

BOOSTING YOUR IMMUNE SYSTEM THROUGH CHIROPRACTIC



In 1975, Dr. Ronald Pero, Ph.D., the chief of cancer prevention research at New York's preventative medicine institute and professor of medicine at New York University began researching the ways and means to estimate an individual's susceptibility to various chronic diseases. The specific aspects studied were "an individual's immune system responsiveness or their immune competence" which are directly linked to certain DNA repairing enzymes. This provided an objective way to assess disease susceptibility. Because the nerve system controls and coordinates every cell, tissue and organ in the body Dr. Pero started researching the nerve systems functioning as it related to immune competence. For example thyroid hormones had been shown to affect the early stage of specific cancers. If the thyroid gland produces too much of either thyroxin or thyroid stimulating hormone (two hormones which the thyroid gland normally produces) the cancer risk greatly increases. And since the

nerve system regulates hormonal balances, it too can influence the susceptibility to cancer. Another correlation was the increased incidence of lymphomas and lymphatic leukemia's with various kind of spinal cord injury. Because Doctors of Chiropractic focus on the nerve system and deal with injury to the spinal cord, these connections led Dr. Pero to consider chiropractic as a potential alternative for reducing the risk of immune breakdown and disease.

In 1986 Dr. Pero collaborated with Dr. Joseph Flesia, a chiropractor and researcher who was also the chairman for the Chiropractic Basic Science Research Foundation. They began to research these interesting connections at the University of London -Sweden. Using scientific methods and Dr. Pero's tests for measuring immune competence. Dr. Pero discovered some interesting conclusions. After accounting for as many variables as possible. Dr. Pero discovered that individuals who had received long term Chiropractic care had a 200 % greater immune competence and a 400 % greater immune competence than people with cancer or a serious disease.

Dr. Pero concluded that "Chiropractic may optimize whatever genetic abilities you have in relation to your immune competence". Pero further stated "that without chemical intervention (drugs), this particular group of people who received chiropractic care showed a greater immune competence overall.

A shortcoming of this study is that it did not take into account other factors important in health such as diet and exercise. However, Dr. Pero was unaware of other research showing that such differences could be accounted for by nutritional changes alone.

Dr. Pero who has been published in over 160 peer reviewed journals firmly believes that chiropractic care was the crucial factor in this study.



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