



Chiropractic Care and Cold Season



This doesn't have to be a sick season for you.

It's that time of year again. Flu and cold season has arrived, and we all want to enjoy the holidays in peace. Free of any cough, snuffle, or fever. Did you know that getting an adjustment is the best gift that you can give your body this holiday season? Here's how chiropractic care improves the immune system.

The immune system relies on the nervous system to regulate and coordinate immune responses. Since the spine houses the spinal cord, which facilitates communication between the brain and the body, any spinal misalignments (known as subluxations) can disrupt this communication. Such disruptions may weaken the immune response. Chiropractic adjustments correct these misalignments,

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improving nervous system function, which in turn can strengthen immune defenses.

Research by immunologist Dr. Patricia Brennan offers strong evidence of chiropractic care's impact on the immune system. Dr. Brennan's study found that spinal adjustments led to increased activity in **phagocytes**, which are white blood cells that engulf and eliminate harmful invaders like bacteria and viruses. Her research showed that after chiropractic adjustments, the phagocytes' respiratory burst activity significantly increased, enhancing the body's ability to fight off pathogens. This shows that chiropractic care directly influences immune system performance by activating immune cells.

Chiropractic care can also reduce stress, which is known to suppress immune function. Chronic stress elevates cortisol levels, weakening the body's immune response. Spinal adjustments relieve tension in the spine and muscles, reducing physical and mental stress. Lower stress levels contribute to a stronger immune system, enabling the body to better fight illness.

Chiropractic care provides benefits beyond pain relief—it also helps boost immune function. Research, including Dr. Patricia Brennan's study on enhanced white blood cell activity, supports the role of spinal adjustments in strengthening the immune system. By improving communication between the nervous and immune systems and reducing stress, chiropractic care can be a valuable addition to maintaining overall health and immune resilience.