

# The Wellness Express™

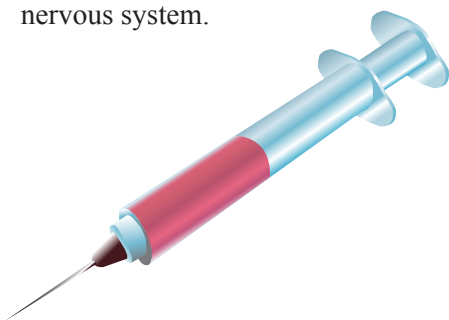
Jump on the train to good health

Issue 3, January 2012

## VACCINATIONS OR CHIROPRACTIC? WHICH ONE WILL YOU CHOOSE?

### Presented by:

According to the germ theory of disease, humans get sick when they are exposed to pathogens like bacteria and viruses - especially if they are allowed to multiply uncontrollably inside them. Fortunately, we have an inborn self-defense system to take care of this problem which we call the immune system. This system detects and destroys any foreign substances that make their way inside the body, under the direction of the brain and the nervous system.



Whenever a person is weak or vulnerable such as the diseased or the very young or old, they are more susceptible to harboring infections, as their immune system also becomes weak. If these people get infected with bacteria or viruses, the results can be fatal.

### HOW CAN WE HELP BOOST OUR IMMUNE SYSTEM?

Medical scientists have observed, once the human body has been exposed to a certain pathogen, it will be 'primed' to respond better to that same substance if it encounters it a second

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time. This is the principle that led to the development of vaccinations: when a person receives a vaccination shot, what they are actually getting is a small dose of the actual pathogen, or parts of its structure that our immune system will react to.

Researchers theorize that if you get a small enough dose, you won't get sick, but afterwards your immune system will be more 'ready' to protect you if exposed to the same bug again later in life. Unfortunately, what researchers did not predict was the negative side-effects of this well-intentioned preventative treatment.

First, people who are injected with vaccines can actually get sick *from* them! There is an entire website dedicated to the adverse effects related to vaccines - which receives approximately 30,000 submissions annually.<sup>1</sup> Some of the more serious reports they receive include: allergic reactions, fevers, seizures, or even death.<sup>2</sup>

Second, there appears to be an increase in a number of *other* childhood diseases since the inception of national vaccination programs. Reports have linked the use of mercury-laden vaccines with a significant increase in the number of neurodevelopmental disorders like *autism*.<sup>3,4</sup> Other diseases, like ulcerative colitis and Crohn's disease, typically uncommon in people less than ten years of age, appear to be substantially higher in children vaccinated for measles than in un-vaccinated

### Exercise of the Week

Lumbar stabilization (stage 3)  
Plank Position

Difficulty: Moderate

(Consult your chiropractor before engaging this or any other exercise.)

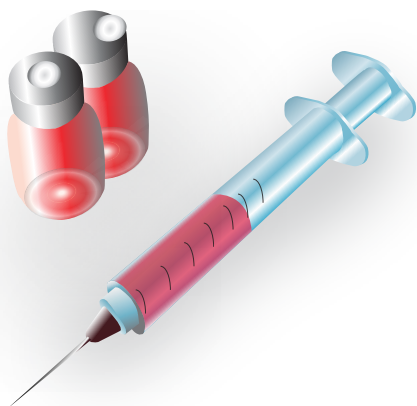
Start: Lie down on stomach. Then, begin by propping upper body up onto elbows/forearms, with hands together in prayer position. Engage inner abdominal muscles by bringing belly button inward. Keeping spine steady, lift hips and knees so you're resting on toes, creating a straight line from ankles to shoulders.

Exercise: Keeping spine steady, lift one leg 6-8 inches. Hold this position for 10-20 seconds. (Option 1) If this is relatively easy, try bringing that leg horizontally out to side as far as you can, keeping torso steady. Hold this position for 10-20 seconds. (Option 2) Switch legs, and repeat. Perform 3-5 sets of this exercise per side. Be careful not to strain lower back.



children.<sup>5</sup> Even Sudden Infant Death Syndrome (SIDS), a devastating and mysterious condition resulting in millions of deaths in North America, has been associated with the DPT vaccination: in one alarming study, two-thirds of those infants who died from SIDS had received their pertussis vaccine, with 26% dying within 3 days after their shots -and 13% within the first 24 hours!<sup>6</sup>

Third, is it really effective? When we look at the death rates from many of the diseases that vaccinations have been developed for, we see that there was already a steady and significant decline before the vaccination was introduced on a massive scale.<sup>7</sup> Also, when we compare numbers in the U.K. between certain diseases (measles) to others that have never been vaccinated for (scurvy), the steady decline is very similar, suggesting that vaccination is **not the only** reason for the eradication of these diseases,<sup>7</sup> and if an outbreak of measles occurs in highly vaccinated populations, those fully vaccinated children can still contract the disease! In one recent report of an outbreak in the US, there were 9 laboratory-confirmed cases of measles, out of which 7 were vaccinated previously for the disease.<sup>8</sup>



## HOW CAN CHIROPRACTIC HELP INSTEAD?

The immunity-boosting powers of chiropractic have often been demonstrated, with the most impressive of these documented by Walter Rhodes in his account of the influenza epidemic of 1918 in North America.<sup>9</sup>

According to the medical statistics from the era, many people who were treated by chiropractors fared much better than those treated by MDs with respect to the flu. In one impressive account, "In Davenport, Iowa, 50 medical doctors treated 4,953 cases, with 274 deaths. In the same city, 150 chiropractors including students and faculty of the Palmer School of Chiropractic treated 1,635 cases with only one death."

Chiropractic is an all-natural health care solution that bases its entire philosophy on helping to improve the body's innate ability to heal itself. Chiropractors accomplish this feat by removing irritation and interference in the nervous system caused by vertebral subluxations - thus allowing for proper regulation and control of all systems in the body, including the immune system.

Vaccinations - the **benefits** versus the **risks** - is a difficult subject faced by every parent. We recommend you do your own research, including a more thorough discussion about this topic with your Chiropractor, so that you get all the help you need to decide what is best for your child.

## Quote to Inspire

*"Look on every exit as being an entrance somewhere else"*

*Tom Stoppard*

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