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## Chiropractic Boosts Our Immune System

I have been treating sick people for over 35 years. Caring patients sometime ask if they should come into the clinic when they are sick because they don't want to spread germs and make me sick. I encourage them get a treatment to boost their immune system so they can get well.

I miss a day due to being sick rarely. Why? Because I lead a Chiropractic lifestyle to boost my immune system. If I get sick, it is my own darn fault since I have allowed my immune system to become imbalanced and weak.

I receive a Chiropractic treatment at least 1X/week on average for the past 40 years. My family and staff receive regular Chiropractic treatments. My staff and I strive to live healthy, balance lifestyles by "practicing what we preach".

Do viral and bacterial exposures matter? Of course. Don't purposely expose yourself to pathogen overload.

And we need to understand that we live in a "sea of microorganisms". These microscopic critters cover every surface of our homes, clinics, and bodies. They live in and around us. In fact, as humans, we are really a "holobiome" (many microbiomes) of over 100 Trillion microorganisms housed in a human skin. Our 70 Trillion human cells are outnumbered by the 100 Trillion cells of our microbiome (the microorganisms of our body environment). These bacteria, viruses, and fungi live on our skin, in our nose, mouth, lungs, blood stream, sinuses, and especially in our digestive tract.

Our healthy immune systems keep us well within this sea of critters. The reality is that we can't "kill all of the germs". In fact, many efforts to "kill germs" can damage the delicate balance of the microbiome on our skin, in our bodies, and in our homes and offices. This can lead to overgrowth of dangerous pathogenic microbes as the benign microorganisms are reduced. Like a healthy lawn that chokes out weeds, we need our healthy microorganisms to keep dangerous "weed" pathogens in check.

Do we treat every surface with bleach continuously to "kill the viruses"? Of course not. This does not work. Instead we wash our hands well with soap and water. We use essential oils and other natural approaches to reduce harmful microbe overload and protect healthy balance of the microorganisms in us, on us, and around us.

Cardiovascular surgeon Steven Gundry, MD does a great job describing his reasoned approach to hand washing, sanitizers, and face masks:

<https://www.youtube.com/watch?v=krdK2BDgpfU>

## **Wellness is Balance!**

**WE DO NOT LIVE IN FEAR.** Our miraculous immune systems have been keeping us well since the dawn of recorded history. Let's understand and respect our immune systems and support them with a Wellness lifestyle. This is especially important during our current COVID-19 challenge. Remember, those with a healthy immune system will likely experience only mild if any symptoms. Fear is counterproductive since it weakens our immune system and limits our ability to do creative problem solving. This is especially important as some succumb to hoarding and other silly fear-driven behaviors.

## **We need a Reasoned Response**

# Does Immune Boosting Really Work?

One of the most impressive studies 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. It showed the positive effect that chiropractic care can have on the immune system and general health.

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. His initial three-year study was 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 those people who had not received chiropractic care, and they had 400% greater immune competence than those people with cancer and other serious diseases. **The immune system superiority of those under chiropractic care did not appear to 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*".

*Note: This is from a video interview with Dr. Pero. This benefit was likely due to improved lifestyle in conjunction with chiropractic treatment.*

## Did Chiropractic Help During Our Worst Flu Pandemic?

"Chiropractic care was first linked to improved immunity during the deadly flu epidemic of 1917 – 1918. The funny thing was: Chiropractic patients fared better than the general population. This observation spurred a study of the field. The data reported that flu victims under Chiropractic care had an estimated .25% death rate, a lot less than the normal rate of 5% among flu victims who did not receive Chiropractic care." **This equates to Chiropractic patients having a 20 times better result.**

<https://www.psychologytoday.com/us/articles/200608/immune-boost-is-spinal-zap>

This info summary from Dr. Dan Murphy is beyond fascinating. Especially page 8 – 10. Here is an excerpt.

**"And when interviews of the old timers (Chiropractors) are made it is evident that each still vividly remembers the 1917-1918 influenza**

**epidemic. We now know about 20 million persons [recent estimates are as high as 100 million deaths] around the world died of the flu with about 500,000 Americans among that number. But most chiropractors and their patients were miraculously spared and we repeatedly hear about those decisions to become a chiropractor after a remarkable recovery or when a close family member given up for dead suddenly came back to vibrant health."**

To learn more: <https://danmurphydc.com/wordpress/wp-content/uploads/2018/08/ICA-Subluxation-Summit-2018.pdf>

### **USNews.com reports that Chiropractic Treats Weak Immune Systems**

The nervous system, endocrine system and immune system are inextricably linked. Together they share tiny messenger molecules that mediate communication between them, creating optimal responses for the body to adapt and heal appropriately.

Until recently, one of these messenger molecules, IL-2, was thought of as an immune system molecule. But recent studies have clearly shown its presence and activity in the nervous system, leading researchers to believe that neural dysfunctions due to spinal misalignments are stressful to the body and can cause abnormal changes that lead to a poorly coordinated immune response.

Subluxation is the term for misalignments of the spine that cause compression and irritation of nerve pathways, affecting the body's organs. Subluxations are an example of physical nerve stress that affects neuronal control. According to researchers, such stressful conditions lead to altered measures of immune function and an increased susceptibility to a variety of diseases.

It's important to note here how the endocrine system also impacts the [immune system](#) by producing cortisol in the adrenal glands – endocrine glands that are directly connected to the nervous system through the sympathetic nervous system – a stress hormone that inhibits the immune system.

If the sympathetic nervous system is too "switched on" due to stress and subluxation, it can increase the adrenal glands' synthesis of cortisol, in turn affecting the immune system.

<https://health.usnews.com/health-news/patient-advice/articles/2015/11/30/surprise-chiropractors-can-treat-these-5-conditions>

## **How Does Chiropractic Care Boost Our Immune System?**

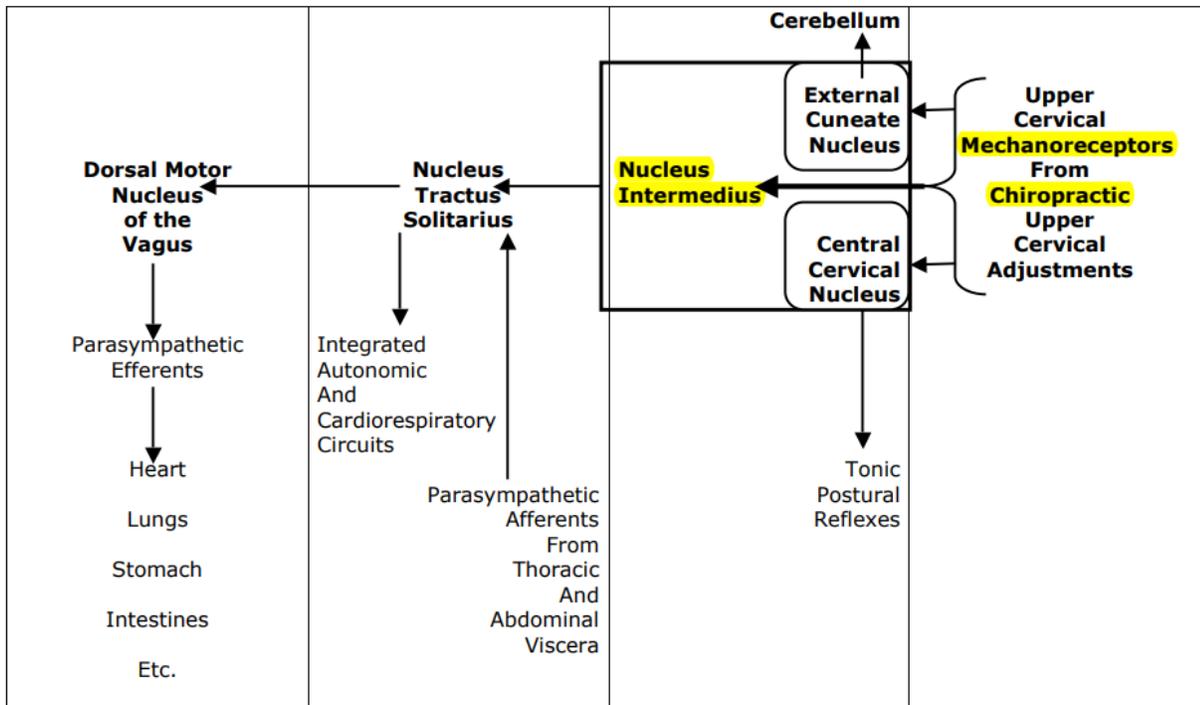
**The Effects of Specific Upper Cervical Adjustments on the CD4 Counts of HIV Positive Patients**

**Chiropractic Research J 1994; 3 (1): 32-39**

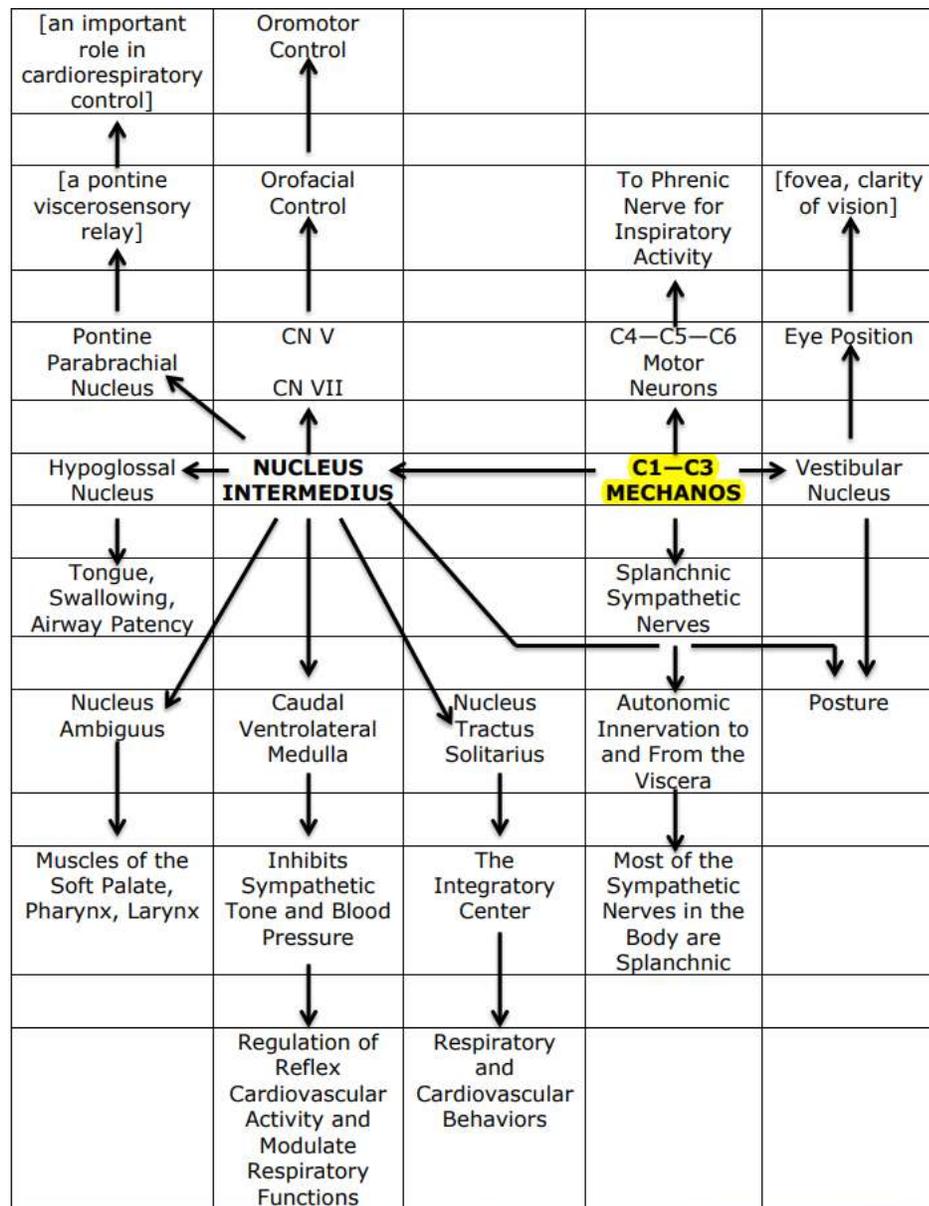
These tests were performed by the patients independent medical center where they were under medical supervision for the regular group were dramatically increased over the counts of the control group. A 48% increase in CD4 cells was demonstrated over the six month duration of the study for the adjusted group

**The Neurochemically Diverse Intermedius Nucleus of the Medulla as a Source of Excitatory and Inhibitory Synaptic Input to the Nucleus Tractus Solitarii**

The Journal of Neuroscience  
August 1, 2007



Note: Supporting parasympathetic activity (vagal boosting) and calming sympathetic activity (our over-active stress response) is CRITICAL to healthy immune response. Stress makes us sick. Chiropractic care reduces our stress level – within our nervous system – so we can handle life stresses on the outside more easily.



My son (now age 34) has been treated since he was a newborn. He has never had (or needed) an antibiotic in his life. He has never had an ear infection. My wife and I counted 8 missed days of school due to sickness from Kindergarten to High School graduation. That is not 8 days/year, that is 8 days spread over 14 years (2 years in Kindergarten).

My sister has 7 kids and is married to an excellent Chiropractic Physician that I had the privilege to practice with in Minnesota for 16 years. Their 7 children have had almost the same experience. Are we alone?

## **A Comparative Study of the Health Status of Children Raised Under the Health Care Models of Chiropractic and Allopathic Medicine**

**J Chiropractic Research 1989 (Summer); 5: 101–103**

This 1989 study compared the health of two hundred children under chiropractic care and two hundred children under medical care. The chiropractic children had fewer ear infections, fewer allergies, fewer cases of tonsillitis, and needed less medical treatment (antibiotics and other medications). The authors noted that there is a “definite correlation between chiropractic care and superior health.” In fact, this study “has shown that children raised under chiropractic care are less prone to infectious processes such as otitis media and tonsillitis, and that their immune systems are better able to cope with allergens such as pollen, weeds, grasses, etc. compared to children raised under allopathic care. There is also a significant decreased history of antibiotic use among the ‘Chiropractic’ children, indicating a lower susceptibility to bacterial infections as a result of their greater immune system response.”

## **Why not regular Chiropractic care for anyone who wants to stay Well?**

Is it a coincidence that the worst influenza epidemic in history occurred after the traumatic fear frenzy of World War 1? As president Roosevelt (FDR) famously said during the great depression, “We have Nothing to Fear but Fear Itself” – when we have a healthy, balanced immune system.

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