

Topic of the Week

Issue 1, July, 2009

WE CARE ABOUT YOUR HEALTH

How Chiropractic Helps You Fight Influenza

Presented by: Mark J. Glesener, DC

With all the public concern regarding the H1N1 virus (swine flu) that originated in Mexico recently, many chiropractic patients are asking what they can do to avoid the flu.

Your chiropractor suggests a few proactive steps you can take to minimize your risk now and prepare your body for the return of the flu season in the fall. But first you should know more about the virus.

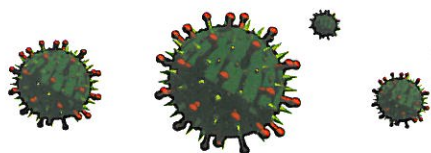
What is the Flu?

Influenza, or the flu, is a collection of symptoms associated with a viral infection of the upper respiratory tract. The symptoms include fever, body aches, coughing, sneezing and fatigue. The common cold has similar symptoms, but it's usually much milder in intensity.¹

Reducing Your Risk

There are two main ways to avoid the symptoms of the flu:

- 1) Reduce your exposure to the virus.
- 2) Boost your natural ability to fight the virus once it enters your body.



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A flu victim's sneeze or cough releases millions of virus particles into the air. This makes airborne transmission of the flu possible. And when someone with the flu wipes his nose or mouth with his hand, he leaves virus particles behind on anything he touches.

To avoid spreading or catching the flu, take the following precautions:

- Wash your hands frequently with soap and water.
- When you cough or sneeze, cover your mouth with the inside of your elbow.
- Avoid touching your eyes, nose or mouth.

If you do get the flu, you should quarantine yourself - stay home, get plenty of rest and drink plenty of fluids (water is best). Most flu symptoms subside within a few days.

Improving Your Immunity

When functioning properly, the immune system either prevents you from getting sick, or helps you recover quickly when you're ill. But a compromised immune system leaves you more susceptible to the flu and vulnerable to more serious complications, such as developing pneumonia.

Exercise of the Week

Back Extensions on Exercise Ball

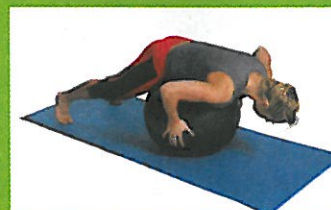
(Consult your chiropractor before starting this or any other exercise.)

Difficulty: Low

Lie on ball face down with feet on floor, legs straight. Feet together or apart (feet apart is easier). Back in resting, curled position. Hands positioned on ball for support.

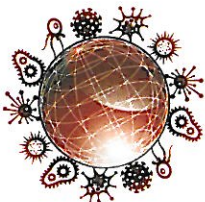
The exercise: use low back muscles to bring body into a straight-spine position, shoulders back. Use arms to push (if necessary). Do not hyperextend low back. Stop when body is straight. Look at floor while keeping neck in a neutral position. Hold for 1-2 counts.

Repeat 5-10 repetitions.



Boosting your immunity can be accomplished in a number of ways...

- Vaccination - Most doctors recommend you get a flu shot each year. Unfortunately, vaccinations are not 100% effective. And the vaccine only works against certain strains of the virus, not all flu strains. Vaccinations are also sometimes associated with serious side effects, like allergic reactions or Guillain-Barré Syndrome.²
- Natural herbal supplements - Echinacea is one of the most popular herbal supplements shown to boost your immunity and speed up your recovery from colds or the flu.³ Vitamin C and zinc are also commonly recommended.^{4,5}
- Chiropractic - This approach improves the function of the nervous system by locating and correcting vertebral subluxations (areas of restriction and misalignment in the spine). Since the nervous system plays a major role in regulating the functions of all bodily systems - including the immune system - chiropractic care can significantly improve your natural immunity.



Evidence Supports Chiropractic

One study revealed enhanced immune system activity immediately following spinal manipulation. Researchers observed a specific category of white blood cells (polymorphonuclear neutrophils) in blood taken from a patient 15-minutes after a mid-back adjustment.

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These cells are involved in the response to sickness caused by virus or bacteria.⁶

Another study investigated the effects of regular chiropractic care on a person's general health. Reviewing the health history of 2,818 individuals receiving chiropractic treatments, researchers found that the incidence of colds and flu was reduced by an average of 15% in this population.⁷ The deadly influenza pandemic of 1917-1918 may have killed as many as 100 million people around the world. In an account of chiropractic's role during that event, Dr. Walter Rhodes found statistics supporting the use of chiropractic care as an effective treatment for the flu.⁸

In New York City during 1918, history reveals...

- For every 10,000 patients that were treated medically for flu symptoms, 950 died (1 out of every 11 patients).
- For every 10,000 patients treated medically for pneumonia (a serious complication of the flu), 6,400 died (2 out of every 3 patients).
- When patients with the flu were treated with drugless options (including chiropractic), only 25 out of 10,000 patients died (1 out of every 400 patients).
- For every 10,000 patients with pneumonia treated with drugless options, only 100 out of 10,000 people died (1 out of every 10 patients).

At the same time, chiropractors in Davenport, Iowa, treated 1,635 cases of the flu with only *one* death. In the same city, 50 medical doctors treated 4,953 cases with 274 deaths.

Those are remarkable results! So if you're looking for one of the best natural options to help you and your family fight the flu bug this year, see your chiropractor.

Quote of the Week

"While other professions are concerned with changing the environment to suit the weakened body, chiropractic is concerned with strengthening the body to suit the environment."

- B.J. Palmer, DC



For more health tips, visit online www.citruspie.com

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