

# LET HEALTH HAPPEN



Dr. Geoff Walburn, D.C.

In the past couple articles, I've discussed how sugar decreases a person's potential for wellness by compromising the immune system and limiting a person's defense. In this article, I'd like to point out one of the many ways to strengthen the immune system and improve defense.

One of the studies that inspired me to pursue chiropractic in the first place was performed in 1989 by Ronald Pero, Ph.D. Dr. Pero was the chief cancer prevention researcher at New York University. Since cancer is recognized as an immune system problem, Dr. Pero decided to check the immune systems of people under chiropractic care as compared to people in the general population and to people with cancer or other serious disease. In a 3 year study of 107 individuals who had been under regular chiropractic care for at least 5 years, he found that this chiropractic group had a **200% greater** immune function than the general public. More than this, he found that the chiropractic group had a **400% greater** immunity than people with cancer and other disease.

In his conclusion, Dr. Pero reported, "I have never seen a group other than this chiropractic group to experience a 200% increase over the normal patients."

In addition to regular exercise, proper diet and reduced stress, maintaining the proper function of your spine and nervous system through regular chiropractic adjustments is proven to be a vital component of optimal health and wellness.

– *Dr. Geoff Walburn, D.C.*

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