

# Chiropractic & Immunity

By Dr. Derek Conte

October 2007

One of the things I hear frequently from individuals and parents of children who have been under chiropractic care for more than a few months is that they don't get sick nearly as often as they used to. Some even report that they haven't gotten sick since their care began. The usual battery of seasonal ailments just don't come as expected and this is most striking in pre-schoolers and young people where exposures to colds and the flu are high and earaches are common. Parents tell me no other changes have been made in their children's lives. This implies that immunological resistance became higher in these individuals after chiropractic care began. What is at work here? Is it coincidence or are there solid reasons for the reported changes.

Chiropractors are familiar with the research done showing significant increases in immune cell activity after chiropractic adjustments. Yet very few people understand how it works. There are, in fact, direct and very numerous nerve connections to immune tissues such as the bone marrow, spleen, lymph nodes and the thymus, where B-cells and T-cells are produced and reside. Even nerve endings in the skin are in close contact with immune cells called Langerhans cells. Our wide array of immune cells, innate and adaptive, protect us from colds, flu, allergens, parasites, and also serious illnesses including some cancers. Spinal misalignments can cause abnormal nerve behavior resulting in a sympathetic ("fight or flight") stress state in the body, vastly lowering immunity. When the chiropractic adjustment restores order by cancelling the fight or flight response we see the aforementioned increase in resistance to illness.

Let me offer a concrete research example. In 1986 Ronald Pero, PhD., chief of cancer prevention research at New York's Preventative Medical Institute and Professor of Medicine in Environmental Health at New York University, teamed with Joseph Flesia, DC., Chairman of the Board of Directors for Chiropractic Research Foundation tested the relative immunological strengths of three groups: (1) people with cancer or other serious disease, (2) normal healthy people without chiropractic care and, (3) normal healthy people under chiropractic care. The group under chiropractic care had a 200% stronger response than normal people without chiropractic care and a 400% stronger immune response than the group with cancer or serious illness and the advantage did not seem to decline with age. Dr. Pero said, "I have never seen a group other than this chiropractic group to experience a 200% increase over normal patients. This is why it is so dramatically important. We have never seen such a positive improvement in a group...chiropractic may optimize whatever genetic potential you have...I'm very excited to see that without chemical intervention...this particular group of patients under chiropractic care showed a very improved response."

I urge you to do a Google search using “chiropractic and immunity” to see the information for yourself.

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