



Chiropractic and the Immune System

Your immune system is controlled by your brain via the nervous system just like every other system in your body. So if you have subluxations (vertebra pinching on a nerve interfering with normal nerve flow) affecting nerves that go to the immune system, your body will not be able to respond efficiently thereby decreasing your resistance. Also think about this, if you come in contact with a germ/virus that will effect your sinus', lungs or stomach and the nerve going to that area has a subluxation pinching on it then your sinus' lungs, or stomach cannot get a message up to the brain to tell it "hay, we got this virus/germ here what do we do with it?" So the brain doesn't know what's going on and it doesn't stimulate the immune system to work and then you get sick. So you see subluxations can interfere with your bodies ability to fight off sickness in many ways.

Remember regular chiropractic care increases immune function 200-400%.



Interesting Facts

The 1917-18 influenza epidemic killed approximately 20 million people, 500,000 of which were Americans. Research showed out of 93,590 patients treated by medical doctors 1 of every 15 patients died. Take a look at what some of the chiropractic statistics for the same epidemic showed:

Palmer School of Chiropractic adjusted 1,635 cases with 1 death.

Chiropractors in Davenport, Iowa adjusted 4,735 cases with 6 deaths. Equaling 1 out of 866.

Oklahoma treated 3,490 flu patients with only 7 deaths.

There were 233 cases given up as lost after medical treatment, 25 died.

In a 6 month study on HIV positive patients it revealed that the group not receiving adjustments experienced a 7.96% decrease in CD4 cell counts. While the adjusted group experienced a 48% increase in CD4 cells. CD4 cells amplify and increase the immune response of T cells and other cells in the immune system.

Stay on track with your adjustments the benefits are numerous and we continue to learn about more and more benefits each year.

Recipe of the Month

Provençal Chicken Pesto Soup

Serves 4

Prep time: 10 minutes

Total time: 20 minutes



2 cups low-sodium chicken broth

1 pound boneless, skinless chicken breast, cut into 1-inch cubes

1 15-ounce can cannelloni beans, rinsed and drained

1 medium zucchini, cut into 3/4-inch pieces

4 plum tomatoes, coarsely chopped

2 tablespoons prepared pesto

2 tablespoons grated Parmesan Freshly ground black pepper

In a medium saucepan, bring chicken broth to a boil. Add chicken and return to a boil. Add beans, zucchini, and tomatoes; reduce heat to a simmer. Cook for 10 to 12 minutes, or until chicken is cooked through (there should be no traces of pink) and zucchini is tender. Divide soup among 4 serving bowls and top each with a heaping teaspoon of pesto, 1/2 tablespoon Parmesan, and a few grinds of pepper.

Nutrition score per serving;

(2cups): 285 calories, 7g fat, 1g saturated fat, 23g carbs, 36g protein, 7g fiber, 105mg calcium, 4mg iron, 395mg sodium. Shape Magazine, 2008