

March 23, 2008

Volume 4, Issue 3

Achieving Wellness

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Allergies

Increases in immune system disasters have greatly increased in recent years. Asthma cases, hay fever, eczema, food allergies, lupus, multiple sclerosis, and other afflictions are all on the rise. "Allergic diseases" are caused by your immune system responding to substances that are ordinarily harmless, such as pollen or peanuts. Autoimmune diseases, which include lupus, MS, Type 1 diabetes and inflammatory bowel disease, also result from your body's defense mechanisms malfunctioning, causing your immune system to attack parts of your body such as your nerves, pancreas, or digestive tract. *(The question is why, and how to we correct the cause?)*

Experts estimate that many allergies and immune-system diseases have doubled, tripled or even quadrupled in the last few decades. Some studies indicate that more than half of the U.S. population has at least one allergy.

Many researchers suspect the increase has an explanation rooted in aspects of modern living -- including the "hygiene hypothesis," which blames growing up in increasingly sterile homes. Others have pointed to changes in diet, air pollution, and even the rise in obesity and sedentary lifestyles. Many researchers suspect something about modern living is to blame as the increases show up largely in highly developed countries in Europe and North America.

Washington Post March 4, 2008.

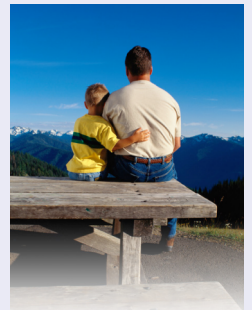
(The research is very clear: we are sick because of our lifestyle. Our genes are virtually identical to hunter-gatherers who lived 10-50 thousand years ago and our genetic expression of health is based on that lifestyle; therefore, our modern living is genetic suicide. We need to change the way we eat, move, and think if we want health and most importantly we need to understand that subluxation is a serious epidemic that only chiropractic can help).

Things We Need to Know

A study published in the *Journal of Subluxation Research* (visit www.jvsr.com) suggests that chiropractic care may help adults suffering from ADHD. All the patients in the study experienced significant improvement in concentration. *(Chiropractic adjustments particularly affect the area at the base of your neck called the cerebellum. The cerebellum is the control center of your brain responsible for learning, balance, emotion, and movement. According to the lead author of the study, "If the cerebellum does not function at par, the rest of the brain becomes somewhat clumsy and by activating the spinal receptors [he means adjusting subluxations] and balancing the cerebellum we help the brain function better."*

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The Eat Well™ advanced seminar series resumes Wed. March 26th. We hope you enjoyed hearing Dr. James Chestnut! He is an incredible speaker and his research saves lives.



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