



Basile Spine Sport and Wellness

Health Promotion Strategies

To Optimize Your Results, Create Better Life
Performance and Greater Longevity with
Chiropractic Care

Boost Your Immunity with Chiropractic Care

In the closing days of World War I, a deadly form of influenza ("flu") appeared. The influenza pandemic of 1917-1918 claimed more lives than the war.

During this crisis, doctors of chiropractic noticed that their patients seemed to have a lower fatality rate than the general population. The death rate among influenza patients under conventional medical care in the U.S. was estimated at 5 percent to 6 percent. The fatality rate among influenza cases under chiropractic and osteopathic care was estimated at 0.25 percent.¹ Spinal lesions known as spinal subluxations depress the immune system by adversely putting tension on the nervous system. Therefore, correcting the spinal subluxations assists immune function.

Recent research supports this premise. The activity of the immune system's major "players" - the white blood cells - has been found to increase after chiropractic adjustments.^{2,3} A small, but intriguing study suggests that the immune response of HIV-positive patients (as measured by CD4 count) improves when spinal subluxations are corrected.^{4,5}

In your ordinary, day-to-day experiences, you are not likely to notice that your white blood cells are a bit sluggish. However, this may very well be one effect of spinal subluxation - even in the absence of a sore back or a stiff neck. Even if you are pain-free, regular chiropractic wellness care helps to keep you healthy.

References

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4. Selano JL, et al. The effects of specific upper cervical adjustments on the CD4 counts of HIV positive patients. *Chiropractic Research J* 1994;3:32.
5. Todres-Masarsky M, Masarsky CS. The Somatovisceral Interface: Further Evidence. In Masarsky CS, Todres-Masarsky M (editors). *Somatovisceral Aspects of Chiropractic: An Evidence-Based Approach*, 2001, Churchill Livingstone, New York.

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