

# Do germs cause disease?

**Family** Chiropractic

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



How do you “catch” a cold? How do you get “the bug” that’s going around?

Our culture has a backwards way of looking at disease. In the same way the ancients looked skyward and ascertained the sun revolves around the earth, many people today see their periodic head cold or flu as an “attack” by some unseen microbe.

Many have been led to believe that germs cause disease. But germs only manifest in disease when the circumstances are just right. That usually means our immune system is compromised.

Our immune system, working hand in hand with our nervous system, successfully fends off germs and other pathogens. We are constantly surrounded by bacteria and viruses. It’s only when our immune system is unsuccessful at holding these microbes in check that we give it much thought.

So, consider the circumstances when our immune system is inadequate and symptoms appear. What are we doing (or thinking) that compromises our immune system? Yes, our emotional health is a common culprit!

If you want to remain disease-free, focus on ways to boost the effectiveness of your immune system. One great way to do this is through periodic chiropractic spinal adjustments. If you haven’t been in awhile, make an appointment today! (250) 803-0224.