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# PUMP UP YOUR DEFENSES with Chiropractic!

**Researchers Concluded  
That Spinal Manipulation  
Positively Increased the Body's  
Immune Response!**

A study from 2010, published in the journal *Chiropractic & Osteopathy*, took a closer look at this relationship between the central nervous system and the body's immune response by measuring immunoglobulin G, IgG (antibodies that protect your body against bacterial and viral infections) and immunoglobulin M, IgM (first antibody produced by the body to fight a new infection) before and after spinal manipulation.<sup>2</sup>

For this study, the researchers took a group of 74 study subjects who were randomized to receive spinal manipulation or a control group that only provided blood samples (no spinal manipulation).

The group that received spinal manipulation provided blood samples *before* spinal manipulation, and *then again 20 minutes after* spinal manipulation and *again two hours afterward*.

## **The Results Are In!**

Immunoglobulin G was significantly increased at the 20-minute mark for the group of subjects who underwent spinal manipulation.

At two hours, immunoglobulin M was also significantly increased for the spinal manipulation group.

## **Chiropractic Helps Keep You Healthy... Naturally!**

Clearly, the take-away is to both follow basic public health recommendations and **get regular Chiropractic adjustments to improve your chances of not getting sick.**

**Don't forget to share  
this "health changing"  
information with your  
friends and  
family!**

***We Appreciate  
Your Referrals!***

<sup>1</sup>Pero R. "Medical Researcher Excited By CBSRF Project Results." The Chiropractic Journal, August 1989; 32.

<sup>2</sup>Teodorczyk-Injeyan JA, McGregor M, Ruegg R, Injeyan HS. (2010). Interleukin 2-regulated in vitro antibody production following a single spinal manipulative treatment in normal subjects. *Chiropractic & Osteopathy*, 18, 26.