

## Be Surprised....Chiropractors Can Treat These Conditions (Part 4)



*We are almost reaching the end of our mini series of surprising conditions chiropractors can treat...The forth condition is:*

### **Weak Immune Systems**

The nervous system, endocrine system and immune system are inextricably linked. Together they share tiny messenger molecules that mediate communication between them, creating optimal responses for the body to adapt and heal appropriately.

Until recently, one of these messenger molecules, IL-2, was thought of as an immune system molecule, but recent studies have clearly shown its presence and activity in the nervous system. Researchers actually believe that neural dysfunctions due to spinal misalignments are stressful to the body and can cause abnormal changes, which lead to a poor immune system.

Subluxation is the term for misalignments of the spine that cause compression and irritation of nerve pathways, which in turn affects the body's organs. Subluxations are an example of physical nerve stress that affects neuronal control. According to researchers, such stressful conditions lead to altered measures of immune function and an increased vulnerability to many diseases.

Furthermore, it's important to stress that the endocrine system also impacts the immune system by producing cortisol in the adrenal glands. ***Endocrine glands that are directly connected to the nervous system through the sympathetic nervous system.*** Cortisol is a stress hormone that inhibits the immune system and makes it weaker.

### ***How does Chiropractic Care Help?***

- Chiropractic care is the only way to detect and eliminate subluxations. Adjustments of the spine have shown to reduce stress on the nervous system, thereby boosting the coordinated responses of the nervous and immune systems.
- Moreover, research has shown that when a spinal adjustment was performed on a subluxated area, the white blood cell count collected rose significantly.
- Another study measured the effects of six months of regular chiropractic care on the immune system function of HIV patients. At the end of six months of care, the patients who had received regular adjustments showed a 48 percent increase in the number of CD4+ T cells, whereas patients who had not been adjusted showed an 8 percent *decrease* in CD4+ T cells.

***Give your immune system a boost with the help of 2015' Best Chiropractor in New York and Brooklyn (voted by [opencare.com](http://opencare.com)), Dr. Adam Nachmias at Nachmias Chiropractic!***

*You won't be disappointed. You will definitely feel pain relief and start on your path to optimal health!*

### **Who is Dr. Adam Nachmias?**

If you're still in thought and want to know what other patients think about Dr. Adam Nachmias and his work, find out more by reading his wonderful patient reviews on ZocDoc, Yelp and Facebook:

- *Reviews ZocDoc:* <https://www.zocdoc.com/doctor/adam-nachmias-dc-49898>
- *Reviews Yelp:* <http://www.yelp.com/biz/adam-nachmias-dc-new-york>
- *Reviews Facebook:* <https://www.facebook.com/nachmiaschiropractic/reviews/>

Book your chiropractic exam and consult by calling any of our offices:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

Or book online: <http://calldradam.com/contact/book-online/>

**We warmly welcome you to boost your immune system with Nachmias Chiropractic!**