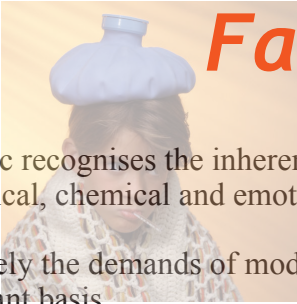


# chiropractic and your Immune Function

## Fact Sheet

Apr - Jun '06



Chiropractic recognises the inherent ability of the human body to regulate its internal mechanisms and adjust to the many physical, chemical and emotional stresses that confront us in everyday life.

Unfortunately the demands of modern life mean that our bodies try and cope with excessive stress levels on an almost constant basis.

Depression, hypertension (high blood pressure), high cholesterol, obesity, cancer, metabolic disorders – especially Type 2 diabetes – and sex hormone imbalances are endemic within Western society. Chiropractic recognises these individual medical complaints as normal physiological responses to unhealthy lifestyles.

These symptoms are all profoundly influenced by the presence of increased levels of cortisol and associated stress hormones. Thus a well functioning immune system is dependent on these hormone levels being kept in balance.

In current society, stress is experienced in many ways. Sedentary lifestyle (physical) and poor nutrition (chemical) and emotional anxiety and strain are all examples that can affect us.

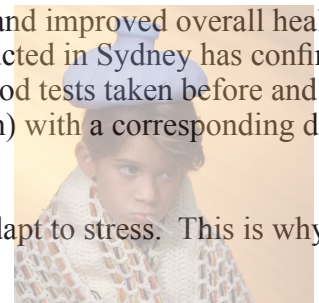
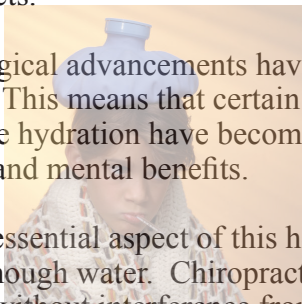
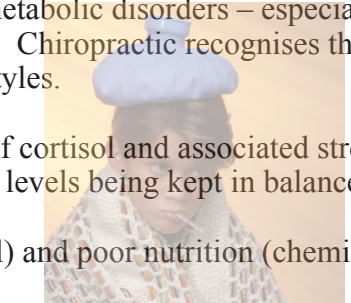
Whilst some degree of stress is a normal part of life, excessive stress experienced on a daily basis, is undeniably detrimental to overall health. Every effort should be made to reduce stress levels and counteract their negative long-term effects.

Technological advancements have significantly reduced the daily physical activity that was a feature of previous generations. This means that certain health initiatives such as regular exercise, stretching, sufficient rest, good nutrition and ample hydration have become even more important in reducing stress hormone levels as well as their obvious physical and mental benefits.

Another essential aspect of this healthy lifestyle is Chiropractic. It is just as important as eating the right foods and getting enough water. Chiropractic enables people to reach their full potential by allowing their nervous system to function without interference from spinal restrictions called subluxations. These subluxations have far more reaching effects on the whole body than just causing pain. That's why pain is such a poor indication of health and why it is good to receive regular Chiropractic care, to check and remove spinal subluxations before they become a health issue. Prevention is always better than a cure.

Ever increasing scientific research is supporting the link between chiropractic care and improved overall health and not just pain removal. Emerging results from groundbreaking research being conducted in Sydney has confirmed a significant improvement to immune response following chiropractic treatment. Blood tests taken before and after chiropractic adjustments showed an increase in IgA levels (immune system function) with a corresponding decrease in cortisol levels.

These results suggest that chiropractic may be of assistance in helping your body adapt to stress. This is why it is such an integral part of a healthy lifestyle.



Provided *free* compliments of:

**The Chiropractic Domain**  
91A Goodwood Road, Goodwood, 5034  
p: (08) 8272 4555