

HEALTH RESEARCH REPORT

by Keith Wassung

STRENGTHENING YOUR CHILD'S IMMUNE SYSTEM



A Publication of the Health Education Advancement Lyceum

Every parent wants a healthy child. Good health depends on a healthy immune system. A properly functioning immune system is one of the keys to a healthy, happy child who will resist infections, allergies, and chronic illnesses.

The cornerstone of good health is a properly functioning immune system.

DR. ANDREW WEIL

Rate of Infectious Diseases on Rise

AP-Washington: Infectious diseases are on a global rebound, killing thousands more Americans, surviving potent antibiotics and possibly evolving into stronger bugs. The U.S. death rate from infectious diseases rose 58% between 1980 and 1992. Infectious diseases became the third leading killer of Americans in 1992, claiming more than 166,000 lives, the Center for Disease Control reported. (1)

We have learned much about the immune system in the last 15 years, much of it due to cancer and AIDS research, and the information has prompted a shift away from treating illness to preventing it.

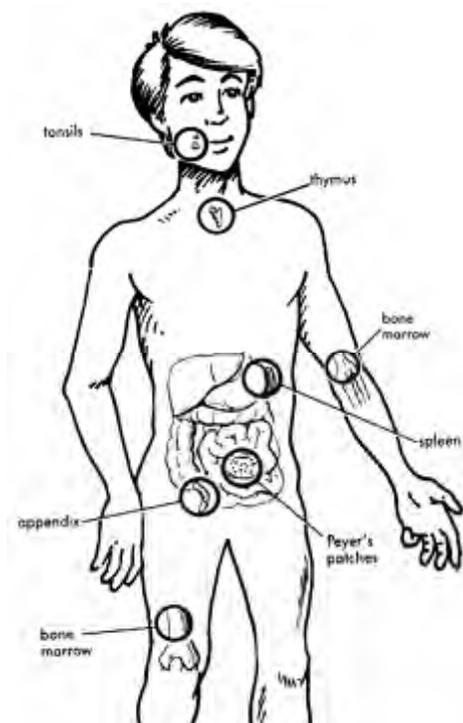
Pressed by patients and advancing technology, health care will soon change its focus from treatment to enhancement, from repair to improvement, from diminished sickness to increased performance. The transformation has already begun. Accompanying this will be an increased emphasis on psychoimmunology, the science that deals with the mind's role in helping the immune system to fight disease, which will become a vitally important clinical field — perhaps the most important field in the 21st century. (2)

NEWSWEEK
September 24, 1990

Strengthening the immune system of the entire family, starting with the children at birth, should be a top priority for all families.

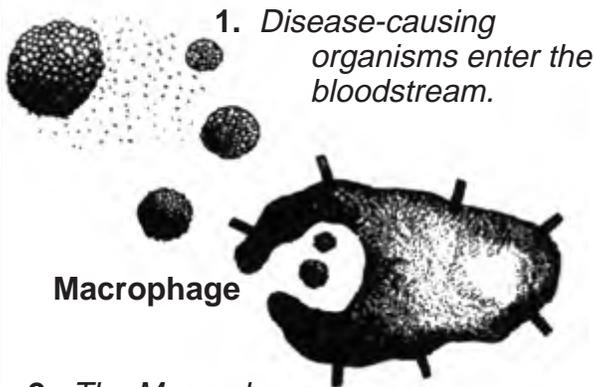
The job of the immune system is to protect and defend the body against infection from disease-producing microorganisms such as viruses, bacteria, fungi, and parasites that live in our environment.

The immune system consists of the tonsils, adenoids, thymus, bone marrow, spleen, appendix, Peyer's Patches, lymph nodes, and circulating white blood cells.



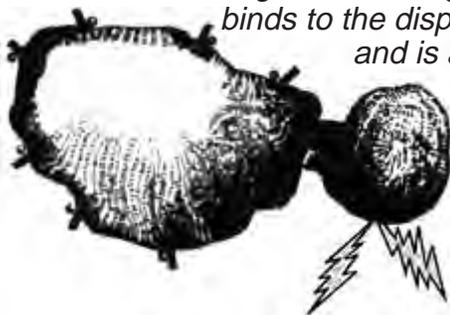
THE IMMUNE SYSTEM IS A FUNCTIONAL SYSTEM THAT RECOGNIZES FOREIGN INVADERS AND ACTS TO IMMOBILIZE AND DESTROY THEM. WHEN IT OPERATES EFFICIENTLY, THIS SYSTEM PROTECTS THE BODY FROM A WIDE VARIETY OF INFECTIONS AS WELL AS ABNORMAL BODY CELLS. WHEN IT FAILS, SOME OF THE MOST DEVASTATING DISEASES CAN RESULT.

IMMUNE RESPONSE



1. *Disease-causing organisms enter the bloodstream.*

2. *The Macrophage ingests and processes the organism, then displays a fragment known as antigen on its cell surface.*



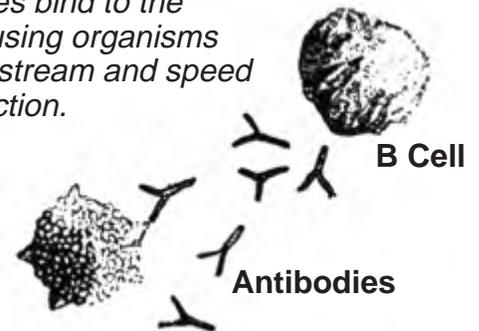
3. *A helper T cell, created to recognize the antigen, binds to the display and is activated.*

4. *The activated helper T cell signals killer T cells to multiply and B cells to produce antibodies.*

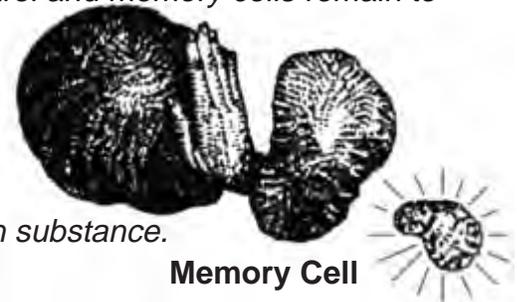
5. *Killer T cells attack and destroy infected cells, disrupting the disease-causing replication cycle.*



6. *Antibodies bind to the disease-causing organisms in the bloodstream and speed their destruction.*



7. *Once the infection is contained, chemical messengers bring the immune response under control and memory cells remain to safeguard the body against a repeat attack by the same alien substance.*



MANY OF THE CHARACTERISTIC SYMPTOMS OF ILLNESS, FROM NASAL DISCHARGE TO FEVER AND SWOLLEN GLANDS, ARE SIGNS THAT THE NORMAL IMMUNE RESPONSE IS PROCEEDING ON SCHEDULE.

Symptoms represent the body's best efforts to heal itself. By treating symptoms, you are suppressing the body's natural response and inhibiting the healing process. Instead of treating symptoms, doctors should stimulate the body's defenses to allow for completion of the healing process. (3)

DR. STEPHEN CUMMINGS

The focus of science has shifted from separate entities of the immune system to an interactive immunology model. In the neural-immune concept, the brain has specific, two-pathways to the immune system. (4)

THE LANCET
January 14, 1995

The nervous system plays an important role in both the control and activity of the immune response. The sheer power of the brain to affect the body as a whole and general state of health is amazing. (5)

HUMAN ANATOMY AND
PHYSIOLOGY (p. 179)

Dr. Robert Ader, a psychologist at the University of Rochester School of Medicine, performed the key experiments to prove the brain-nervous system-immune system connection. The following summarizes the essential evidence of the connection between the brain, the nervous system, and the immune system:

- **NERVE ENDINGS ARE FOUND IN THE TISSUES OF THE IMMUNE SYSTEM.**

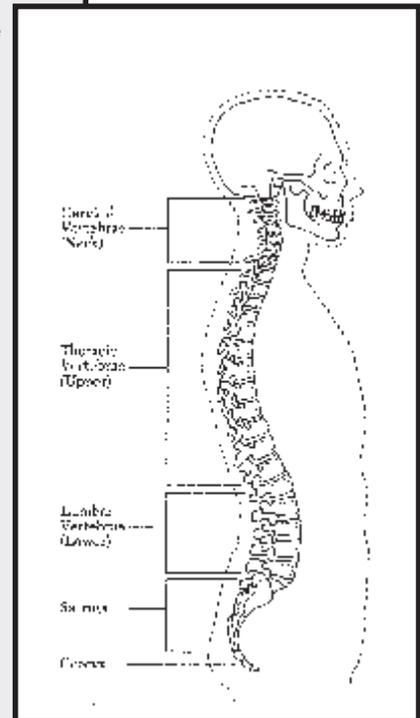
The central nervous system is linked to both the bone marrow and thymus, where immune system cells are produced and developed, and to the spleen and lymph nodes, where those cells are stored.

- **CHANGES IN THE CENTRAL NERVOUS SYSTEM ALTER IMMUNE RESPONSES AND TRIGGERING AN IMMUNE RESPONSE ALTERS CENTRAL NERVOUS SYSTEM ACTIVITY.**

Researchers have found that inducing an immune response causes nerve cells in the hypothalamus to become more active and the brain cell activity peaks at precisely the same time that levels of antibodies are at their highest. The brain monitors immunological changes closely.

- **LYMPHOCYTES ARE CHEMICALLY RESPONSIVE TO HORMONES AND NEUROTRANSMITTERS.**

Immune system cells have receptor-molecular structures on their surfaces that allow them to receive information from the nervous system and other parts of the immune system.



Nervous and Immune System Disorders Linked in a Variety of Diseases

Recent advances in understanding a variety of diseases reveal complex interactions between the nervous system and the immune system. Neurological complications are associated with a breakdown in normal immune system functioning. According to Edward Goetzl, of the University of California in San Francisco, "there was always a sense that the nervous system is involved in disease, so the idea of a link between the nervous system and the immune system is not new." (6)

SCIENCE
April 11, 1986

The nervous system controls the entire growth and development of the immune system. An infant's immune system is immature at birth; fortunately, a newborn carries passive immunity from the mother for the first three months of life. Breastfeeding provides the infant with the antibodies and immune-enhancing factors that develop the immunity. A baby's lymphocytes are not yet capable of producing all the antibodies necessary to fight disease. A baby acquires this ability over the first year of life.

Human breast milk is biologic specific, that is, each drop of milk is alive with millions of tiny white blood cells and immunoglobins (infection-fighting proteins) that circulate through the baby's body, ingesting and destroying harmful bacteria-like miniature pac-men.

As the infant is exposed to micro-organisms, the lymphocytes start to make antibodies and memory cells so that when the baby comes into contact with those micro-organisms again, the baby will mount an immune response more quickly.

When babies put things into their mouths, this is a natural way of gradually exposing their immune systems to tiny antigens, which the immune system must attack and destroy — a process which strengthens and protects the immune system.

Through the process of developing and then conquering infection, the child gets rid of acquired toxins and poisons from the body and also gets a generous boost to the immune system. (7)

HEALING ARTS PRESS

Whenever the immune system deals successfully with an infection, it emerges from the experience stronger and better able to confront similar threats in the future. Our immune system develops in combat. If, at the first sign of infection, you always jump in with antibiotics, you do not give the immune system a chance to grow stronger. (8)

ANDREW WEIL, M.D.



Antibiotics have become a popular weapon in the medical arsenal against disease. Although no one would argue with the appropriate use of antibiotics, there is a tremendous amount of research which clearly demonstrates that they have been overused, resulting in weaker immune systems and resistant bacteria.

Antibiotics Overused, Doctor Says

Doctors too often prescribe antibiotics, which can cost a lot of money and cause serious side effects when the medicines won't help. About 60% of people with colds received antibiotics, even though the pills would not kill or even slow the viruses that cause colds. Studies of children in day care showed that 54% of the youngsters with ear infections had a penicillin-resistant form of the streptococcus that commonly causes children's ear infections. Sixty percent of children with ear infections had a form of resistance to at least one type of antibiotic. (9)

THE POST AND COURIER
April 15, 1998

We're at the point where the antibiotic cupboard is almost bare. We are victims of our own blindness. We have been taking too many of them and new, deadlier organisms, like the powerful drug-resistant tuberculosis strain, have been emerging as a result.

JEFFREY FISHER, MD

Chronic middle ear problems in children have not diminished, despite the number of antibiotics being used to treat them. We have created a whole new kind of ear problem. We have used antibiotics so excessively in the first year of life that we have depressed the development of the child's immune system.

WALTER BELENKY, MD

In 1994, infections caused by resistant bacteria killed 19,000 U.S. hospital patients and contributed to the deaths of 58,000 more..
(10)

NEWSWEEK
March 28, 1994

Antibiotic therapy is not an effective treatment against otitis media (ear infection) and rates of recurrent infections are significantly higher in children who have been treated with antibiotics.
(11)

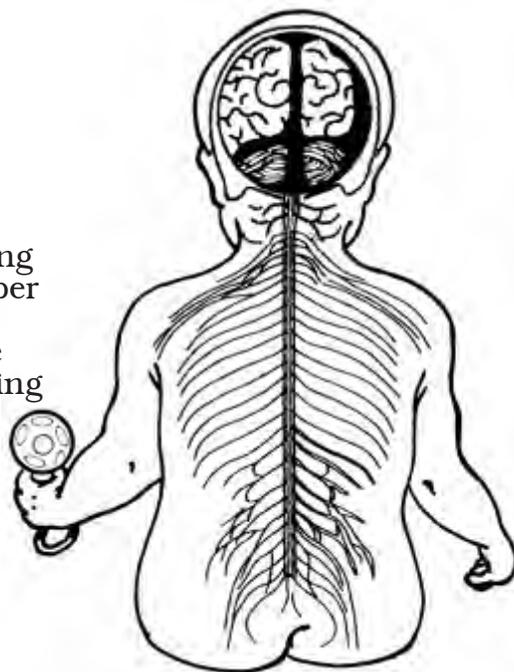
JOURNAL OF THE AMA
December 18, 1991

Corticosteroids or steroids are commonly used for the treatment of allergies, autoimmune diseases and inflammatory conditions. I consider them dangerous drugs, much misunderstood, abused, and overprescribed. Steroids cause allergies and inflammation to disappear as if by magic. In fact, the magic is nothing other than direct suppression of the immune system. Steroids are toxic, cause dependence, suppress rather than cure disease, and reduce the chance of healing by natural treatment. Moreover, they weaken immunity. (12)

ANDREW WEIL, MD

A properly functioning nervous system should be the first priority in strengthening the immune system since it is the nervous system which controls all of our bodily functions. The nervous system works by sending and receiving nerve messages or impulses to all parts of the body.

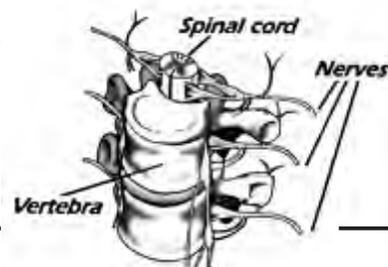
The nervous system is protected by the spine, consisting of 24 moveable vertebrae. When the spine is in its proper position, it protects the nerve pathways. But when vertebrae become misaligned, interference to the nerve impulses occurs — which reduces the overall functioning of the nervous system and of the particular organ to which it is assigned. These spinal misalignments are known as "vertebral subluxations."



The actual birth process, even if it occurs in natural and controlled conditions, is often the cause of the first subluxations to an infant.

Spinal cord and brain stem traumas often occur during the process of birth but frequently escape diagnosis. Infants often experience lasting neurological defects. Spinal trauma at birth is essentially attributed to longitudinal traction, especially when this force is combined with flexion and torsion of the spinal axis during delivery. (13)

ABRAHAM TOWBIN, MD



It might seem that birth by C-section would be the easiest and least traumatic way to be born since the infant doesn't have to hazard the rigors of a long labor or a constricting birth canal. Unfortunately, we have found that trauma to the newborn delivered by C-section is different but no less traumatic than the trauma that occurs in a vaginal delivery. (14)

ARTHUR JANOV, MD
The Lifelong Effects of the Birth Experience

OTHER CAUSES OF SUBLUXATIONS

During the first two years of life, an infant often falls while learning to walk or can fall while tumbling off a bed or other piece of furniture. Even the seemingly innocent act of playfully tossing babies up in the air and catching them often results in a "whiplash"-like trauma to the spine.

Automobile accidents often involve the entire family, although infants often go unchecked because they have no obvious damage or symptoms. Because of the structure of the infant's spine, spinal stretching from trauma is more likely to result in spinal cord trauma with nerve interference than it is in damage to the vertebral segments and soft tissue.

Nerve dysfunction is stressful to the visceral nerve and other body tissues and the lowered tissue resistance modifies the immune response and lessens the overall capability of the immune system. (15)

SCIENCE

Subluxations of vertebrae occur in all parts of the spine and in all degrees. When the dislocation is so slight as to not affect the spinal cord, it will still produce disturbance in the spinal nerves passing off from the foramina. (16)

DR. JAMES WODDERSEE,
Neurosurgeon
Surgical Treatment

In an article published in the German medical journal, *Manuelle Medizin*, Dr. Gotfried Gutmann, a leading researcher in the field of manipulation medicine, reported on the examination and care of more than 1,000 infants and small children which revealed the following about spinal nerve interference and childhood immune disorders:

- Blocked nerve impulses in the cervical region can cause many clinical features from central motor impairment to lowered resistance to infections, especially in the ear, nose, and throat.
- Chiropractic examinations are of a "decisive importance" for diagnosis of this condition.
- Chiropractic can often bring about successful results because it aims at the cause of the problem. (17)

The science of Chiropractic is founded on the premise that a proper nerve supply is essential in controlling and regulating bodily function.

Doctors of Chiropractic detect and correct vertebral subluxations by physically adjusting the spine. This restores the nervous system to an optimum level of function which maximizes the body's inherent healing ability and ensures the proper growth and development of children.



Subluxation alone is a rational reason for Chiropractic care throughout a lifetime from birth.

LEE HADLEY, MD

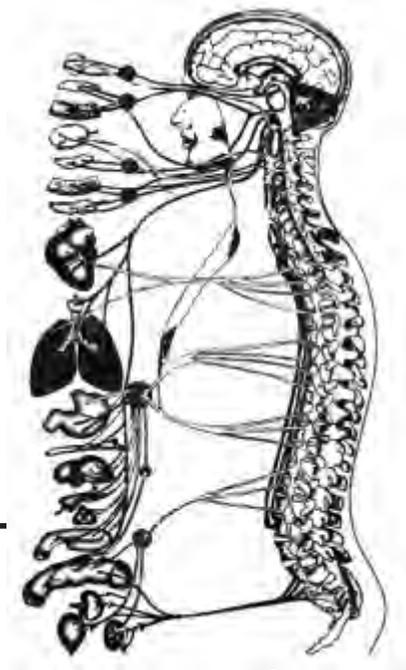
A 1989 study, published in the *Chiropractic Research Journal*, compared the health and wellness of 200 children under Chiropractic care to 200 children under conventional medical care. The Chiropractic group had fewer ear infections, fewer allergies, fewer cases of tonsillitis and asthma. The health of the children under Chiropractic care was demonstrably superior to the children who had not received it. (18)

Every newborn should receive a neck and spine examination and a Chiropractic adjustment if necessary. Is that idea too difficult to accept?"

LENDON SMITH, MD
Pediatrician and leading health author

By releasing stress on the nervous system, Chiropractic permits the immune system to function more effectively.

DR. IRWIN KORR



Studies that have measured the effect of Chiropractic treatment on the immune system have showed that Chiropractic may influence T and B lymphocytes, NK (Natural Killer) cell numbers, antibody levels, phagocytic activity, and plasma beta-endorphin levels. (19)

Chiropractic Journal of Australia

Recent research by Patricia Brennan, Ph.D., suggests that spinal adjustments may have a direct effect on certain aspects of immune function. Her group showed that when the thoracic spine (middle of back) was adjusted, the respiratory burst cycle of white blood cells was enhanced. (20)

A recent study by Dr. Ron Pero, a leading cancer and genetic research specialist, found that chiropractic patients of all ages had a 200% greater "immune competence" than people who had never received Chiropractic care and a 400% greater immune competence than people with serious diseases. (21)

• **CONCLUSION** •

Doctors of Chiropractic have been correcting subluxations in patients for over one hundred years, which has resulted in the recovery of virtually every known health problem. It is important to remember that all healing is ultimately self-healing and that a Chiropractor simply removes the interference (subluxation) from the master control system of the body.

• **SUGGESTED READING** •

Chiropractic First, Dr. Terry Rondberg

Beyond Antibiotics, Dr. Michael Schmidt

How to Raise a Healthy Child in Spite of Your Doctor, Dr. R. Mendelsohn

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