



Adjustments Boost the Immune System!



Chiropractic care enhances the immune system and promotes overall well-being by addressing the connections between the spine, central nervous system, and immune system. It should come as no surprise that subluxation has an impact on how our immune system functions. Next time you're sick, you may want to think twice about canceling that appointment. Chiropractic adjustments contribute to improved immune function in various ways.

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Here's what chiropractic can do to boost your immunity:

1. **Respiratory Bursts:** An adjustment creates a respiratory burst. This phenomenon involves an increase in the production of white blood cells, which play a crucial role in the body's defense against infections. By enhancing the immune response, the body becomes more effective at fighting off potential threats.
2. **Nervous System Communication:** Chiropractic care focuses on the spine, which is closely linked to the central nervous system. Adjustments aim to restore proper communication pathways within the nervous system. Improved neural communication may positively impact immune system function, as the nervous system and immune system are intricately connected.
3. **Reduction of Inflammation:** Adjustments target areas of the spine that are misaligned or experiencing inflammation. By correcting these issues, the adjustments can contribute to a reduction in overall inflammation in the body. Chronic inflammation has been linked to compromised immune function, and by alleviating this stress on the immune system, chiropractic care supports its effectiveness.
4. **Enhanced Blood and Nutrient Flow:** Adjustments improve blood circulation and nutrient flow throughout the body. This enhanced circulation supports optimal organ function, including vital organs for immune response. Improved nutrient delivery helps the body maintain overall health and contributes to a more robust immune system.
5. **Stress Reduction:** By reducing pain and promoting relaxation, chiropractic adjustments mitigate the body's stress response. Chronic stress has been linked to immune system suppression, and adjustments help to alleviate stressors caused by nerve interference.

Join us for Dr. Osborne's class on March 18th at 6:15 PM if you want to learn more about boosting your body's immune system.