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Hi everyone,

It's that time of year when the winter colds and flu's are starting to do the rounds. Jodie and I get lots of calls from concerned patients ringing to reschedule their appointments because they're sick and don't want to spread their germs to us. It's lovely of you to think of us, but don't worry, we're pretty hardy given all the things we probably come into contact with, and rarely get ill. We credit regular chiropractic care for this, as chiropractic adjustments have been shown to stimulate the function of the immune system. In fact it's a great idea to get checked as soon as possible when you feel you might be getting something and during the illness, as it gives your body an improved fighting mechanism, and helps you get through it faster. This advice goes not just for you, but for your kids as well. Some of the healthiest kids we know have regular chiropractic care. This newsletter is all about immunity and ways to boost your immune system. Enjoy the read and stay healthy!

-Dr Michelle Dickinson

Thanks so much to the following fab patients for their referrals during Autumn:

- Sandi W - x2!
- Libby B -x2!
- Jo G
- Ruth J
- Megan W
- Jane L
- Cath T
- Donny M
- Charmain J
- Kevin N
- Madeleine R

Improving Immunity

Every second of every day you and your children are exposed to countless numbers of germs (bacteria and viruses), but not all of you get sick. We all know that having a healthy body can help our immune systems to resist infections and sickness.

Most people in our culture think of their immune system and its performance far too late. The majority of people wait until they are "sick" before they "boost" their immune system. Many of us have forgotten the role of developing a healthy immune system through exposure to our environment throughout life. We have lost faith in our own bodies and have hung all our hopes on a jab in the arm in the hope that we won't get "sick". However your immune system should be something that you take care of everyday of your life.

What is not commonly known is that your nerve system plays a vital role in controlling and enhancing your immune systems function. If there is a breakdown in the performance of your nerve system then your immune system becomes compromised. Chiropractic works on your spine to improve your nerve system so your body can work at its best, and as a result your immune system works better.

Immune Boosting Tips:

1. Have yours and your child's spine & nerve system checked by your chiropractor.
2. Avoid refined sugars. Sugar has been shown to decrease immune function.
3. Supplement your diet with vitamins, minerals and echinacea -all shown to improve immunity.
4. Get enough rest so your body is able to fight off potential illnesses.
5. Eat fresh garlic regularly -it has antibacterial, antiviral and antifungal properties.
6. Reduce stress. It has been estimated that up to 90% of illnesses & disease are stress related.
7. Exercise. This increases circulation and essentially means your immune system can find bugs faster.

Immune Boost: This Is Spinal Zap

From: <http://www.psychologytoday.com/articles/200608/immune-boost-is-spinal-zap>

It came to the point where something had to give. Lilian Garcia's pollen, dust, and food allergies were getting her down. Her allergies were even affecting her job. The recording artist and *World Wrestling* ringmaster's voice wasn't achieving optimal performance. But that soon changed. While she was cutting a record with singer-songwriter Jon Secada, he suggested chiropractic care. Though the recommendation struck her as unconventional, Garcia was desperate for a solution. She set up an appointment.

The test of efficacy came soon after she started regular chiropractic treatment, during a moment of weakness in the mall. "I saw an ice cream cone and I went for it," Garcia remembers. "I ate two and I had zero complications. It was my first ice cream cone in 12 years." The connection between her allergies and chiropractic care seemed natural. "Something's flowing better."

Terry Rondberg, president of the World Chiropractic Alliance, explains that the spine does play a role in wellbeing. He notes that many factors affect the body's ability to maintain optimal balance. Nutrition, posture, exercise, stress and fatigue are important, but so is the health of your spine.

Chiropractic care was first linked to improved immunity during the deadly flu epidemic of 1917 and 1918. The funny thing was: Chiropractic patients fared better than the general population. This observation spurred a study of the field. **The data reported that flu victims under chiropractic care had an estimated 0.25 % death rate, a lot less than the normal rate of 5% among flu victims who did not receive chiropractic care.**

In the years since, **studies are finding that chiropractic care is a way to improve immunity.** One study, from the National College of Chiropractic in Lombard, Illinois, found that disease-fighting white blood cell counts were higher just 15 minutes after chiropractic manipulation was applied to the back. A similar study investigated the immune system response in HIV-positive patients under chiropractic care. After six months of treating spinal misalignment, the group receiving the chiropractic treatment showed a 48 percent increase in white blood cell counts. Conversely, the group that did not receive chiropractic manipulation experienced a 7.96 percent decrease in immunity cells.

Time—and more studies—will show whether chiropractic treatment is a necessary addition to your immune system's arsenal. Lilian Garcia, however, has all the proof she needs. "I see my chiropractor every week," she says, "and there's no way I'm going to stop."

Immune function, how can chiropractic help?

The body of evidence supporting the intimate, two-way communication system between the nervous system and the immune system is growing. Investigators have demonstrated that the sympathetic nervous system conveys information from the central nervous system to the peripheral immune system.

"The optimal functioning of the immune defense is critically dependent on the homeostasis of the neuroendocrine and/or central nervous systems. Loss of this homeostasis can lead to immune defects, as has been shown for chronic stress or depressive disorders, or it can significantly contribute to the occurrence of pathogenic immune reactions, such as allergy and autoimmune disease." Haas HS, Schauenstein K: "Immunity, hormones, and the brain." *Allergy* 2001;56:470.

Chiropractic care optimises the function of your nervous system, thereby improving the function of your immune system; it's as simple as that.

