen, dust, and food allergies were getting her down. Her allergies were even affecting her job. The recording artist and *World Wrestling* ringmaster's voice wasn't achieving optimal performance. But that soon changed. While she was cutting a record with singer-songwriter Jon Secada, he suggested chiropractic care. Though the recommendation struck her as unconventional, Garcia was desperate for a solution. She set up an appointment.

The test of efficacy came soon after she started regular chiropractic treatment, during a moment of weakness in the mall. "I saw an ice cream cone and I went for it," Garcia remembers. "I ate two and I had zero complications. It was my first ice cream cone in 12 years." The connection between her allergies and chiropractic care seemed natural. "Something's flowing better."

Terry Rondberg, president of the World Chiropractic Alliance, explains that the spine does play a role in wellbeing. He notes that many factors affect the body's ability to maintain optimal balance. Nutrition, posture, exercise, stress, fatigue are important, but so is the health of your spine.

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In the years since, studies are finding that chiropractic care is a way to improve immunity. One study, from the National College of Chiropractic in Lombard, Illinois, found that disease-fighting white blood cell counts were higher just 15 minutes after chiropractic manipulation was applied to the back. A similar study investigated the immune system response in HIV-positive patients under chiropractic care. After six months of treating spinal misalignment, the group receiving the chiropractic treatment showed a 48 percent increase in white blood cell counts. Conversely, the group that did not receive chiropractic manipulation experienced a 7.96 percent decrease in immunity cells.

Time—and more studies—will show whether chiropractic treatment is a necessary addition to your immune system's arsenal. Lilian Garcia, however, has all the proof she needs. "I see my chiropractor every week," she says, "and there's no way I'm going to stop."

(Dr. Hoffman's comments: I don't recommend a high frequency like once a week for my clients. I believe in teaching you what you need to know about how to reduce the stress on your nervous system on your own so no dependent relationships are ever formed.)