



# Chiropractic-Maybe the Best Defense Against Swine Flu

Strong immune function key to combating Influenza

Media reports of Swine Flu in Mexico and now several US cities are frightening to many Americans, who are made to feel helpless. As a result, many will turn to dangerous vaccines out of fear and a lack of honest information.

This virus is a strain of H1N1, the same virus responsible for the 1918 Flu Pandemic (often referred to as the "Spanish Flu"). At this point, most confirmed cases in the United States have been mild and there have been no confirmed fatalities. However, in Mexico there has been a high case fatality rate among young adults, 25-44, with atypical pneumonia, which has similarities to the 1918 flu pandemic.

The media is reporting that the 1918 pandemic was composed of a recombination of H1N1 seasonal flu and H1N1 swine flu. What you won't hear reported in the main stream media is how chiropractic care afforded life saving relief to so many back in 1918.

Because medical doctors were making it so hard for chiropractors to have a practice, chiropractors were making mostly house calls. In 1918, chiropractors in Wisconsin began going door-to-door adjusting anyone who had the Flu. As a result, an amazing thing occurred. Those who were adjusted by a chiropractor didn't die.

The news about Chiropractic swept across Wisconsin and eventually the whole country. Within a short period of time, chiropractic became so well known as the best defense against the flu that chiropractors were being called "Flu Doctors".

### Examples:

[1] In Davenport, Iowa, 50 medical doctors treated 4,953 cases, with 274 deaths. In the same city, 150 chiropractors including students and faculty of the Palmer School of Chiropractic treated 1,635 cases with only one death.

In the state of Iowa, medical doctors treated 93,590 patients, with 6,116 deaths - a loss of one patient out of every 15. In the same state, excluding Davenport, 4,735 patients were treated by chiropractors with a loss of only 6 cases - a loss of one patient out of every 789.

National figures show that 1,142 chiropractors treated 46,394 patients for influenza during 1918, with a loss of 54 patients - one out of every 886.

In the same epidemic, New York health authorities (who kept records of flu as a reportable disease) showed that under chiropractic care, only 25 patients died of influenza out of every 10,000 cases; and

only 100 patients died of pneumonia out of every 10,000 cases. This comparison is made more striking when viewed in the following table:

INFLUENZA		
	CASES	DEATHS
Under medical care	10,000	950
Under chiropractic care	10,000	25
PNEUMONIA		
	CASES	DEATHS
Under medical care	10,000	6,400
Under chiropractic care	10,000	100

The same epidemic reports show that chiropractors in Oklahoma treated 3,490 cases of influenza with only 7 deaths. But the best part of this is, in Oklahoma there is a clear record showing that chiropractors were called in 233 cases where medical doctors had cared for the patients, and finally gave them up as lost. The chiropractors saved all these lost cases but 25.

Statistics alone, however, don't tell the whole story.

Dr. M. L. Stanphill [DC] recounts his

experiences: "I had quite a bit of practice in 1918 when the flu broke out. I stayed in Van Alstyne (Texas) until the flu was over and had the greatest success, taking many cases that had been given up and restoring them back to health. During the flu we didn't have the automobile. I went horseback and drove a buggy day and night. I stayed overnight when the patients were real bad. When the rain and snow came I just stayed it out. There wasn't a member of my family that had the flu."

### Why Does Chiropractic Work:

[2,3,4] When you get adjusted, you increase immune function, among many other benefits. An increase in immune function is important for everything from the cold and runny nose to influenza, cancer, and heart disease, not to mention the great enhancing effects on a healthy individual. This is why everyone should have their spine checked and adjusted if needed. An adjustment may stimulate your immune system to better fight off any challenge, including influenza.

Remember, regular visits to your chiropractor will assure that your body is always operating at 100% of your optimal health potential. And that is good news.

### References:

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## Should I get a flu shot?

What is the flu? The *flu (influenza)* is a respiratory infection that produces chills, fever, sore throat, muscle aches, and lasts about a week.

Each year, millions of people rush to get a flu shot hoping to stay healthy and well through the coming flu season. The results seem to be mixed. Some people do seem to make it through the flu season unscathed, but others have less favorable results. Each year I have one or two patients hospitalized as a result of bad reactions after their flu shot. I watch numerous patients immediately acquire the very sickness they are trying to avoid and I witness others who get the flu later during the flu season anyway.

Why is this? Some people have bad or allergic reaction to the preservatives and chemicals in the flu shot. In addition, researchers have found that repeated flu shots may actually lower your natural antibody levels thus making you more susceptible to the infection.

What about more serious consequences and side effects? Dr. Hugh Fudenbur, M.D., the world's leading immunogeneticist and one of the most published biologists of our times states, "If an individual has had 5 consecutive flu shots, his/her chances of getting Alzheimer's Disease is 10 times higher than if they have had 1, 2 or none. This is due to the mercury and aluminum in every flu shot. The gradual mercury and aluminum build up in the brain causes cognitive dysfunction." Another common side effect is Guillain-Barr Syndrome, which is an immune mediated neurological disorder.

Chiropractic wellness care and a healthy lifestyle can improve your immune system without any negative side effects, and without injecting poisons and toxins into your body. Consider these facts about the immune system and chiropractic:

- Chiropractic corrects spinal abnormalities called vertebral subluxations that result in interference in the nervous system by placing pressure on nerves. Since the nervous system controls all functions of the body, including the immune system, chiropractic care can have a positive effect on immune function.
- Viruses and microbes don't threaten us all equally and 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. During the 1917-1918 influenza epidemic it has been estimated that 20 million people died throughout the world, including about 500,000 Americans. It was chiropractic's success in caring for flu victims that led to the profession's licensure in many states.

Protect yourself and your family. Add regular chiropractic adjustments to your family's "to-do" list—remove interference to your nervous system, enhance your immune function and give your body every extra bit of security it needs.