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Living with Vitality in a Virus-filled World

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*"Truth only reveals itself when one gives up all preconceived ideas."
- Shoseki*

One foundational "truth" about this season of the year is the widespread presence and danger of the flu. As this fear is virally propagated through our culture, you will be strongly encouraged to prepare for the assault by participating in the annual flu shot ritual. But does this conventional recommendation flow from wisdom or from propaganda based upon a flawed paradigm, inadequate science, and the urge of big business to expand its revenue?

A growing body of research is questioning various vaccination assumptions casting increasing doubt on the overall approach. But even within the "vaccines are the answer to illness" worldview, flu shot effectiveness is being challenged.

According to the National Vaccine Information Center, a report out of Canada last week revealed that two of the three strains selected for North America by doctors at the World Health Organization and CDC "appear to be drifting and mutating, raising questions about how much protection this year's flu vaccine will offer." This is similar to what happened in the 2003-

2004 flu season when there was a mismatch of circulating flu strains with the ones selected for the vaccine.

A study conducted in Ontario, published in 2006, evaluated the six years following the introduction of the Universal Influenza Immunization Campaign. The authors concluded that “despite increased vaccine distribution and financial resources towards promotion, the incidence of influenza has not decreased.” In another study in the British Medical Journal published last year, the safety and efficacy of the current flu vaccine policy is challenged. Their summary stated that “evidence from systematic reviews shows that inactivated vaccines have little or no effect, little comparative evidence exists on the safety of these vaccines, and given the huge resources involved, a re-evaluation should be urgently undertaken to narrow the gap between policy and evidence.”

A 2007 Lancet study reported that flu vaccine use by the elderly and those with chronic diseases has increased from 15% to 65% in the US and other high-income countries since 1980 but there has been no decrease in influenza-related mortality among these groups.

Is the flu vaccine simply benignly ineffective or are there also potential risks with its use? Some studies have shown an association with Guillian Barre syndrome, an autoimmune neurological disorder usually triggered by

an acute infectious process. The majority of flu shots in the U.S. also continue to include the mercury-containing preservative thimerosal, which is a well-documented neurotoxic poison, as well as an array of other chemicals such as aluminum and formaldehyde. Mercury exposure alone can cause a devastating collection of problems including multiple sclerosis, Alzheimer's disease, autism, and various central nervous system disorders. Are you still comfortable injecting this concoction directly into your veins or those of your loved ones?

Consider for a moment that our illness-prevention approach may be off target because it has been based upon some faulty pre-conceived ideas. Have you noticed that some people are frequently sick and others hardly at all? If it is all about the germs, then why are some in your home or office "catching" them and others rarely do. Louis Pasteur, the French chemist, bacteriologist, and father of the germ theory, initially believed external microbes that invaded the body caused all disease. He later came to a different conclusion, and before he died, acknowledged that the critical factor was the person's internal environment. The empowering truth within his insight is that for the most part you get to determine your health status by your lifestyle and healthcare choices.

You were designed to thrive amidst frequently hostile surroundings because you are endowed with an amazing self-regulating and self-healing

body. This natural capacity is coordinated by your nervous system, which directs your immune response. We continually live with viruses and bacteria in and around us. We are made to coexist with them on this planet in a harmonious balance. They serve very important purposes in the life cycle of our personal and global ecosystems.

According to cell biologist Dr. Bruce Lipton, author of the book *Biology of Belief*, “it is the nervous system’s job to monitor environmental signals, interpret them, and organize appropriate responses. When it recognizes a threatening environmental stress, like a germ exposure, it alerts the immune system to the danger so it can mobilize protective actions.”

Chiropractic care is one of many natural healing methods that support and expand your self-healing capacity. It accomplishes this by releasing the spinal blockages that result from injury or overwhelming stress, which disturb your critical nervous system communication to immune function.

Here is some interesting history that reveals these powerful effects. Twenty million people died worldwide during the 1917–18 flu epidemic, including about 500,000 Americans. Most people don’t know that it was chiropractic’s success in caring for flu victims that led to the profession’s licensure in many states.

Researchers reported that during the flu epidemic medical doctors lost one patient out of every 15. Chiropractors at the Palmer School of Chiropractic in Davenport, Iowa, adjusted 1,635 cases, with only one death. Chiropractors in the rest of the state cared for 4,735 cases with only six deaths—one out of 866.

During the same epidemic in Oklahoma, only seven people died out of 3,490 flu patients under chiropractic care. Furthermore, chiropractors were called in 233 cases that had been given up as lost after medical treatment. They saved all but 25 of them.

“These results are not so surprising given what we know about the interaction between the nervous system and the immune system,” states Dr. Matthew McCoy, editor of the *Journal of Vertebral Subluxation Research*. “Through research we know that chiropractic has beneficial effects on immunoglobulins, B-lymphocytes (white blood cells), lung function, and other immune system processes.”

How would you like a safe, health nurturing approach that first does no harm and then enhances your own self-healing instead of an invasive and potentially dangerous crapshoot? In addition to chiropractic adjustments, there are many other action steps you can take to support your vitality and minimize illness risk. Here are just a few:

Wash your hands frequently, drink plenty of pure water, get 7-8 hours of quality sleep each night, eat a wholesome diet with high vegetable and healthy protein intake, eliminate refined sugar, get daily sunlight exposure, take pharmaceutical-grade supplements, get 30-60 minutes of aerobic exercise at least 3-4 days a week, and lower negative stress.

Your body was designed to adapt and thrive in a world of microbes long before vaccines existed. You can choose a lifestyle that supports your self-healing design.

Biography:

Dr. Matthew Norton has been a practicing chiropractor for 25 years specializing in nervous system correction. He frequently speaks to businesses and organizations, appears on radio and television, maintains educational websites, and is the author of the life-transforming new book *Where Does It Hurt? Surprising Stories and Insights for Releasing Pain and Restoring Whole Body Health* available at www.WhereDoesItHurtBook.com. He may be reached through www.DrMatthewNorton.com or 559-490-9550.

