

CHIROPRACTIC, MASSAGE, ACUPUNCTURE

gernerchiropractic

HOLISTIC FAMILY HEALTH CENTER

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Special Fall Immunity Edition

Introducing a NEW service at Gerner Chiropractic

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Meagan Darnall is a certified personal trainer through the American Council on Exercise. With over five years of experience training with chiropractic patients, she specializes in creating programs focused on building strength in the weaker areas of the spine and joints by using low tech, less strenuous exercises. Combined with spinal adjustments, strengthening sessions are an essential piece when striving toward total wellness.

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GET YOUR FLU SHOT HERE!!!

Dr. Lynn Gerner

No, not *here*...we don't do that. But haven't you seen those advertisements all over town at this time of year? I get especially irritated when I see these big red signs attempting to boost the sales of the newest batch of vaccines, but there's no room left on the sign to list the side effects, the (nasty) ingredients, or offer any sort of an informed choice. I think we all have laughed at that drug company commercial on TV showing young, smiling people running through the fields of daisies while listing 50 different potential side effects like, "uncontrollable diarrhea, nausea, vomiting, and even death". Every single packaged or canned item in every grocery store (including the nameless "wellness" store peddling the flu shot) HAS to list all of the ingredients on the label. So, how can the drug companies get away with the mass push of the flu shot with absolutely no disclosure? OK... enough about my own personal opinion. What are the facts? What are the dangers and even the advantages of partaking of the flu shot each year? Does it actually protect you against the flu?

What is the flu?

Influenza is a respiratory infection that produces fever, chills, sore throat, muscle aches, and cough *that usually lasts a week or so* for healthy people, 65 years old or less. However, the flu can be deadly for the elderly and those with compromised immune systems or who are suffering from diabetes, kidney dysfunction and heart disease. Each year about 36,000 Americans, mostly in these high-risk groups, reportedly die from flu complications such as pneumonia.

What is the flu vaccine?

The flu vaccine is prepared from the fluids of chick embryos inoculated with a specific type(s) of influenza virus. The strains of flu virus in the vaccine are inactivated with formaldehyde and preserved with Thimerosal, which is a mercury derivative. Every year, federal health agency officials *try to guess* which three flu strains are most likely to be prevalent in the U.S. the following year to determine which strains will be included in next year's flu vaccine

Does the flu vaccine protect me from the flu?

Flu vaccine, like all vaccines, only provides temporary immunity (if at all) and that immunity is qualitatively different from disease-induced immunity, which provides longer lasting protection. The flu vaccine contains three specific influenza viruses and does not protect against throat, respiratory, gastrointestinal and ear infections caused by bacteria and other kinds of viruses that cause flu-like symptoms. *Only about 20 percent of all flu-like illnesses are actually influenza.*

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Dr. Lynn Gerner

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MY FLU SHOT

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If the officials guess right and create an accurate vaccine, accepted statistics say that it is 70 to 90 percent effective in temporarily preventing the flu of the season in healthy persons less than 65 years old. For those over 65 years old, the efficacy rate drops to 30 to 40% but the vaccine is thought to be effective in preventing hospitalization, often resulting in pneumonia and other fatal nosocomial infections.

Scary facts-

"If they guess right". That is a key statement. The various strains of the flu virus are constantly mutating. That's called "survival of the fittest" and the flu virus is an expert at survival. As the creators of the vaccine make new concoctions of their best guess of the new strain each year, the virus has greater opportunities to mutate. Many experts believe that the new extremely virulent and dangerous strains that are popping up lately (such as the H1N1 or "swine flu" virus) are the direct result of this genetic guesswork. It is very likely that you are NOT even being vaccinated against the current year's strains at all.

Research on the effectiveness of the 2012 flu vaccine in preventing the common symptoms of the flu showed the influenza vaccine being only 56 percent effective overall and 9 percent effective for the type A H3N2 strain in adults aged 65 years or older during the 2012-13 flu season.^{1,2} The latest buzz, however, is about how getting a flu shot year after year may make people *more* susceptible to getting influenza.

The researchers followed 328 households with 1,441 members from before the 2010-2011 flu season through the end of it. A total of 866 study participants received the flu shot before the flu season started. Nearly one quarter of the households with 125 members contracted the flu during the 2010-11 season, as confirmed by laboratory tests. When the researchers separated out those, who were not vaccinated in the previous flu season, they found less of a benefit with the flu vaccine. The influenza vaccine was 62 percent effective among people who did not receive a flu shot in the prior year. In comparison, vaccine effectiveness among those who did get a flu shot in the previous year was substantially lower at 45 percent. Results from all studies revealed that those vaccinated in the previous season were between 1.4 and 2.5 times more likely to contract H1N1 during the spring and summer of 2010.³

Are there harmful side effects of the flu vaccine?

The most common reactions to inactivated flu vaccine are fever, fatigue, painful joints, and headache. The most frequently reported serious reaction, which usually occurs within two weeks of vaccination, is Guillain-Barré syndrome, an immune mediated nerve disorder characterized by muscle weakness, numbness, pain and paralysis that can lead to death.

Another important risk factor is the medium in which the virus is cultivated. The flu vaccine is prepared from the fluids of chick embryos inoculated with a specific type(s) of influenza virus. Although the vaccine is filtered, minute amounts of genetic material from the embryos is still present in the final product. Studies have linked this genetic mixing with many serious disorders such as autoimmune and neurological diseases and cancer. This risk is inherently present in all vaccines, which are cultivated in various organic materials such as chick, monkey and pig fetuses. Recently the CDC has even been using insects and *human* aborted fetuses.⁴

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Dr. Lynn Gerner



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**How safe is the flu vaccine for pregnant women?**

The CDC recommends inactivated flu vaccine for women more than 14 weeks pregnant even though most inactivated flu vaccines contain the mercury preservative, Thimerosal. Mercury has been associated with brain damage and developmental delays in newborns whose mothers were exposed to high levels of mercury during pregnancy. *There was actually an outrageous 4250% increase in fetal deaths (miscarriage) reported between 2009 and 2010 to VAERS (Vaccine Adverse Effects Reporting Systems).*⁵

Are the young, healthy people who naturally contract influenza posing a risk to the elderly?

It's a question that always comes up. Look at the bottom line.

Boost your own immune system!

Many people opt for boosting the natural functioning of their immune systems to resist influenza through the use of vitamin supplements, diet, exercise, chiropractic, homeopathy or other preventive health care options. According to the finding from a 2010 study that didn't get any widespread attention, vitamin D is a highly effective way to avoid influenza. In fact, children taking *low* doses of Vitamin D₃ were shown to be *42 percent less likely to come down with the flu.*⁶ Breast-feeding is another excellent way to protect young children.

The bottom line:**1. The flu is not a life threatening disease.**

If you are under 65 years of age and are in good health and you actually contract the flu and experience fever, chills, sore throat, muscle aches, and cough for a week or so; then you automatically create an effective, long-lasting natural immunity to the flu in the future. Yeah! Good job! Why bother to subject yourself to the risks (known and unknown) of the flu vaccine. If you are over 65 or in a high-risk category, then I recommend that you weigh the pros and cons and choose wisely.

2. The flu vaccine is often ineffective.**3. There are long-term health risks (individually and on a global scale).****4. Holistic approaches have shown to offer more effective protection.****References:**

1. CDC. [Interim Adjusted Estimates of Seasonal Influenza Vaccine Effectiveness—United States, February 2013](#). *MMWR* Feb. 22, 2013; 62:119-23.
2. Ohmit SE, Petrie JG, Malosh RE, et al. [Influenza Effectiveness in the Community and the Household](#). *Clinical Infectious Diseases*. Feb. 14, 2013.
3. Skowronski DM, De Serres G, Crowcroft NS, et al. [Association between the 2008-09 Seasonal Influenza Vaccine and Pandemic H1N1 Illness during Spring-Summer 2009: Four Observational Studies from Canada](#). *PLoS Med* 2010; 7(4).
4. Hayflick L, Moorhead PS (1961). The serial cultivation of human diploid cell strains. *Experimental Cell Research* 25:585-621.
5. Dr Gary Goldman Comparison of VAERS fetal-loss reports during three consecutive influenza seasons: Was there a synergistic fetal toxicity associated with the two-vaccine 2009/2010 season.
6. [American Journal of Clinical Nutrition May 2010;91\(5\):1255-60](#)

CHIROPRACTIC AND IMMUNITY

Our bodies are AMAZING and have been created with the innate ability to heal ourselves. Did you know that in every second of every day our immune systems are fighting off deadly viruses and bacteria; even cancer cells, very successfully. We're rarely even aware of them. The only time we express the symptoms of "sickness" is when our bodies are not able to perform naturally; when we do not listen to its cry for rest and care; when we become run down due to imbalances of many sorts.

Studies show that pathogen (virus, bacteria, etc...) numbers are at their highest when we are NOT expressing symptoms. In optimal conditions, our immune cells are effectively battling the unwanted intruders. The symptoms such as the runny nose and cough which we call "sickness" are actually our body's innate defenses kicking up a notch and doing a major "housecleaning"... a GOOD thing that will ultimately make us stronger; not to be suppressed. A fever, for example, is an effective response of the body to raise its temperature above the living and breeding conditions of the pathogen; thereby killing it quickly.

So now the question to ask is not "how do we suppress the symptoms?" but, "how do we support our immune system so it can continue working in perfection?" To answer that, let's look first at the basic anatomy of the immune system:

The bone marrow- where all the cells of the immune system are initially derived.

The thymus gland- where T cells are matured before being released into the blood stream.

The spleen- the immunologic filter of the blood which houses most all types of immune cells and also destroys old red blood cells.

The Lymph system and nodes- Filters bodily fluids containing immune waste products; also contains most types of immune cells.

Together, these organs produce immune cells which engulf and destroy potentially harmful invaders and then "cleans house" to remove these toxins from our bodies. What an amazing, incredibly intricate process! The brain and nervous system orchestrate the entire thing. The main portion of the brain which coordinates every single vital function of your body such as respiration, cardiac rhythm, muscular coordination and immunity is the brainstem. Misalignments of the upper cervical spine (neck) and lower cranium; as well as the sacrum (in the pelvis), cause pressure and tractioning of the spine and brain stem. This interferes with these vital life functions. Research on HIV positive individuals has shown that upper cervical adjustments have a profound effect on their physiology; increasing levels of CD4 cells (a crucial "helper" cell which coordinates immune function) by a dramatic 48% over a six month duration. (Selano, J.; Hightower, B.; Pfleger, B.; Collins, K.; Grostic, J.: Chiro Res J 1994; 3 (1): 32-39). Misalignments of the spine cause interruptions in this complex communication network.

Removing this interference, through gentle Chiropractic adjustments, also creates ease within the body and an optimal environment for healing. Addressing the root cause of our winter ailments by boosting the immune system rather than merely suppressing the symptoms is the common sense, holistic approach of Chiropractic.