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# Colds & Flu

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Improve your overall health and resistance with chiropractic.

Go to a chiropractor for the common cold? But chiropractic is just for backs! Not so. In fact, many people seeing chiropractors for neuromusculoskeletal problems (nerve, muscle and structural pain and conditions) often find an improvement in their overall health that may include fewer and less severe colds, flu and other respiratory problems.<sup>1</sup>

### • The Common Cold

The common cold (acute coryza) is associated with viri that affect the nose, throat, larynx (voice box) and sinuses. That means stuffed and runny nose, scratchy throat, watery eyes, stuffed sinuses and congestion but no fever.<sup>2</sup>

Breathing cold viruses does not in itself cause a cold. Experimenters placed cold viruses directly on the mucous lining of subjects' noses. Only 12% of subjects came down with colds.<sup>3</sup> The fact is that your body is inhabited with all kinds of germs all the time. However for your germs to overgrow into an infection you must first be fertile soil—your “resistance to disease” must be low. That can be caused by stress—structural stress (such as the kind chiropractors correct), chemical stress (toxins in your body that haven't been properly eliminated) and emotional stress. Usually a combination of two or more can set off an infection.

### • Drugs For A Cold?

The medical approach to dealing with colds is to take drugs to suppress symptoms—not to cure the cold. Taking aspirin or Tylenol® (acetaminophen) for cold symptoms may keep you sick longer because these drugs suppress your immune system.<sup>4</sup>

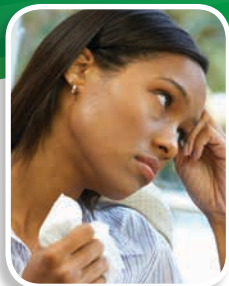


Chiropractic  
brings out  
the best in me!





Acute diseases help eliminate toxins—they are crises of purification.



Taking antibiotics for cold viruses is completely worthless because antibiotics work only on bacteria.

### • The Chiropractic Approach

Chiropractic care can help raise your natural resistance to disease by removing a serious interference to your optimal body function: subluxations. Natural resistance is the only reason your cold “goes away” rather than lasting for weeks, months or your entire lifetime!

### • What Are Subluxations?

Subluxations are small distortions in your structural system that interfere with your ability to function at your optimum. Chiropractors are specially trained to detect, locate and correct subluxations. The location of subluxations is done using specialized instruments including X-ray, imaging and clinical feedback techniques. Subluxations are corrected by giving a chiropractic adjustment, a procedure that takes years of study to master. The adjustment relieves the stress of subluxations and helps restore optimal body functioning for higher resistance to disease, which, we cannot overstate, is the best defense against the common cold.

### • Case Studies

There are numerous case histories of chronic cold and flu sufferers having less or no colds after chiropractic care.<sup>5-7</sup> Chiropractic spinal care was observed to improve ear infections, bronchitis and pneumonia in patients without complications.<sup>8</sup> For



By keeping your nerves healthy, your body will better resist all kinds of infections.

example, one case study describes a patient with chronic obstructive pulmonary disease showing improvements in forced vital capacity and ease of breathing after chiropractic care.<sup>9</sup>

### • Influenza

Flu symptoms include fever, backache, headache, muscle and joint pain, runny nose, congestion, sore throat and cough.<sup>10</sup> The flu can cause serious problems in those, like the elderly, who may be very weak and have little resistance; in some cases it may develop into pneumonia. Yet for most of us the flu is little more than an annoying illness.

### • Benefits Of Colds & Flu

Hippocrates, the “father” of medicine wrote: “Diseases are crises of purification, of toxic elimination. Symptoms are the natural defenses of the body. We call them diseases, but in fact they are the cure of diseases.” For example, an elevated temperature is one of our body’s defense mechanisms, helping us destroy infection. Lowering a fever reduces this defense against disease.

Acute infectious diseases serve a purpose—to burn off and eliminate toxins and other waste products, to cleanse you and rebalance your system. Although cold and flu symptoms are uncomfortable, they may serve a greater purpose. That was revealed by one study where researchers discovered that individuals who had febrile infectious childhood diseases (measles, mumps, chicken pox) had less cancer as adults.<sup>11</sup> Similarly another study revealed that “a history of common colds or ... influenza ... was associated with a decreased risk of stomach, colon, rectum and ovarian cancer.”<sup>12</sup>

### • Useless Flu Vaccines

J. Anthony Morris, PhD, flu researcher for the FDA reported: “There is nothing based upon either epidemiology or controlled experiments, to show that influenza vaccine yields a benefit towards the recipient.”<sup>13</sup>

### • The Flu Vaccine & Alzheimer’s

According to Hugh Fudenberg, MD, if an individual has five consecutive flu shots his/her chances of getting Alzheimer’s disease is ten times higher.<sup>14</sup>

The aluminum and mercury in the flu shot (also found in various amounts in many childhood shots) build up in the brain causing damage. Is this why Alzheimer’s is expected to quadruple?<sup>15</sup>

### • FluMist™

Between 10 million and 100 million viral particles are forcefully injected into the nostrils with the FluMist™ vaccine.

Sherry Tenpenny, DO writes: “One of the most troubling concerns over the injection of this ‘chemical soup’ is the potential for the viruses to enter directly into the brain....”<sup>16</sup>

Side effects include cough, runny nose and nasal congestion, irritability, headaches, chills, muscle aches and fever over 100° F. Sounds like the flu, doesn’t it?

### • In Conclusion

See a chiropractor for a checkup to keep your body free from subluxations which will help keep your resistance high. Chiropractic care could make the difference between a quick recovery and a lingering illness.

Chiropractic helps your inner healer work at peak efficiency.

