

◆ Healthy Life ◆

Volume 3 Issue II

August 2002

Chiropractic: A boost to your immunity

One of the most important studies showing the **positive effect chiropractic care can have on the immune system and general health** was performed by Dr Ronald Pero, Ph.D., chief of cancer prevention research at New York's Preventive Medicine Institute and professor of medicine at New York University.

Dr. Pero measured the immune systems of people under chiropractic care as compared to those in the general population and those with cancer and other serious diseases. In his initial three-year study of 107 individuals who had been under chiropractic care for five years or more, **the chiropractic patients were found to have a 200% greater immune competence than people who had not received chiropractic care, and**

400% greater immune competence than people with cancer and other serious diseases. The immune system superiority of those under chiropractic care did not diminish with age.

Dr. Pero stated:

When applied in a clinical framework, I have never seen a group other than this chiropractic group to experience a 200% increase over the normal patients. This is why it is so dramatically important. We have never seen such a positive improvement in a group...

The chiropractic immunology connection was strengthened at the Sid E. Williams Research Center of Life Chiropractic College. The researchers took a group of HIV positive patients and adjusted their atlases over a six-month period. What they found was that the patients that were adjusted had an increase of forty-eight percent (48%) in the CD4 cells (an important immune system component).

These measurements were taken at the patients' independent medical center, where they were under medical supervision for the condition. The control group (the patients that were not adjusted) did not demonstrate this dramatic increase in immune function, but actually experienced a 7.96% decrease in CD4 cell counts over the same period

Practice Update

TEAM NCC 2002 CITY-2- SURF

Pencil in August 11, and come along and join the fun, and maybe- gain a little fitness as well!

Training has commenced on Wed evenings at 6:30pm meeting at NCC and our goal is to be completing the bay run by August..so get into gear and get healthy!

You'll need to arrange a participation number which are available in the Sun Herald.

Go Team!

Kids Hour

We'd like to invite our current patients to have their children thoroughly examined for spinal conditions. This is complimentary.

This gives parents the opportunity to ensure their child's spinal health is undergoing normal development and if not can highlight potential problems before they become degenerative.

These consultations will be conducted between the hours of 2pm and 3pm on Tuesday afternoons for the month of August

NORTON CHIROPRACTIC CENTRE

Cnr Norton & Macauley st, Leichhardt
Office Hours:

Chiropractic

Mon to Friday 8am - 6:30pm
Closed Thursday

Massage

Sat 8am - 12pm

Appointments essential
(02) 9518 0096



Your referrals are appreciated



On Ya Sport

What can chiropractic do?

Chiropractic is ideally suited to helping you deal with the many pains and strains that can result from playing sports and pursuing physical fitness programs. Chiropractors have expertise in dealing with spine-nerve problems, with range-of-motion and biomechanical issues often central to what makes people prone to sports-related injuries.

A chiropractor can examine you before you begin or change a

Among health care professionals, chiropractors are some of the most actively involved in sports-related conditioning, injury prevention, treatment and rehabilitation.

program of physical activities. This is especially important before you engage in competitive sports or try something like a marathon, which might put significant strain on your body, and particularly on the back and joints.

A doctor of chiropractor can help you assess your athletic and exercise/fitness goals and analyze your motivation to prevent injuries caused by going beyond sensible activity limits given your age, health profile, preexisting conditions, and any other factors. And he or she can offer training and nutrition suggestions, do periodic reevaluations to monitor your progress toward your fitness or

competition goals, and work to prevent and treat injuries and rehabilitate you if you are injured.

Chiropractic creates an atmosphere of mutual trust in which patients can be confident that their feelings and needs are appreciated and will be dealt with appropriately. This makes chiropractic especially effective in dealing with issues and problems associated with sports and fitness. Patients need to keep their health care providers informed of what they are doing and how they feel. Chiropractors listen and they keep their patients aware of how best to prepare themselves for exercise or competition and are there to help if overexertion or accident causes an injury.

Many professional and high-level amateur athletes depend on chiropractic to protect them from costly and career-threatening injuries. They want any injuries they sustain to be managed in the most conservative way to lessen their "down time" from the athletic activities that are so important in their lives. Chiropractors are devoted to such conservative care, meaning they provide appropriate and effective injury management that may make surgery and the use of dangerous or debilitating medications unnecessary, except as a last resort.

Look for chiropractors with special training and certification in diagnosing, evaluating and managing sports injuries and in providing preventive health care for men, women, young people and seniors engaged in athletics and physical fitness activities

Patient In Focus



Stephen Jackson.

Major Accomplishments: Stephen ran a 100km event then completed a half marathon only 6 hours later!

Stephen proposed to his wife Megan at 6998m on the highest Mountain outside the Himalaya's— Mt Aconagua in South America.

An amazing accomplishment of Stephen's was the fact that he sky-dived onto the north pole!....and no I'm not making this up!!

How'd you start?:

"I was living in Canberra and was asked to run around the lake (5km) as part of a work team—I nearly died!

I resolved to get around the lake without stopping. That was in 1980, I soon found the ACT cross country club and with their support, I ran my first marathon a year later."

Training Schedule?

"6 days a week, always a rest day. 80-100km a week, Long distances on Sunday, Reps on Thursdays, Hill on Tuesday."

What Motivates you?

"This years city to surf will be my 24th in a row.. I can't stop now!!!

Racing—and being able to eat what ever I like!

Also being able to outrun guys half my age!"

Goals?

"Run the city to surf when I am 100... Have fun, work to live not live to work and climb Everest..."

Steps to achieve them?

"Listen to my body (and John!)

Believe in myself

Tell others of my goals—then I am too embarrassed not to achieve them."

