

## ■ Chiropractic care improves immune system in HIV patients

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The tests were performed by the patient's independent medical centers where they were under care. “A 48% increase in CD4 [immune system] cells was demonstrated over the six month duration of the study for the group [under Chiropractic care].”

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## ■ Chiropractic can help hold off progression of HIV

The journal *Science* reports that people who are infected with HIV and are successful in staying well for years in spite of the virus have a large number of CD4 immune system cells in their blood.

The researchers found that the CD4 cells (also known as “helper T-cells”) kept the virus at bay; those with high levels of CD4 cells had low amounts of HIV and those with low levels of CD4 cells had high amounts of HIV.

The research was done at Massachusetts General Hospital in Boston. The senior author of the study, Dr. Bruce Walker says, “Our work provides an explanation of why a very small group of people have been able to avoid getting sick from this virus even though they are infected.”

As far back as 1994, the *Chiropractic Research Journal* reported on a study that found specific upper neck Chiropractic spinal adjustments increased the CD4 immune cell counts in HIV patients.

In that study, the tests were performed by the patient's independent medical centers where they were under care. **“A 48% increase in CD4 [immune system] cells was demonstrated over the six month duration of the study for the group [under Chiropractic care].”**

CD4 cells direct the body's immune response to invading viruses and are a good measurement of how effective the immune system is functioning. Each of the many different types of immune system cells are designed to attack a specific virus. When a virus is detected in the bloodstream, the specific immune system cell for that virus replicates by the billions, flooding the body with defenders against the danger.

Every day it becomes more obvious that a properly functioning immune system, under full control of a properly functioning nervous system, is essential to maintaining health. ▲