

SHEPPARD CHIROPRACTIC

Should I Come Into The Office When I Am Sick?

This has been a question that many people ask all the time. It is also a common phone call that states, "I won't be coming into to the office because I am sick?" Well the answer is very simple. Did you know that your nervous system is the master controller of your body? Current research states that the immune system is directly controlled and connected to your nervous system. It only takes the pressure of a dime to decrease the ability of your immune system by 60%. Interference in the nervous system is called a subluxation, will lead in decreased ability of the body to heal, regulate and fight off infections. This is like driving your car on the highway with the emergency brake still on. You will still get to your destination, but the journey will take a long-long time. It has been shown that people under chiropractic care will get sick less often and less severely. They also miss fewer days from work and school. One hundred and seven patients were evaluated and found to have a 200% greater immune competence than people who had no chiropractic care. It was also determined that these chiropractic patients had a 400% better immune response than people with immune compromised diseases like Hepatitis and AIDS.

Health experts are indicating that drug resistant diseases are on the rise. Experts from the *New England Journal of Medicine* indicate that the overuse of



antibiotics is causing the increase of the diseases and infections. The *World Health Organization* reports that the unnecessary use of antibiotics has created a breed of "superbacteria" which are resistant to standard drugs and which actually weaken the immune system. The abuse of antibiotics has been a factor in the worldwide epidemics such as Ebola and AIDS. Antibiotics are often prescribed for colds, ear infections and sore throats even though they are unnecessary an ineffective in treating the problem. It has been shown that these health problems go away with or without antibiotics.

So getting back to the Question. Yes, absolutely you should get adjusted when sick. An adjustment will increase your body's ability to fight the infection to 100%. And I expect to adjust you and your child when you have the cold or flu. But won't I get everyone sick when I come into the office. Remember people under chiropractic care get sick less often and less severely. They also recover in half the amount of time than someone who does not get adjusted. Just think when was the last time you saw Dr. Joe or Vicki sick? I look forward to seeing you in sickness or health.

**To make an appointment at
Sheppard Chiropractic,
call 753-KIDS.**