

Keep Your Immune System Working At It's Best

After 27 years, I have had the great honour of helping tens of thousands of people reach a higher level of health. Clinically, what I hear from those receiving regular chiropractic care is that besides relief of symptoms, they sleep better, have more energy and that they have fewer colds, flus and less sickness in general. Most chiropractors that have been in practice for several years or longer have noticed similar health results. Research on an overall health effect of chiropractic showed promising results in older people (one of the populations most at risk for any infection). A study involved 311 chiropractic patients age 65 or older, each of which had received maintenance care for five years or more. This group was then compared with a group of otherwise healthy citizens of the same age who had not received chiropractic care. The results for those receiving chiropractic care:

60.2% fewer hospital admissions •59% fewer days hospitalized, 85% less pharmaceutical costs, 98.5% believed their care to be considerably or extremely valuable [https://www.jmptonline.org/article/S0161-4754\(00\)90108-8/fulltext](https://www.jmptonline.org/article/S0161-4754(00)90108-8/fulltext)

I believe keeping people out of hospitals and reducing the number/amount of medications as an essential service. Do you? I have been blessed with my own great health improvements with chiropractic care. I was a "sick kid". The tonsillectomy and adenoid removal at an early age may have helped in the short run but it didn't serve me well after with chronic recurrent bronchitis, pneumonia, and asthma. I was on 2 different asthma puffers for 9 years, constantly getting infections and taking antibiotics from an early age. All that changed with chiropractic care- after 2 and a half months I have never had to use puffers and have not had one medication in 36 years since. I have missed only 3 days of work in 27 years of practice (compared with countless time off school pre-chiropractic care). My own children have had regular care since being born. At the ages of 21 and 17 neither of them has had any medication (other than anaesthetic for stitches) in their lives. Please realize your chiropractic care is safe and effective!

Why do you prefer that I wash my hands instead of using hand sanitizer?

According to the research, hand sanitizer is not nearly as effective at preventing infections:

<http://www.cidrap.umn.edu/news-perspective/2019/09/hand-sanitizer-shown-less-effective-hand-washing-against-flu>

<https://www.cdc.gov/handwashing/show-me-the-science-hand-sanitizer.html>

Chiropractic and living a good lifestyle are not a specific treatment for any specific illness or disease. Chiropractic care, eating well, exercising, avoiding, and eliminating toxins and a good mindset are lifestyle choices that are the building blocks of a strong immune system and positive overall health! We are constantly defending ourselves at every moment from the hundreds or more bacteria, viruses, parasites, and other invaders.

A chiropractic patient had a blood test this week with a blood draw before and another draw 35 minutes after an adjustment. Notice the elevation in white blood cells after the adjustment. Chiropractic care affects the nervous and immune systems. Scientifically we are learning more and more each day as to how.

A recent reference for chiropractic improving the immune system can be found here: <https://www.ncbi.nlm.nih.gov/pubmed/31394861>

Good food, vitamins and minerals are important building blocks of health including your immune system. While this may sound like semantics, your immune system will defend itself against any pathogen. Supplements and good nutrition will boost the performance of your immune system and we believe will make you less likely to get any infection.