



IPSCA REJECTS STATEMENTS DENYING CONNECTION BETWEEN CHIROPRACTIC AND IMMUNITY

The Officers and Board of Directors of the Illinois Prairie State Chiropractic Association, on behalf of its membership, reject recent statements of several organizations including the World Federation of Chiropractic (WFC), American Chiropractic Association (ACA), and Parker University denying a connection between chiropractic and immunity.

On March 17, 2020 the WFC sent out an alert stating that, *"There is no credible scientific evidence that chiropractic spinal adjustment/manipulation confers or boosts immunity"*. Subsequently on Monday, March 30, Dr. Keith Overland, past president of the ACA, issued a statement intended to address "misinformation" about any link between spinal adjustments and the immune system. *"There is no quality research, data or evidence that suggests that a spinal manipulation itself will support the immune system,"* stated Overland. Parker University President, William Morgan, DC, conducted an interview with Katherine Pohlman, DC, Parker's Director of Research, in which Dr. Pohlman states *"There is no credible evidence,"* and Dr. Morgan warns those who suggest chiropractic boosts immunity would be *"under the hand of the law"* for *"making claims they can't back up"*.

At a time when chiropractors have been deemed essential critical infrastructure workers by the US Department of Homeland Security, the Illinois Prairie State Chiropractic Association (IPSCA) finds such statements to be spineless, misleading and potentially harmful for the profession and the patients we are here to serve. Chiropractic care is a necessary procedure for millions of patients who lose function and stability or suffer in pain. In particular, chiropractors care for patients with conditions the person would otherwise manage with dangerous, addictive, opioids; for those recovering from addiction, chiropractic has been shown to improve recovery outcomes.

It is a well known fact that the human body is a marvelous machine and that the nervous system controls and coordinates all organs and structures of the human body. According to the Foundation for Vertebral Subluxation, *"there is a growing body of clinical and basic science research demonstrating the relationship between the nervous system and the immune system and the beneficial role of chiropractic in that relationship."* There is also scientific evidence that the body is a self-healing, self-regulating organism and that vertebral subluxations can affect those processes.

The IPSCA feels strongly about the role of chiropractors in supporting the health and well-being of the public. The active nature of chiropractic care, like exercise, improves quality of life and optimizes physiology. This is never more important than when your immune system needs to be vigilant. In times of stress, the more we can do to take care of ourselves physically, emotionally, and spiritually the better off we will be no matter the health challenge.

Chiropractors have been a valuable resource in caring for a segment of the population who may otherwise revert to emergency rooms or “immediate care facilities” which would create an unnecessary extra burden on the health system.

A quick search of the literature revealed that spinal adjustments affect the nervous system. The sympathetic nervous system affects immunity. Numerous citations can be found discussing the neuro-immune system. Below are a few articles.

1. **Vertebral Subluxation Correlated with Somatic, Visceral & Immune Complaints: An Analysis of 650 Children Under Chiropractic Care** Annals of Vertebral Subluxation Research, Volume 2004 *Ogi Ressel BSc, DC, DACBR(C), FICPA and Robert Rudy BSc, DC, FICPA* Journal of Vertebral Subluxation Research ~ October 18, 2004 ~ Pages 1-23
2. **Long Term Assessment of Blood Indices and Immune Panel Profiling of Subjects Receiving Chiropractic Care: A Pilot Study** Annals of Vertebral Subluxation Research, Volume 2006 *WR Boone Ph.D., DC; Paul Oswald B.Sc.; Kelly Holt B.Sc.; Randy Beck Ph.D., DC.; Kanwal Singh MD; Andrew Ashton B.Sc.*
3. **Chiropractic and the Neuroimmune Connection** *Ari Cohn, DC* Journal of Vertebral Subluxation Research ~ September 30, 2008 ~ Pages 1-5
4. **Physical, physiological, and immune status changes, coupled with self-perceptions of health and quality of life, in subjects receiving chiropractic care: A pilot study** Annals of Vertebral Subluxation Research, Volume 2006 *WR Boone Ph.D., DC; Paul Oswald B.Sc.; Kelly Holt B.Sc.; Randy Beck, Ph.D., DC.; Kanwal Singh, MD; Andrew Ashton, B.Sc.* Journal of Vertebral Subluxation Research ~ July 5, 2006 ~ Pages 1-6
5. **Autonomic Innervation and Regulation of the Immune System** (1987-2007) Dwight M. Nance and Susan Samuelli Center for Integrative Medicine, University of California, Irvine, Orange, CA, USA Virginia M. Sanders Department of Molecular Virology, Immunology & Medical Genetics, The Ohio State University Medical Center, Columbus, OH, USA. *Brain Behav Immun.* 2007 August; 21 (6): 736–745.
6. **The vagal innervation of the gut and immune homeostasis** Gianluca Matteoli, 1 Guy E Boeckxstaens1, 2. Downloaded from gut.bmj.com on December 11, 2013 - Published by group.bmj.com
7. **Sympathetic and parasympathetic responses to specific diversified adjustments to chiropractic vertebral subluxations of the cervical and thoracic spine** Arlene Welch DCa,□ , Ralph Boone PhD, DC *Journal of Chiropractic Medicine* (2008) 7, 86–93
8. **The Sympathetic Nerve—An Integrative Interface between Two Supersystems: The Brain and the Immune System** ILIA J. ELENKOV, RONALD L. WILDER, GEORGE P. CHROUSOS, AND E. SYLVESTER VIZI1 *Pharmacol Rev* 52:595–638, 2000
9. **The Effects of Vagus Nerve Stimulation on Proand Anti-Inflammatory Cytokines in Humans: A Preliminary Report** Ciaran Corcorana Thomas J. Connorb Veronica O'Keanea Malcolm R. Garlanda *Neuroimmunomodulation* 2005; 12:307–309
10. **Neural regulation of innate immunity: a coordinated nonspecific host response to pathogens** *Nature Reviews Immunology* 6, April 2006, pp 318-328

The IPSCA also recognizes that while there is always need for more research, **there is very clearly research published in chiropractic and medical journals that supports the connection between chiropractic care, nervous and immune system function.**