

BACK TO SCHOOL... BACK TO THE COLDS AND FLUS!



It's that time of the year again. The kids are back to school, and with that time of the year also come the dreaded colds and flus. Every day, sitting in class with a few dozen other kids, your children will breathe in hundreds of thousands of micro-organisms, including lots of cold and flu viruses. The question that comes to mind is: if all the kids breathe the same viruses, why do some stay healthy, while others get sick? The answer lies in the function of their immune system. The better it works, the healthier they will stay.

So, how do you keep your immune system strong?

Here are the essentials:

- Eat healthy. Stay away from processed foods, sugar and refined flour products. Eat plenty of fruit and vegetables. Don't forget healthy snacks (fruit, carrot sticks, nuts) for lunches (check with your school for nuts, many do not allow them due to allergies).

- Drink plenty of good quality water every day.
- Get your sleep! Most adults require 7 to 8 hours of restful sleep, kids need more, depending on age.
- Wash your hands often, especially when frequenting public places.

Also, our experience shows us that patients who get adjusted regularly get sick less often. Furthermore, patients who get adjusted while they have a cold report an improvement in symptoms and faster recovery.

Several research articles have demonstrated physiological improvements with chiropractic adjustments. One such study, conducted by Patricia Brennan PhD and her team, found that when a chiropractic adjustment was applied to the middle back, the response of polymorphonuclear neutrophils (white blood cells) taken from blood collected 15 minutes after the adjustment was significantly higher than blood collected 15 minutes before and 30 and 45 minutes after the chiropractic procedure.

Other studies, some of them reviewed in earlier articles, showed a positive influence on lymphocyte numbers, natural killer cells, antibody levels, phagocytic activity, plasma-endorphin levels, serum thiols and salivary cortisol. All of these are indicators of immune function.

Another large retrospective study conducted by Dr. Robert Blanks and colleagues studied 2,818 individuals undergoing chiropractic care. These individuals reported improvements in a number of lifestyle related factors, including a decreased number of colds and flus.

How is that possible?

It appears that when chiropractors remove the interference to the nervous system through chiropractic adjustments, the immune system works better. Our immune system, like every other system in the body, is coordinated and controlled by the nervous system.

We urge to you consider regular chiropractic care as part of your strategy to keep you and your family healthy during this coming cold and flu season!

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Disclaimer: The above represents the opinion of the authors, based on extensive research and years of clinical practice. It is not intended for self-diagnosis and treatment. Please consult a health care professional as your specific condition might require different recommendations.