

Chiropractic Adjustments Shown to Increase Immunity

September 27, 2010

In September 2009 I wrote about how **chiropractic can help decrease a dangerous inflammatory protein (attached)**:

<http://www.pitchingdoc.com/fileupload/Health%20Newsletters/ChiropracticForWhiplashLowersInflammatoryProtein.9.23.09.pdf>

Now a new study:

Teodorczyk-Injeyan JA. *Interleukin 2-regulated in vitro antibody production following a single spinal manipulative treatment in normal subjects.* **Chiropractic & Osteopathy** 2010, 18:26
(<http://www.chiroandosteo.com/content/pdf/1746-1340-18-26.pdf>)

has found that a single chiropractic adjustment to the upper back (The top of the Thoracic Spine):



increased levels of 2 immune system proteins called IgG (a 27% increase) and IgM (a 34% increase) in only 2 hours compared to placebo.

Why Is It Important to Increase **IgG** levels?

IgG is very important in fighting bacterial and viral infections and are *the only type of antibody that can cross the placenta in a pregnant woman* to help protect her baby.

Why Is It Important to Increase **IgM** levels?

IgM is found in blood and lymph fluid, is *the first type of antibody made in response to an infection*, and also causes other immune system cells to destroy foreign substances.

Yet more evidence how regular chiropractic care
can keep you healthy.