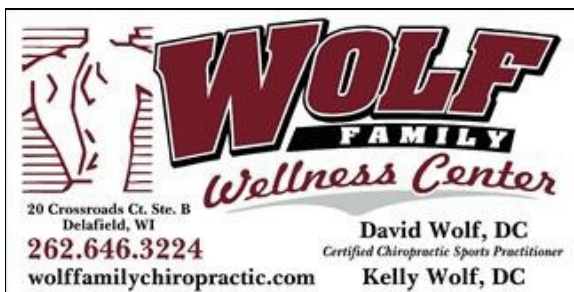


September 2008 Newsletter

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GET A JUMP ON COLD, FLU SEASONS WITH IMMUNE SYSTEM ENHANCING ADJUSTMENTS

One of the many benefits of Chiropractic care is that it can provide excellent benefits toward fighting against and warding off the flu. Spinal adjustments provided by chiropractors have an excellent track record in increasing the immune function of the body and helping it to stay healthy especially during cold and flu season.

The reason for this success is because Chiropractic works to increase the function of the immune system. It does so by correcting spinal abnormalities known as subluxations. These subluxations are known to cause interference with the proper function of the nervous system by placing undue pressure on the nerves themselves. As the nervous system controls all bodily functions, including those of the immune system, Chiropractic adjustments go a long way toward contributing to overall health and wellness.

The interaction between the nervous and immune systems has been shown to be positively affected by Chiropractic adjustment. "Through research, we know that Chiropractic has beneficial effects on immunoglobulins (a naturally occurring antibody), white blood cells, pulmonary (lung) function and other immune system processes," said Dr. Matthew McCoy, who serves as the editor of the Journal of Vertebral Subluxation Research.

One such study tested the response of white blood cells as important infection fighters. When Chiropractic manipulation was applied to the middle of the back, it was found that white blood cells were present in significantly higher number than prior to the adjustment. What this study demonstrated was that the adjustment provided an "enhanced respiratory burst" that helped immune cells to destroy invading viruses and bacteria. In so doing, they provided greater resistance toward the invasion of the flu virus.

Another large study examined the overall improvement of people who had experienced Chiropractic care. A wide variety of benefits ensued, showing between 7 and 28 percent improvements to people suffering from spinal discomfort, fatigue, incidence of colds and flu, headaches, allergies and physical pains. Specifically of interest to cold and flu sufferers is that a 15% reduction in colds and flu was achieved by this group of 2,818 individuals who received regular Chiropractic care.

In addition to providing needed adjustments, chiropractors are concerned with the total well-being of the individual and educate their patients toward positive health and lifestyle practices. Getting ample rest, drinking adequate water, exercising regularly, choosing a proper diet and correctly using multivitamins and minerals are essential to staying resistant to colds and flu.



September is Family Health Month. Print this newsletter and give it to a family member or a friend who you think would benefit from a Free Health and Wellness Screening.

Clinic News:

- Dr. Kelly is having Trigger Point Massage classes every other Saturday, call 262-646-3224 for details.

September Health Talk Scheduled

Tuesday, September 9th **Pewaukee Library**
6:30-8:00pm **at 210 Main St.**
Pewaukee, WI 53072

This is not a "fad" diet and you're not just losing water weight. You will be given handouts and lots of useful information. Only 20 seats available, reserve a spot for you and a guest today! Please RSVP to 262-646-3224 or drsdaveandkelly@sbcglobal.net.

Book of the Month:

The Perricone Promise by Nicholas Perricone, MD

How one ages largely depends on what one eats; the wrong choices have a crucial impact on wrinkles, degenerative diseases such as cancer and Alzheimer's, and can accelerate aging. Although Perricone doesn't offer a magic potion, he does claim his 28-day plan will decelerate the aging process by fighting inflammation. The bulk of the text focuses on affordable options, such as purchasing "rainbow foods" (fresh fruits and vegetables), liberally using such healthy spices as oregano and basil, and consuming "superfoods" like barley, beans and hot peppers.