

Chiropractic Corner

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Chiropractic and Immunity

At this time of year when immune problems loom to unmanageable proportions for some people it may be worthwhile to know what are the things that promote our immune health. The proceeding material is not meant to be used as a prescription or a substitute for consultation and care from a health practitioner but is offered here primarily as an educational vehicle. For any health complaint seek out your own health coach.

The Chiropractic Principle

As many of you who are regular chiropractic patients probably already know the spinal cord and its branches carry information between the brain and the body and the body and the brain. As you probably also recall chiropractic adjustments, spinal adjustments, help to open the nerve pathways so that wherever we work on the spine something in the body will function better. When nerve interference is reduced by adjustments the stronger and clearer nerve supply helps promote healing wherever the nerves go, through the replacement of sick cells with healthy cells. This is a very important process when it comes to immune health.

A Little Immune Anatomy

The immune system consists of two types of immunity. One type of immunity is free to circulate and travel around the body. The other type of immunity is based in glands and organs (the lymph glands and the liver). Our T cells are part of this gland-based community and it is the T

cells that we have heard about so much in A.I.D.S. Our white blood cells circulate freely throughout the body delivering immune protection to every nook and cranny. Our body is capable of recognizing its own structure and is also capable of recognizing anything that is not self. Our immune system responds to any foreign material by means of a three-stage response.

Stage 1: For the first two or three days the immune response is generalized, not very specific, but has the effect to neutralize some of the invading microbes or whatever doesn't belong in the body.

Stage 2: Already more specific, by this stage antibodies that are a pretty fair match are being manufactured capable of neutralizing most microbes.

Stage 3: If stage 2 wasn't enough to finish off the unfriendly microbes, then by day six or seven antibody production becomes extremely specific, in fact, so specific that there is no chance for a microbe to avoid a match. The trick here is surviving the seven days to get to this point in antibody production. This is why rest during the first few days of any infectious illness is invaluable.

Wellness Promotion by Choice

1. Optimize nerve supply to the immune system from C1 nerve branch by chiropractic adjustments anywhere in the spine.

2. Enhance T cell activity every time a chiropractic adjustment is done.
3. Maintain a right spirit. Negative thinking produces acid in the tissues. It is the single most dangerous element in the pathology of disease. An ounce of positive thinking can save a pound of cures.
4. Charge! Here comes the cavalry. Make sure your cavalry has got something to charge with. Vitamin C in quantities of 500 mg per hour plus half a glass of water can help your immune cells knock the living daylights out of any unwanted microbes. Vitamin C is a natural antibiotic. Normal daily levels of Vitamin C range anywhere from 500 mg to 5,000 mg.
5. Put zip into your immune cells with zinc. Zinc lozenges are available. Approximately 50 mg per day is an appropriate amount for many people. Zinc facilitates the delivery of energy in the body. It adds life! Zinc promotes healing.
6. My favourite three R's are rest, relaxation, recreation. These three R's can really boost your immune system. Remember it may take anywhere from three to seven days to knock out most microbes. You deserve a break today.
7. Few people will have the discipline or self confidence to fast, yet it is one of the most powerful ways of enhancing one's immunity. So often with illness we lose our appetite. And, in fact, this may be nature's way of reducing work associated with digestion. Up to one third of the body's energy reserves can be released in this way to enhance immune activity. During a fast, immune sensitivity is also increased, ferreting out microbes that don't belong in the body. Fasting can be a tricky area, especially water fasting. It can lead to heart failure so consult with a physician before fasting.
8. Give your immune system a chance to regroup. Join a group. The Framingham Study followed the health and disease of thousands of individuals in various walks of life. They found that people who were members of an identifiable community or members of a church group or members of an extended family all exhibited fewer infections, fewer diseases and increased longevity by up to a factor of two.
9. Prayer enhances immunity. Pray for your own health. Pray for the health of others.

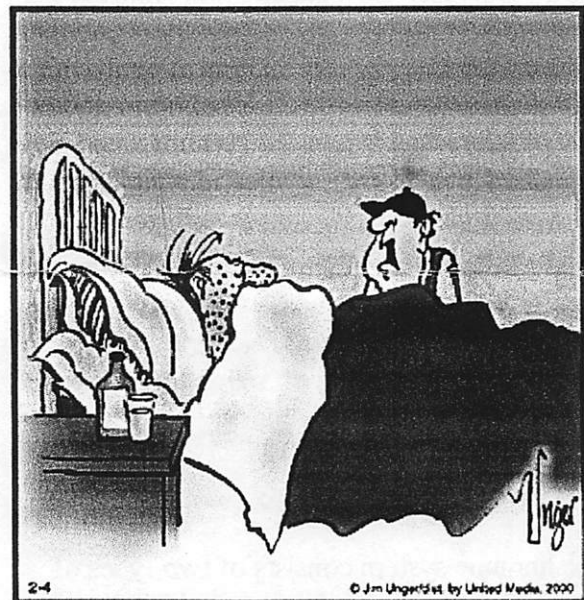
Office Closures

The office will be operating on a reduced schedule as follows:

Closed

March 13th - 17th, 2000

Terry will be available Monday and Wednesday afternoons to book appointments and attend to other inquiries during my absence.



"While you're taking time off from work, just remember where you got the germs."