**Strengthen Our Immune System?**

The nervous system and immune system are hardwired and work together to create optimal responses for the body to adapt and heal appropriately. Neural dysfunctions due to spinal stress cause abnormal changes that lead to a poorly coordinated immune response. **Chiropractic adjustments improve the coordinated responses of the nervous system & immune system.**  
Subluxation is the term for spine dysfunctions that cause irritation of nerve pathways affecting organ systems of the body. According to researchers, such stressful conditions lead to altered measures of immune function & increased susceptibility to a variety of diseases.  
  
Wellness based chiropractors analyze the spine for subluxations and **give corrective adjustments** **to reduce the stress on the nervous system and immune system**. A research group found that when a thoracic adjustment was applied to a subluxated area the white blood cell (neutrophil) count collected rose significantly.  
  
Ronald Pero, Ph.D., chief of cancer prevention research at New York's Preventive Medicine Institute and professor in Environmental Health at New York University, measured 107 individuals who had received long-term Chiropractic care.

The chiropractic patients were shown to have a 200% greater immune competence than people who had not received chiropractic care, and a 400% greater immune competence than people with cancer or serious diseases.

This understanding led Pero to consider Chiropractic care as a means of reducing the risk of immune breakdown and disease. Pero concluded, “**Chiropractic may optimize whatever genetic abilities you have so that you can fully resist serious disease… I have never seen a group other than this show a 200% increase over normal patients.”**

Question of the Week

**True or False**

**Chiropractic can reduce our risk for immune system related conditions?**

* Are you and your family using chiropractic to your advantage like you should be?
* Please be sure to make your appointments a priority - especially right now!

*Sharing is caring. Please share what you just learned with others, okay?*

*REFERENCES*

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