



SOUTHERN SPINAL CARE

Dr Terry Notaras
Chiropractor
Osteopath

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 26 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 golfers on the Professional Golf Tour. He has also looked after the Australian 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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Healthy Spine. Healthy Life.



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Flu Prevention

There is now a growing body of research that supports what chiropractors have been experiencing in their clinics for years - that spinal adjustments can have a positive effect on immune function.

Dr Christopher Kent, Co-Founder of Chiropractic Leadership Alliance, explained that "a comprehensive review of the research literature reveals the current understanding that the brain and immune system are the two major adaptive systems in the body. During an immune response, the brain and the immune system 'talk to each other' and this process is essential for maintaining homeostasis or balance in the body".

Since its inception, Chiropractic has asserted that viruses and microbes don't threaten us all equally and that a healthy immune system easily repels most invaders. The immune system protects us from the flu, as well as any other infectious disease, and strives to get us well again when we do fall ill. Our immune system, like every other system in the body, is coordinated and controlled by the nervous system.

Chiropractors helping patients battle the flu is not a new occurrence. It was during the 1917-18 influenza epidemic that the success of chiropractic in caring for flu victims led to the profession's licensure in many states.

Researchers reported that in Davenport, Iowa, out of the 93,590 patients treated by Medical Doctors, there were 6,116 deaths - a loss of one patient out of every 15. Chiropractors at the Palmer School of Chiropractic adjusted 1,635 cases, with only one death. Outside Davenport, Chiropractors in Iowa cared for 4,735 cases with only six deaths - one out of 866. During the same epidemic, in Oklahoma, out of 3,490 flu patients under chiropractic care, there were only seven deaths. Furthermore, Chiropractors were called for 233 cases that were given up as lost after medical treatment and reportedly saved all but 25. In another report covering 4,193 cases by 213 Chiropractors, 4,104 showed complete recovery.

One such study, conducted by Patricia Brennan Ph.D and her team, found that when a chiropractic

'manipulation' was applied to the middle back, the response of polymorphonuclear neutrophils (white blood cells) taken from blood collected 15 minutes after the manipulation was significantly higher than blood collected 15 minutes before and 30 and 45 minutes after the chiropractic procedure. This research demonstrated an 'enhanced respiratory burst' following the chiropractic adjustment. This 'burst' helps our immune cells destroy invading viruses and bacteria.

Another small study of HIV positive patients was conducted to investigate the effects of specific chiropractic adjustments to correct vertebral subluxations in the upper neck on the immune systems of HIV positive individuals. Over the six-month period of the study, the group that did not receive chiropractic care experienced a 7.96% decrease in the number of CD4 immune cells in their blood, while the adjusted group experienced a 48% increase in CD4 cell counts over the same period.

A large retrospective study, conducted by Robert Blanks Ph.D and colleagues, observed 2,818 individuals undergoing chiropractic care. These individuals reported an average overall improvement, ranging from 7-28%, in a battery of physical symptoms including stiffness/lack of flexibility in the spine, physical pain, fatigue, incidence of colds and flu, headaches, menstrual discomfort, gastrointestinal disorders, allergies, dizziness and falls (Blanks et al., 1997, Journal of Vertebral Subluxation Research).

Specifically, the incidence of colds and flu was reduced by an average of 15% in this large population who were undergoing regular chiropractic care.

So why not pay us a visit at Southern Spinal Care and let us help you stay healthy this winter?

www.southernspinalcare.com

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This article contains extracts from Illuminate by The Australian Spinal Research Foundation.

Our Technique

Neurokinesiology is a unique system of diagnosis and therapy that has been developed at Southern Spinal Care over the last 24 years. Rather than treating symptoms alone, gentle palpation, reflex analysis and various muscle tests are used to diagnose the underlying **cause** of the symptoms. Specific chiropractic adjustments, along with healthy lifestyle advice, are then given accordingly to correct the source of the problem. When the body is healthy and functioning well, the original symptoms disappear!

We understand your need for effective, gentle and natural health care. Our service is prompt and we work towards a personal and caring approach to each client.