

AC Chiropractic Life Center • 770-513-8922

The Spinal Column April 2009



How Chiropractic Affects the Immune System

A recent review of the scientific literature concluded that chiropractic adjustments for the purpose of correcting vertebral subluxation, confer measurable health benefits to people regardless of the presence or absence of symptoms.

Three separate studies showed improvements in immunity function. In one, adjustments to the lumbar spine (low back) produced a statistically significant increase in respiratory burst indicating stimulation of the immune system. Sham adjustments to control subjects had no such response. In the second study, after chiropractic adjustment to the thoracic spine (upper back) two types of white blood cells increased significantly higher than the response of those in a control group getting sham adjustments. A third study confirmed the second, that a thoracic spine adjustment increased white cell levels, and raised tumor necrosis factor and “substance P” levels, all of which indicate enhanced immunity function. Again subjects getting sham adjustments did not show such changes.

Three studies showed stress levels reduced. In one, adjustments produced a significant decrease in patient muscle tension, spinal range of motion, and anxiety levels. A second study found heart rate variable improved, which was associated with a slower heart rate and less anxiety and worry. A third study found cortisol levels in saliva reduced significantly after chiropractic adjustments. Elevated cortisol levels are associated with overall stress, elevated heart rate, tremors, lowered concentration, and other unhealthy affects.

Stay regular with your adjustments to help support your immune system and to help deal with life's stress.

TWO WOLVES

One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, “My son, the battle is between two ‘wolves’ inside us all.

One is Evil. It is anger, jealousy, sorrow, regret, greed, arrogance, self pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.

The grandson thought about it for a minute and then asked his grandfather, “Which wolf will win?”

The old Cherokee simply replied, “The one you feed.”



Calcium/Magnesium and Biost Tablets

Calcium/Magnesium:

Indications:

Severe calcium deficiency, calcium utilization difficulty and osteoporosis.

This is the combination of CALCIUM LACTATE and parathyroid desiccate to enhance the absorption of calcium. The parathyroid gland helps maintain blood calcium levels, and Cal-Mag Plus supports the parathyroid gland.

Biost Tablets:

Indications:

Loose teeth, denture use (sore spots), bone, joint, connective tissue symptoms.

For osteoporosis, use BIOST with CAL-MAG PLUS. Supports bone, tooth, and related tissue. Source of phosphatase for calcium assimilations.

10% off Cal-Mag and Biost. This month only!!!!

YOGA CLASSES



Yoga practice has long been known to lower blood pressure and slow heart rate which lowers your risk of hypertension, heart disease and stroke. TRY YOGA TODAY, SIGN UP SHEET IS AT THE FRONT DESK.

Hours are:

Wednesday—6pm

Friday—10pm

Saturday—8am

Saturday 10am (new class)

One class: \$12.00 or 4 class card: \$40.00

