

# Chiropractic & Immune System Function

Flu season is almost over, but that is not an excuse to let your guard down yet. Many people still get sick in February and March. So what can you do to strengthen your immune system? Regular chiropractic adjustments have been shown to strengthen the immune system. Most people are not aware that chiropractic has the ability to improve immune function by altering the number of white blood cells in the body.

One of the most important studies on immune functions and chiropractic was done by Ronald Pero, chief of cancer prevention research at New York's Preventive Medicine Institute and professor at New York University. Pero compared the immune systems of people under chiropractic care versus those in the general population and those with serious illness. The people under chiropractic care had 2 to 4 times more active neutrophils and monocytes than those in the general population and those with serious illness. Neutrophils and monocytes are the cells that act like "Pac-Man", they eat and destroy viruses, bacteria, parasites and cancer cells. According to this study, people who receive regular chiropractic care have 2-4 times more of the "Pac-Man" like immune cells to fight off infection.

Why does chiropractic have an effect on the immune system? Chiropractic corrects spinal abnormalities called vertebral subluxations that result in interference of the nervous system by putting pressure on the nerves of the spine. The nervous system controls all functions of the body including the immune system. During bacteria or viral invasion the nervous system and the immune system communicate back and forth with each other, which allows the immune cells to go directly to where the invader is.

Positive healthy lifestyle practices influence the immune system daily. These include rest, water, diet, exercise, vitamins, minerals, stress reduction and regular chiropractic adjustments. These practices should be used to help your body avoid getting sick, so that you won't have to go to the doctor with a cold or the flu.