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The next time you sneeze, call LifeForce Family Chiropractic

The next time you sneeze, instead of reaching for your medicine cabinet or a box of tissues to calm your allergies, it's a good time to visit a neurological based chiropractor.

Most people never think about it, but Neurological Based Chiropractic care can help provide allergy, asthma and common cold relief.

In fact, LifeForce Family Chiropractic in Savage has had a 100 percent success rate in the past and currently has a 90 plus percent success rate in getting people off allergy medications, said Dr. Wade A. Lofton. "If you strengthen your immune system, the less susceptible you are for allergies and sickness," he said.

In a testimonial to the treatment Steve O. of Prior Lake received at LifeForce Family Chiropractic he said: *I had suffered from allergies for several years especially in the spring. Also, asthma had put me in the ER three times in ten years. Since I started chiropractic care, I have been full of energy and have NOT taken any allergy meds. The most amazing thing is that I have not touched my inhaler for over 3 1/2 years - Praise God.*

T.S. of Savage also said of his treatment: *I was diagnosed with asthma at age two. I was on two asthma medications and seeing a chiropractor. In October 2005 we found LifeForce Family Chiropractic. I was off medication after one month of treatment and I am medication free! Thanks LFFC. I feel better.*

Chiropractic care is often thought of as a treatment only necessary for back and neck problems, but it helps keep the body operating at peak performance, according to research. The body's immune system helps prevent disease and infection, deal with stress and highly contributes to overall well-being. The immune system also tackles the invasion of foreign substances in the body such as pollution, dust, dead cells, etc.

Current research shows there is a direct link between the nervous system and the immune system.

That's where Neurological Based Chiropractors come in.

Chiropractors remove nerve interference or layers of abnormal neurological patterns in the brain & spinal cord of the spine through specific scientific neurological based adjustments, which allows the immune system to work optimally. Bottom line is the immune system is affected by nerves and hormones.

When an immune system is not operating effectively, it can fail to recognize and remove abnormal cells, including those that are cancerous. A weak immune system may not be able to fight infections; it may overreact to things such as bee stings, penicillin, certain foods and pollen; and become depressed making you more vulnerable to disease, research shows.

Allergic reactions are the most frequent immune disorders. Allergic reactions occur when the body's immune system overreacts to al-

lergens and in turn responds by overproducing neutralizing chemicals such as histamines in the body to correct the problem.

So, what causes allergies?
No group of scientist agrees.

Some theories say it's our ever-increasing sterile environment. Others suspect the overuse of antibiotics vaccinations. But there is no question that our immune system is at its best when fighting off disease, parasites, and bacteria all by itself. The more we try and help it with artificial and toxic chemicals, the weaker it becomes.

Research shows, that children who live on farms and are exposed to different animals and the outdoors have fewer allergies than those who are not exposed.

According to a study done and published in the New England Journal of Medicine and the Journal of the American Medical Association: In Europe children's immune systems work better when they are exposed to germs, dust and dirt at an early age.

Both articles state that it is a needed part of development for children to be exposed to certain amounts of germs and other irritants in order for their immune systems to develop properly and give adequate protection later in life.

These findings are completely opposite of what most doctors were telling their patients over the past several decades.

The results of the study showed that just 3 percent of farm children had the common type of asthma known as atopic and 4 percent had hay fever. In nonfarming households, 6 percent had atopic asthma and almost 11 percent hay fever.

This showed that exposure to farming in the first year of life was especially protective. In the U.S., the asthma rate rose about 74 percent between 1980 and 1996 but decreased slightly by 1999, the most recent year available, according to the Centers for Disease Control and Prevention. About 10.5 million Americans have asthma, and 24.8 million have hay fever.

Traditional allergy treatments only deal with the symptom without addressing the cause. This is because western medicine has no cure for allergies. Worse yet, antihistamines used over time or combined with other medication can be deadly.

Studies show no need for allergy meds

A new study finds that almost two-thirds of those who take allergy drugs don't need them.

Dr. Sheryl Szeinbach, of Ohio State University, studied 265 patients taking allergy medications. The study found that 65 percent did not actually suffer from allergies. The consequences are that people who are misdiagnosed can waste as much as \$80 a month for the prescription drugs taking medicines they don't need.

Additionally, side effects from these medica-

tions can also be a factor while the medications these people are taking fail to relieve the real symptoms.

Dr. Beth Corn, an allergist at Mount Sinai Medical Center in New York says: "It's very obvious to anyone who practices in the field of allergy that there are many patients who walk around who are misdiagnosed. There's also an incredible influence for marketing where patients will watch television and they'll see commercials or they'll be on a bus and they'll see ads for medications and they want these medications."

So how do chiropractors help?

The answer is simple, Neurological Based Chiropractic care releases stress on a patient's nervous system. This allows the immune system to operate more effectively, which is beneficial to anyone and especially those suffering from allergies.

The chiropractic approach is to remove subluxations in the Neurological System and Spine, which interfere with the Central Nervous System (Brain & Spinal Cord) activity. Free from nervous system stress and your body will work more effectively to neutralize the allergy-causing chemicals in your environment.

No matter what disease or condition you have, you can benefit from a healthy spine and nervous system. Spinal health can be as important for your overall healing as proper nutrition, rest, and exercise. Are you and your family carrying the vertebral subluxation complex in your spines?

Only a chiropractic spinal checkup will tell. A healthy spine can improve your life - Call today to schedule your spinal checkup.

Dr. Wade Lofton witnesses first-hand every day the healing power of two of the world's best kept secrets: Christianity and Neurological Based Chiropractic Care.

Testimonial

Thank you to the LifeForce Family Chiropractic family and God Bless you. Five years ago I woke up with tremendous pain. I could not tell if the pain was in my joints or muscles. I was also extremely cold and tired. My only relief was to stay in bed and sleep. I was diagnosed by other doctors with Polymyalgia rheumatica and having Prednisone prescribed I was still not getting relief of my symptoms. I was very concerned about the side effects from Prednisone, which depletes your bones and is toxic to the body. After a few adjustments the pain went away and my body started to heal itself. I'm now taking no medications and no pain killers. I have been healed of a disease that Medicine states is incurable and has no known cause, praise the Lord! The good effects I have noticed since having Torque Release Technique at LifeForce Family Chiropractic are the following: sleep well through the night; no shortness of breath; no more pain and depression; no chills; better body functions and elimination; wake up alert; have energy throughout the day; better concentration; more aware of what I eat and drink; and more consumption of water. My body continues to heal itself with prayer, treatments from the LifeForce Family Chiropractic team, and putting good nutrition and water into my body. Now I can carry out my goals I had five years ago even at 64.

-Diane F., Elko, MN

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