

Should I get a flu shot?

What is the flu? The flu (influenza) is a respiratory infection that produces chills, fever, sore throat, muscle aches, and lasts about a week. Each year, millions of people rush to get a flu shot hoping to stay healthy and well through the coming flu season. The results seem to be mixed. Some people do seem to make it through the flu season unscathed, but others have less favorable results. Each year I have one or two patients hospitalized as a result of bad reactions after their flu shot. I watch numerous patients immediately acquire the very sickness they are trying to avoid and I witness others who get the flu later during the flu season anyway. Why is this? Some people have bad or allergic reaction to the preservatives and chemicals in the flu shot. In addition, researchers have found that repeated flu shots may actually lower your natural antibody levels thus making you more susceptible to the infection. What about more serious consequences and side effects? Dr. Hugh Fudenburg, M.D., the world's leading immunogeneticist and one of the most published biologists of our times states, "If an individual has had 5 consecutive flu shots, his/her chances of getting Alzheimer's Disease is 10 times higher than if they have had 1, 2 or none. This is due to the mercury and aluminum in every flu shot. The gradual mercury and aluminum build up in the brain causes cognitive dysfunction." Another common side effect is Guillain-Barré Syndrome, which is an immune mediated neurological disorder. Chiropractic wellness care and a healthy lifestyle can improve your immune system without any negative side effects, and without injecting poisons and toxins into your body. Consider these facts about the immune system and chiropractic:

1. Chiropractic corrects spinal abnormalities called vertebral subluxations that result in interference in the nervous system by placing pressure on nerves. Since the nervous system controls all functions of the body, including the immune system, chiropractic care can have a positive effect on immune function.
2. Viruses and microbes don't threaten us all equally and a healthy immune system easily repels most invaders. The immune system protects us from the flu, as well as any other infectious disease, and strives to get us well again when we do fall ill. Our immune system, like every other system in the body, is coordinated and controlled by the nervous system.
3. Chiropractors helping patients battle the flu is not a new occurrence. During the 1917-1918 influenza epidemic it has been estimated that 20 million people died throughout the world, including about 500,000 Americans. It was chiropractic's success in caring for flu victims that led to the profession's licensure in many states. Protect yourself and your family. Add regular chiropractic adjustments to your family's "to-do" list—remove interference to your nervous system, enhance your immune function and give your body every extra bit of security it needs.

Siller Chiropractic
752 Colusa Avenue, Yuba City
530-755-2777

****Although chiropractic is not an alternative to vaccinations, it is well known that adjustments help to boost the immune system****