

# **Family** Chiropractic

*Courtesy of Harbourfront Family Chiropractic  
by Dr. Warren Gage*



## **A new take on germs**

How come some people always get the bugs going around and others don't? We get this question in the practice all the time. In fact, it was this very question that motivated D. D. Palmer in the 1800's to pursue what became known as chiropractic.

We meet a lot of people who are fearful of germs. Since the invention of the microscope there has been an undue focus on germs. What has been overlooked in our culture's mad dash to make germs the sole cause of disease is something mentioned by Louis Pasteur, the father of today's modern germ theory. On his deathbed he observed, "It's the soil, not the seed." In other words, the threat isn't from the seed (the germ) it's only when the host (you and me) provide a suitable environment so the seed can take root and manifest in a disease.

Like all tissues, organs and systems of your body, your nervous system affects the function of your immune system. That's why it's thought that spinal subluxations can dampen your immune system response. Weakened by a compromised nervous system, your stomach, lungs, nose, ears and throat (the soil) become a hospitable environment for viruses, microbes and other germs.

Restoring the integrity of the nervous system, and the workings of every cell and tissue, is what chiropractic care is all about. It's a simple idea that helps our patients enjoy better health all year long.