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# Strengthen Your Immune System



**Y**our immune system works around the clock to keep you 100%, unadulterated you! It patrols your every nook and cranny—attacking, neutralizing and destroying useless and dangerous things inside you such as bacteria, viri, splinters, dirt, dead cells, cell pieces and even cancer.

*Dame nature is beneficent,  
her laws are wise and true.  
To learn and then obey  
them, is all we have to do.*

—D.D. Palmer



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## Chiropractic

Health • Balance • Wellness

## Your Powerful Healing Ability

The landmark book *Spontaneous Remission* is a collection of hundreds of documented cases of individuals whose cancers (nearly every kind); infectious and parasitic diseases; endocrine, nutritional, metabolic and immune disorders; diseases of the blood and blood-forming disorders; nervous system disorders; mental disorders and other diseases spontaneously healed. The authors state:

*There is a wide body of evidence suggesting that extraordinary healing, including regression of normally fatal tumors, takes place with no known scientific explanation.*<sup>1</sup>

Such observations have long been noted:

*The body is fighting cancer all the time and winning... early cancers are probably being detected and combated in the body on a regular basis. If you take this process and step it up in intensity, you have the "miracle" of spontaneous remission.*<sup>2</sup>

In the foreward to *Remarkable Recovery*, Larry Dossey, MD observes how MDs often relate to this phenomenon:

*As a young doctor I once saw a case of untreated meta-static lung cancer disappear. I sought out two of my professors and asked their opinion about what had happened. One simply responded, "We see this," and walked away. The other replied, "This*



### True health and healing comes from within.

*is the natural course of the disease."...cases of cancer that "just went away" were a reminder that doctors don't know everything. In the wake of this experience, I gradually drifted into the typical response of the medical profession toward this type of remarkable recovery. Ignore it.*<sup>3</sup>

### How Do You Do That?

You have an incredible healing ability protecting you all the time. It has many levels: your skin and the mucous membranes in your nose and throat create a physical barrier to invasion, digestive juices dissolve germs, urine cleans your urinary tract and skin secretions kill many germs when you're alive (that's why cadavers turn colors). Other defenses include fever to "burn off" infections, swelling to bring healing to injured areas and specialized cells that attack and devour intruders.

### Immune Diseases

But what's powerful for good can be potent for bad. An unhealthy immune system can overreact as in allergic or hypersensitivity disorders, can underreact

as in immune deficiency disorders or can attack the body itself as in autoimmune disorders.

Disorders of the immune system—once-rare diseases such as allergies, asthma, lupus, cancer, arthritis, fibromyalgia, multiple sclerosis, autism, chronic fatigue syndrome and others—are increasingly common. Today a growing number of clinicians and scientists feel that childhood immunization is a cause of immune system disorders.<sup>4-6</sup> The famed pediatrician Robert Mendelsohn, MD, asked: "Have we traded mumps and measles for cancer and leukemia?"<sup>7</sup>

### Do Emotions Affect Your Health?

A depressed person has a depressed immune system; a happy person a healthier one. According to Bernie Siegel, MD, unexpressed feelings depress immune response<sup>8</sup> but more importantly, relationships strengthen your immune system: *People, relationships are what nourishes and keeps everyone alive...connections, which may be keeping a plant growing, a goldfish, a child or a spouse. That's why women live longer than men and married men live longer than single men with the same cancers. If you have connections, you keep going.*<sup>9</sup>

***If a wife kisses her husband goodbye in the morning, he lives 5 years longer.***

**—Leo Buscaglia**

All connections are healthy: *People with pets have fewer minor health problems, require fewer visits to the doctor and less medication, have fewer risk factors for*

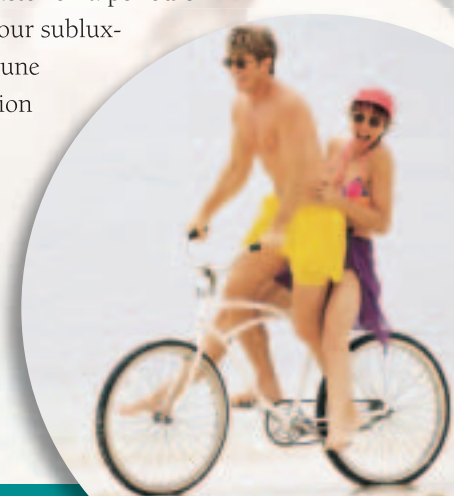
*heart disease, such as high blood pressure or high cholesterol levels.*<sup>10</sup>

Many other things boost your immune system: inspiring stories and even comedy! Laughter and humor improve your immune defenses against colds and cancer, decrease your stress hormone levels and are protective against heart conditions and high blood pressure.<sup>11-12</sup>

### Can Chiropractic Help Your Immune System?

Chiropractic is a powerful immune system "wake-up call." Doctors of chiropractic analyze your spine to locate vertebral subluxations, a serious condition that causes spine and nerve stress and impairs your immune function. Over a hundred years of chiropractic and osteopathic observations have demonstrated spinal care's effect on immune function.<sup>13-15</sup> Psychoneuroimmunology (PNI)<sup>16</sup> is increasingly revealing that the health of your brain, spinal cord and nerves profoundly influences your physical and emotional health, something chiropractors and their patients have observed for over a hundred years. Your body wisdom, your inner healer, is always working to balance your chemistry, strengthen your systems and awaken your connection to life.

See your chiropractor on a periodic basis to correct your subluxations. Your immune system will function closer to its optimum level so you may fight disease, prevent illness and function at your best!



**Chiropractic is a powerful immune system "wake-up" call.**