

Immune System Strengthening

Bergman Family Chiropractic

Know the Facts:

1. Germs DON'T CAUSE DIS-EASE a weakened immune system is the source
2. Antibiotics are NEVER effective on viruses and always weaken your immune system long term and increase your risk of cancer... FACT!!!
3. Once exposed to a virus "naturally" you have LIFETIME immunity
4. Auto Immune Diseases are directly linked to Vaccinations.
5. Antibiotic Should NEVER be given without a culture and a sensitivity test and those take 48 hours (if a Doctor prescribes an antibiotic without those tests Fire the Doctor)

How does your Body Fight a Cold/Flu!

1. Body develops a fever..... Viruses and Bacteria Die at High temperatures
2. **Mucus membranes swell**.... Walling off the pathogens allowing the bodies immune system response.
3. **Histamines released** This stimulates T-cell production
4. **Bronchus swell and inflame** Further destroying the pathogens
5. **Diarrhea results** Rushing the pathogens out of your system

Essential Treatments for a Cold/Flu.

Get your spine Checked — your nervous system controls your bodies immune system response

Fever—fully hydrate the body and allow the body to build the fever, only reduce the fever when the patient perspires and reduce it by a tepid sponge bath.

Mucus membrane swelling— increase the swelling by a steam bath.

Histamines released— eliminate bread, pasta's, grains, cereals, potatoes and simple sugars. Viruses and bacteria feed on sugars

Bronchus swell and inflame — Steam therapy

Diarrhea — replace fluids and electro-lights

Hot Bath with Epsom salts — This will relieve the aches that are common from your bodies destruction of the pathogens

For more vital information ask Dr. Bergman
714-962-5891

What you can do for the symptoms!

Cough - Two types: Productive, Non-productive. Both types of coughs can be treated with a steam humidifier and gentle taps with a cupped hand on the back will usually quiet both types of cough. If a medication is used, give an **expectorant** for a productive cough and a **suppressant** for a non-productive cough. An excellent herb that suppresses a non-productive cough and makes a productive cough more efficient is Pleurisy root.

Diarrhea/vomiting - Make sure this symptom doesn't last longer than 3 days. This may cause a loss of electrolytes and a loss of fluid. Treat with coconut water, smaller meals, and increased fluid. If the patient is an infant treat with Pedialite.

Fever - There are thousands of different types of bacteria, and not all bacteria are affected by every antibiotic. Most bacteria and viruses die at a high temperature. So, for best results treat the fever like the body's natural response to an infection. Monitor the fever, and if the temperature is over 103 degrees fahrenheit, or if the patient is uncomfortable you may need to decrease the fever with a sponge bath with room temperature water. Cool off the wrists, neck, chest and ankles with a tepid sponge bath.

Stuffy Nose or Sinus problems-

The sensitivity of the sinuses is controlled by the nervous system. The nerves for the sinuses originate from the top of the neck, the upper neck area must be checked for pressure on the nerves. For a quick relief of a stuffy nose or sinus problems, take a very hot bath or shower and breath the steam in through your nose and out through your mouth. This puts moist heat to your sinuses and both bacteria and viruses are killed by an increase in temperature!!

Antibiotics- Antibiotics are NOT effective against viral infections. There are thousands of different types of bacteria, and not all bacteria are affected by every antibiotic. To find out the specific type of bacteria involved, you must get a sample and grow a culture. Cultures take 24 to 72 hours to identify the type of bacteria. By that time, your body is usually producing it's own specific antibiotic.

Precautions:

Don't-Give Tylenol or other fever reducing medication at the first sign of a temperature. This stops your body's natural first defense!!

Don't- Ever give aspirin to a child with a fever, they may develop "Reyes syndrome."

- ◆ Our environment that we are designed to survive and thrive in is full of bacteria and viruses. Viruses and bacteria are a vital part of our natural environment. In fact, we would not be able to survive without bacteria.
- ◆ Once your body's immune system has been exposed to a virus, you develop permanent defense to that particular "bug" or virus.
- ◆ Exposure is inevitable to the common cold virus, and your body is designed to mount its own defense. A healthy body exposed to a virus will eliminate the virus within 48-72 hours.

It is precisely because HIV tests are antibody tests, that they produce so many false-positive results. All antibodies tend to cross-react. We produce antibodies all the time, in response to stress, malnutrition, illness, drug use, vaccination, foods we eat, a cut, a cold, even pregnancy. These antibodies are known to make HIV tests come up as positive.

In 1985, at the beginning of HIV testing, it was known that "68% to 89% of all repeatedly reactive ELISA (HIV antibody) tests [were] likely to represent false positive results." (NEJM - New England Journal of Medicine. 312; 1985).

In 1992, the Lancet reported that for 66 true positives, there were 30,000 false positives. And in pregnant women, "there were 8,000 false positives for 6 confirmations." (Lancet. 339; 1992)

In September 2000, the Archives of Family Medicine stated that the more women we test, the greater "the proportion of false-positive and ambiguous (indeterminate) test results." (Archives of Family Medicine. Sept/Oct. 2000).

The medical literature lists dozens of reasons for positive HIV test results: "transfusions, transplantation, or pregnancy, autoimmune disorders, malignancies, alcoholic liver disease, or for reasons that are unclear..."(Archives of Family Medicine. Sept/Oct. 2000).

"Human or technical errors, other viruses and vaccines" (Infectious Disease Clinician of North America. 7; 1993)

The same is true for the confirmatory test the Western Blot.

Causes of indeterminate Western Blots include: "lymphoma, multiple sclerosis, injection drug use, liver disease, or autoimmune disorders. Also, there appear to be healthy individuals with antibodies that cross-react..." (Archives of Internal Medicine. August. 2000).

"The Western Blot is not used as a screening tool because...it yields an unacceptably high percentage of indeterminate results." (Archives of Family Medicine. Sept/Oct 2000)

Pregnancy is consistently listed as a cause of positive test results, even by the test manufacturers. "[False positives can be caused by] prior pregnancy, blood transfusions... and other potential nonspecific reactions." (Vironostika HIV Test, 2003).

This is significant in Africa, because HIV estimates for African nations are drawn almost exclusively from testing done on groups of pregnant women.

In Zimbabwe this year, the rate of HIV infection among young women decreased remarkably, from 32.5 to 6 percent. A drop of 81% - overnight. UNICEF's Swaziland representative, Dr. Alan Brody, told the press "The problems is that all the sero-surveillance data came from pregnant women, and estimates for other demographics was based on that." (PLUS News, August, 2004)