



## ANTERO CHIROPRACTIC

A Free Newsletter For Friends and Practice Members of Dr. Brian King, D.C.

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### Winter Flu Panic!

Every year I get asked about my take on flu and the vaccination for it. So, without further ado, here you go...

October kicked off the flu vaccine season, when millions of dollars are pumped into what *The New York Times* last October called an “aggressive campaign mounted to persuade as many people as possible to be vaccinated.” As a result, it can be confusing to know what to do.

Lets start by identifying the typical news cycle:

- **October**—experts predict a BAD flu season (‘worse than last year’), and this flu is a different strain so the new vaccine is promoted.
- **November**—urgent news predicts a possible vaccine shortage, triggering public panic. This year nearly half the vaccine stock was contaminated and removed from the market. Soon, deaths “associated” with the flu are reported. And throughout, information about vaccine efficacy and safety, or other approaches for immune protection are missing, eliminating choice.

Reasons people get the flu vaccine include:

- They think they’re being protected,
- they assume it can’t hurt them or their kids,
- it’s “free” or,
- they think they have no other choice (vaccine or no protection).

Controversy surrounds all these reasons. Social pressure from media flu spokespeople, fearful co-workers and friends, or from the administrators at your child’s school is pressure, not information, not choice.

Does the vaccine guarantee safety from the flu? No. A young boy in this state, whose death from flu was widely publicized, was vaccinated. 82 million people were vaccinated but The National Vaccine Information Center (NVIC) reports, “only 3 to 14% of those who got vaccinated were protected against the flu...” The Flu virus mutates as it spreads; by the time it reaches our area, it is significantly different than the virus that the vaccination is based upon. (Although the vaccine was a failure, the vaccine **campaign** was successful: the two largest vaccine manufacturers had sales of \$322 million and \$598 million, respectively).

When considering safety, parents should be concerned about mercury’s possible negative effects on children’s health. ***The flu vaccine contains mercury—a known nervous system toxin.***

For pregnant women, the dead virus vaccine is recommended past 14 weeks, despite evidence that brain damage in newborns with mothers exposed to high levels of mercury. The live vaccine is not recommended.



The newer flu mist vaccine can actually *spread* the flu. It's "live" and people are cautioned to avoid contact with immune compromised individuals during the 21-day post vaccination period. Is that possible?

Older persons need to know an increase in Alzheimer's has been noted among those who had regular flu shots as an adult.

While many people think their only choices are to get the flu shot or go without protection, **chiropractic has been shown to have a positive effect on the immune system.** Since the nervous system controls all functions of the body including the immune system chiropractic care can have a positive effect on immune functions.

There is so much "hype" surrounding vaccinations today. Hopefully, you are now aware of some of the down-sides to the flu vaccination. The flu shot may make sense for you, but get educated before you receive any vaccination.

Boosting the immune system naturally can be safer and more effective, both short and long term, than other choices. For my family's well being, we're taking the natural-chiropractic approach this flu season.

### **CHIROPRACTIC—IT'S NOT JUST FOR BACK PAIN**

**Chiropractic and Fertility?**—A series of research papers published in the Journal of Vertebral Subluxation Research (JVSR – <http://www.jvsr.com>) suggests that chiropractic adjustments, performed by chiropractors to address nerve interference caused by spinal distortions, could offer hope to many of these women.

The 12 studies in the series found that chiropractic had positive results regardless of the woman's age, number of years infertile, previous medical intervention or health history including miscarriages, blocked fallopian tubes, amenorrhea, colitis, or trauma.

In explaining how chiropractic adjustments could affect fertility, Madeline Behrendt, D.C., associate editor of JVSR and lead researcher of this project noted, "Essential to all processes of life is the nervous system, which perceives the environment and coordinates the cellular community's biological response to the impending environmental stimuli. It is reasonable to consider that a system that is properly functioning to its potential may resist destructive forces more successfully and with less damage."

**Chiropractic and Anxiety.**—A recent case study was reviewed in JVSR for a patient with Anxiety Disorder—Results were documented over a four month course of care. Medication was discontinued successfully, symptoms of anxiety and headache reduced 80% and 90% respectively, function and Quality of Life increased. These improvements suggest positive changes in mental health function may be associated with subluxation correction from the application of chiropractic care. Anxiety conditions burden the U.S. with \$42 billion annually in health care expenses and lost productivity.

**Chiropractic, Multiple Sclerosis and Parkinson's Disease.**—Chiropractic correction of trauma-induced injury to the upper spine may slow the progression of both multiple sclerosis (MS) and Parkinson's disease symptoms, according to a Colorado practitioner.

In the August issue of the Journal of Vertebral Subluxation Research, Erin L. Elster, a chiropractor in private practice in Boulder, describes her experience with 44 patients with MS and 37 with Parkinson's disease she treated over the past 5 years.

Seventy-eight of the 81 patients reported that they experienced at least one traumatic head or neck injury 2 months to 30 years before their disease began. Digital infrared imaging and laser-aligned X-rays confirmed the presence of a misalignment of the upper spine in all 81 patients.

According to Elster, 40 the MS patients and 34 of the Parkinson's patients showed symptomatic improve-



Among the 44 MS patients, improvement in symptoms was "substantial" in 28, "moderate" in 8, and "minor" in 5 patients. Among the 37 Parkinson's patients, 16, 8, and 11, respectively, showed substantial, moderate, and minor improvement.

No further progression of MS or Parkinson's disease occurred over a 1- to 5-year period in the "improved" cases.

Some studies have suggested a causal link between head and neck trauma and the subsequent development of Parkinson's disease or MS, although the idea remains controversial.

Elster concludes that her data support a causal link, and therefore a larger controlled study is warranted.

SOURCE: Journal of Vertebral Subluxation Research, August 2004

## Practice News

**Over the past year we invested in new equipment to benefit our patients.**

- We now have a **new state-of-the-art adjusting table** in the Buena Vista office. Stay tuned for a new table in the Salida office soon!
- **New robotic massage chair** with "human touch technology" in the Salida office. This chair is also **available for purchase**—its' luxurious treatment comes highly recommended and makes a great gift!
- I have a commitment to providing the highest quality of chiropractic care possible. To maintain this commitment, I have added a **new high-tech, patient-outcome assessment instrument** to my office so that I may better serve my practice members. It is called "**The Insight Millennium Subluxation Station**," and it contains three different, painless, non-invasive tests that can help us characterize abnormal activity surrounding the spine. This can be associated with a subluxation or other forms of spinal dysfunction. **Many times, subluxations and spinal dysfunction do not create pain or discomfort until they have progressed to an advanced stage. The Insight Millennium helps to detect these problems before they become symptomatic.** I am very excited about staying on the leading edge of chiropractic care by offering this service. At this time I would like to invite you, your friends and family in for a spinal evaluation using this new technology. This report can be added to your records for future comparison, should it be necessary.
- **Insurance**—Dr. King is now a **preferred provider** for **blue cross/blue shield** and **rocky mountain health plan**. If you are insured by either of these insurance companies, please call with your insurance information so we can verify your coverage.
- **Remember, we moved our B.V. office earlier this year to a brand new building.** Those of you who haven't been in for a while, give us a call!

### Quotable Quotes

*"There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." -- Albert Einstein*

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## **A New Addition To The King Family!**

- This last year has cruised by; our son, Colin had his 2<sup>nd</sup> birthday! Trish and I enjoyed the summer and fall, especially the welcome precipitation...hopefully it continues and lasts through the winter. The birth of our 2<sup>nd</sup> child was definitely the highlight of our year. She came on her due date—October 23<sup>rd</sup>! We named her Elizabeth Grace King.

### **Case of the Month**

There is no telling what your body can heal without interference. We recently had a new patient referred to our office by one of our practice members (thank you!) who was suffering from low back pain and stiffness. A scan with the subluxation station revealed several areas of nervous system interference. After several adjustments, his low back pain was greatly reduced. A re-scan with the subluxation station demonstrated improvement, but also that continued improvement was possible. Two weeks later, this patient mentioned that an area of numbness in his leg that had been a problem for over 2 decades had disappeared! He never mentioned this problem earlier, because he was so accustomed to it, that it never crossed his mind. By removing his nerve interference, his body was able to heal itself in ways that he had never thought possible!

Remember, one of our goals is to help as many people as possible to live life to their fullest potential. If you know of anyone that could benefit from our services, please send them our way! **The referral of a friend or loved one to our office is the most sincere compliment any of our patients can give us.**



**Happy Holidays Everyone!**  
May your New Year be blessed.