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Ascent, providing the foundation for a healthy life

Hello!

I've selected the following article for its effectiveness in explaining how living healthy relates to disease prevention, and to help you understand how Chiropractic works with your nervous system to maintain health.

Live healthy!

Dr. Julie Marchiol, DC, FIAMA

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Disease Prevention through Stronger Immunity
 The Link Between Immunity and Your Immune System

Article contributed by Dr. Meaghan Cromer, Atlanta, GA

Did you know that your nervous system controls the function of every cell, tissue, organ and system of your body, including the immune system? Your immune system is responsible for destroying foreign invaders such as viruses, bacteria, yeast and parasites, and also disease. Believe it or not, our bodies come into contact with these pathogens daily, even when we feel healthy. An example of this is demonstrated in a study from Johns Hopkins University on cancer. The study showed how cancer cells do not show up in a standard test until they have multiplied to a few billion. In addition, it shows that when a person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.

Proper nerve transmission is necessary for the immune system to function at its capacity. Interference present in the nerve system can cause the immune system to be less efficient. When nerve transmission is restored with a chiropractic adjustment, your immune system can function at its potential, as well as all other systems in your body. An effective immune response to the daily developing pathogens can stop or slow the accumulation of those cells from causing illness or disease.

Several studies have shown positive effects of chiropractic care on immune system function. In one study, Dr. Ron Pero, head of cancer research at the University of Lund, in Lund, Sweden, and Chief of Cancer Research at the New York Preventative Research Center, says that the restoration and correction of the spine can increase the strength of the immune system by 200- 400 percent. This can make a huge difference, not only for individuals fighting diagnosed cancer, but also for otherwise healthy people trying to prevent it. This is why it is so dramatically important to maintain your spine and nerve system from interference for an entire lifetime.

In light of these facts, Johns Hopkins Cancer Researchers are giving suggestions as to alternative methods of eliminating cancer. Included in the suggestions from their recent report are changes in environmental, nutritional, and lifestyle factors. Also mentioned was the importance of building up the immune system.

4 Ways You Can Boost Your Immune System:

1. Eat a healthy diet with foods rich in anti-oxidants. Nearly every brightly colored fruit and vegetable fits the category of a superfood, as do nuts, beans, seeds and aromatic and brightly colored herbs and spices
2. Have Regular Exercise Routine. Moderate exercise has been linked to a positive immune system response and a temporary boost in the production of macrophages, the cells that attack bacteria
3. Get Adequate Rest Your body needs rest from the stress and strain of daily life to get recharged. During deep sleep, potent immune-enhancing substances are released that strengthen immune function.
4. Get regular Chiropractic care to stimulate your immune system.



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