BOOST YOUR IMMUNITY WITH CHIROPRACTIC CARE

At Symmes Chiropractic, we see patients regularly who previously experienced more sickness throughout the year prior to chiropractic care. First-time patients often complain about how many days they have missed from work due to the common cold and other viruses that keep them from their daily lives. Adults and children alike now have a safe, effective way to reduce sickness. Regular adjustments can reduce your chances of getting sick this winter.

> "I came in for neck and upper back problems last fall," said Jim T., Patient, Symmes Chiropractic. "When you (Dr. Panyko) resolved those issues, my sinuses improved greatly and I got through the winter with very little in the way of colds or flu."

Studies at major clinics around the world indicate the success of regular chiropractic care and its effects on the immune system. A stronger immune system helps fight off viruses that cause the common cold and general fatigue from stress. The immune system, stress, and the body's ability to fight sickness are directly correlated to the nervous system.

> "I noticed such a positive change with my susceptibility to colds since I have been under chiropractic care," said Jodie B., Patient, Symmes Chiropractic. "My body feels better, I can tolerate stress better, and I feel healthier than I have in the last 20 years."

Chiropractic care focuses on the integrity of the nervous system and how the nervous system functions. With regular chiropractic adjustments, the nervous system communicates to every cell, tissue, and organ without the interference of stress, allowing the body to maintain optimal function and health. Thus, reducing pain and tension, increasing movement, and balancing other tissues supplied by the same nerves.

A two-year study conducted at the University of Lund in Sweden by Ronald Pero, Ph.D, an internationally respected cancer researcher, demonstrated the positive effects of chiropractic care. Pero and his team of researchers studied health and immune indicators of 96 people who had received long term maintenance chiropractic care. Regardless of age, the long-term chiropractic patient group had a 200% increase in their immune development and function, thus increasing the ability to resist disease.[1]

> "From our experience chiropractic helps us fight the cold faster by having our body work more effectively," said Alison H., Patient, Symmes Chiropractic. "We also notice that our family as a whole gets sick less than our friends and family throughout the year since we have been getting adjusted."

More recently, a landmark collaborative study performed at the University of Lund (Sweden) measured levels of thiol, an antioxidant responsible for repairing DNA. Thiol levels are a measure of general human health status. The study demonstrated that long term subjects under chiropractic care demonstrated higher average thiol levels than patients with no chiropractic care.[2]

Regular adjustments at Symmes Chiropractic will help you and your family become less susceptible to colds and disease. We see dozens of patients who experience this benefit in addition to relieving pain from musculoskeletal complaints, back and neck aches, stiff joints, and other related physical problems. Keep your body performing at optimum levels by visiting Symmes Chiropractic regularly.

Dr. Jay Panyko
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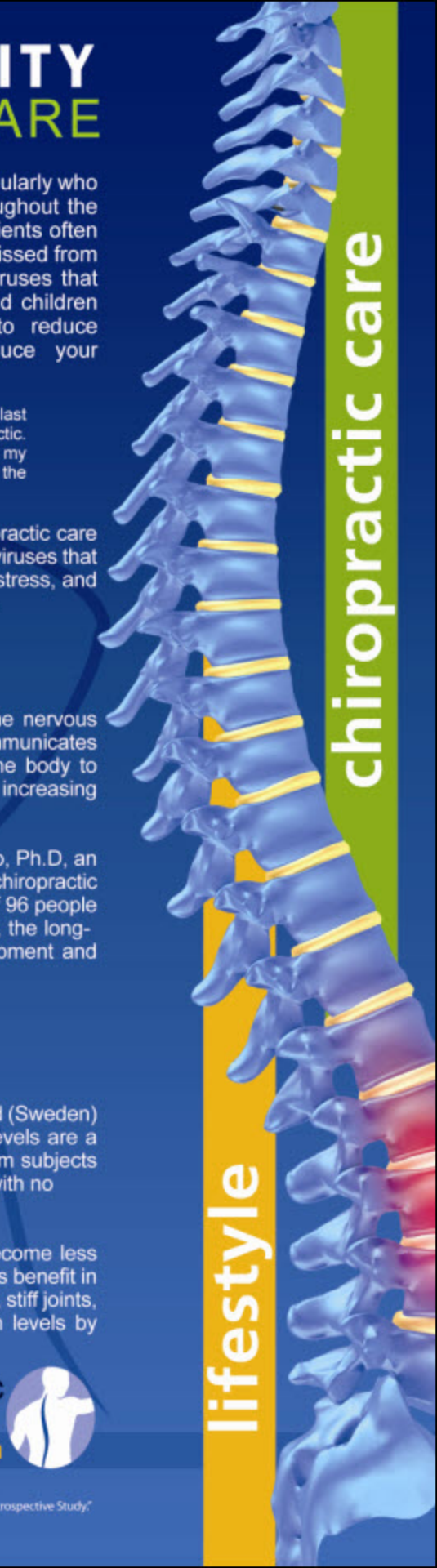

1. Pero R. "Medical Researcher Excited By CBSRF Project Results." The Chiropractic Journal, August 1989; p32.
2. Campbell C, Kent C, Banne A, Amiri A, Pero R. "Surrogate Indication of DNA Repair in Serum After Long Term Chiropractic Intervention – A Retrospective Study." Journal of Vertebral Subluxation Research, February 18, 2005: p1-5.