

MARKLEY CHIROPRACTIC

Fall 2009

Newsletter

H1N1 (Swine Flu-misnamed as pork or hogs pose no threat to humans). Please read the article in our waiting room titled “**Shots in the Dark**”. The CDC (Centers for Disease Control and Prevention) recommend that 159 million adults and children to receive nasal vaccines or swine flu shots. The World Health Organization raises anxiety levels that a new influenza virus appears which the human population has no immunity and a world pandemic occurs like in 1918-1919 where 40 million people died. Fact: they suggested this would occur with the Asian Bird Flu, though it never occurred. Fact: as of late August, southern hemisphere statistics for Australia showed they would finish their winter with less than 1000 deaths. Fact: 36,000 people die yearly from seasonal flu in the United States though researchers find that less than half of these who believe they have flu actually do. The others have influenza-like illnesses. The Cochran Collaboration, a highly respected international network of researchers who appraise medical evidence and studies and Dr. Lisa Jackson, a senior investigator with the Group Health Research Center doubt that flu vaccinations really alter mortality statistics at all. They point to the fact that in 1968 and 1997 mismatches occurred on the vaccine and the actual flu viruses that occurred (they guessed wrong on what virus would occur that year) Thus there should have been no immunity from the vaccine but in both years mortality rates did not rise. In 2004 vaccine production fell tremendously behind with a 40% drop in immunization rates yet mortality did not rise. Because viruses constantly mutate and become resistant to both vaccinations and antivirals they question the governments policies based on the flimsiest of scientific evidence. Scientists at the 105th International Conference of American Thoracic Society reported on a study of 263 kids both with and without asthma over eight flu seasons. The children who received flu vaccines had three times the risk of hospitalization as those who were not vaccinated. For children with asthma there was even a higher risk of hospitalization for vaccinated verses non-vaccinated kids. All children were evaluated at Mayo Clinic in Rochester, MN. The vaccinations always have a risk of reaction even though those in charge will constantly trumpet how safe they are. 50% of health care workers say they do not intend to get vaccinated for swine flu and don't routinely get shots for seasonally flu. In 1976, Swine flu vaccines caused 500 cases of Guillian Barre permanent paralysis. This year cases of Dystonia and Lateral Myelitis have already been reported including my wife's sister, yet remember its safe, until you have a reaction.

The answer, in my opinion is to boost your own immune system. Excellent research suggests Vit D is extremely important in combating flu. Vit D levels should be 4000-5000 IU in the winter months. The Vit D emulsified and emulsified forte from Biotics are very absorbable. Fish oil/cod oil at 2000mg/day and probiotics (good bacteria) will effectively stop intestinal flu almost immediately if taken quickly. Probiotics like Lactobacillus Sporogenes will stop diarrhea, bloating, and cramping, all symptomology from viral/bacterial upset of the GI system.

Understand this-all vitamins are not vitamins!!!. True organic vitamins contain all the phytonutrients, enzymes, cofactors that allow the micronutrients in them to be utilized and are food-like not chemical-like and allow healing to occur. The definition of vitamin is “essential to life”. For example, if you don’t have enough Vit C you will get scurvy, lack of Vit D –rickets, lack of Vit K-hemophilia(inability to clot), lack of VitA-night blindness and infertility, etc.... All of the products utilized in our office are organic, food-like vitamins/supplements, not synthetic vitamins manufactured in a lab that don’t contain phytonutrients, enzymes, cofactors and micronutrients. They will not work the same in the body –not allowing healing to occur. If you are interested, we have a free seven minute DVD by one of our product suppliers, Standard Process(a high quality company started over 50 years ago by Dr. Royal Lee, a dentist/nutrition researcher). It gives a nice overview of their company’s organic farms and research/production labs and their philosophy.

Dr. Bruce Ames PhD, University of California at Berkeley and senior scientist at Children’s Hospital, Oakland Research Institute believes that deficiency of micronutrients could lead to obesity, allowing a “keep eating switch” or signal in the brain to resolve the deficiency. Many believe the theory to be true. Ames believes in effect that these people are starving for vitamins and minerals. He postulates that they suffer from hidden hunger because their calories come mostly from processed and junk foods ,resulting in micronutrient deficiency. Ames work in biochemistry/molecular biology leads him to believe that the micronutrient deficiency also play a role in the entire body and brain leading to degenerative diseases in older Americans (ie dementia, degenerative arthritis, diabetes, heart disease and cancer. Thus, remember true vitamins are organic plant based vitamins like *Oxygenics B*, *Greens First*, *Nanogreens*, *Greensfood*. Companies such as Standard Process, Biotics, Metagenics, Nutriwest, have products that literally contain raw food (with micronutrients naturally occurring) and not lab chemicals/synthetic vitamins (bad, bad, bad).

To conclude this news letter on the immune system, we suggested utilizing real vitamins, probiotics, Vit D, and fish oil to prevent colds, upper respiratory infections and flu. To treat colds and flu, first be adjusted to improve lymph drainage, decrease neck and back muscular stiffness and headaches associated with flu. Specific products for actively treating flu and upper respiratory infections are *Whole System Lymph*-for lymphatic drainage, *Immuplex*-antiviral, *Congaplex*-antibacterial, *Thymex*- thymus/staff infections,*Category III* and *CatagoryIV*-antiviral, *CatagoryI* and *Category II*-antibacterial staph and strep., *Triguard*-antiviral, antibacterial, antiparasitic. Be muscle tested to determine what you need to be taking and adjusted to boost your immune system.

Sincerely, Yours in Health
Dr. J.L. Markley

p.s. I am not getting a flu shot - I’m trusting my own immune system.