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Chiropractic boosts immunity !!

The nervous system and immune system are hardwired and work together to create optimal responses for the body to adapt and heal appropriately. Neural dysfunctions due to spinal misalignments are stressful to the body and cause abnormal changes that lead to a poorly coordinated immune response. Chiropractic adjustments have been shown to boost the coordinated responses of the nervous system and immune system.

The autonomic nervous system is hardwired into the lymphoid organs such as the spleen, thymus, lymph nodes, and bone marrow that produce the body's immune response. Growing evidence is showing that immune function is regulated in part by the sympathetic division of the autonomic nervous system.

Subluxation is the term for misalignments of the spine that cause compression and irritation of nerve pathways affecting organ systems of the body. Subluxations are an example of physical nerve stress that affects neuronal control. According to researchers, such stressful conditions lead to altered measures of immune function & increased susceptibility to a variety of diseases.

Wellness based chiropractors analyze the spine for subluxations and give corrective adjustments to reduce the stress on the nervous system. A 1992 research group Dr Pero found that when a thoracic adjustment was applied to a subluxated area the white blood cell (neutrophil) count collected rose significantly.

Pero's team measured 107 individuals who had received long-term Chiropractic care. The [chiropractic](#) patients were shown to have a 200% greater immune competence than people who had not received chiropractic care, and a 400% greater immune competence than people with cancer or serious diseases. Interestingly, Pero found no decline with the various age groups in the study demonstrating that the DNA repairing enzymes were just as present in long-term chiropractic senior groups as they were in the younger groups.

Pero concluded, 'Chiropractic may optimize whatever genetic abilities you have so that you can fully resist serious disease...I have never seen a group other than this show a 200% increase over normal patient.

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Dr Terry Notaras is a Doctor of Chiropractic and Doctor of Osteopathy. He is registered as a Chiropractor and Osteopath with the Chiropractic Board of Australia and is a member of the Chiropractors Association of Australia. Dr Notaras is also an Associate Member of the Australasian College of Chiropractors.

Dr Terry Notaras has lived in the local area for 39 years and has been in private practice for 28 years. He has served on the Executive Committees of the Chiropractors Association of Australia.

Dr Notaras has looked after the health of some of the world's best professional Golf Tour. He has also looked after the Olympic Cycling Squad as well as many other elite athletes. This background allows the technique used at Southern Spinal Care to be the latest and the most effective in the world.

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