

## **Managing Your Autoimmune Syndrome**

### **Autoimmune Syndrome Symptoms**

Are you experiencing any of the symptoms of autoimmune syndromes? Symptoms begin very similarly to the common cold or flu, which is why these syndromes are hard to diagnose. Over time, the symptoms worsen and may include extreme fatigue, joint pain, and swelling, skin problems, abdominal pain or digestive issues, recurring fever, and swollen glands.

If left undiagnosed, the immune system dysfunctions can wreak havoc on your body. Severe cases may even lead to kidney failure and decreased lung function. When left untreated or unmanaged, an autoimmune syndrome can even turn life-threatening.

### **Chiropractic Care Can Help Manage Your Autoimmune Syndrome.**

Chiropractic care focuses on your body's amazing ability to heal itself. Tapping into these innate abilities is possible when the body and the nervous system, are well-balanced. Homeostasis (being in balance) is important for your immunity, general health and even boosting your mood, another important part of wellbeing. Since the nervous system helps keep our immunity in check, it makes sense that nerve dysfunction can initiate or aggravate issues related to autoimmune system. Chiropractic care helps the nervous system to maintain balance.

### **What is Autoimmune Syndrome?**

The immune system is designed to attack any foreign invaders, such as bacteria, cancer cells, or viruses to prevent illness and disease. Unfortunately, this system can become overactive and starts attacking its own cells and organs...becoming known as an autoimmune syndrome. The most common autoimmune syndromes include rheumatoid arthritis, fibromyalgia, lupus, multiple sclerosis, irritable bowel syndrome, and psoriasis.

### **How the Nervous System Affects Immunity**

The nervous system plays an important role in the body's immunity. It helps signal to the body when to fight illness and what to heal. If this pathway is compromised, it can interfere with the brain's ability to properly control immunity, leading to either an underactive or overactive immune system (aka an auto-immune syndrome).

Good spine alignment is crucial for keeping the nervous system working optimally. When the spine is misaligned, it affects the health and response of neural tissue communication with these systems. Restoring spinal alignment with chiropractic treatment is how to boost the healing and balance in the body. When nerve flow is optimized, your body can properly communicate what your body needs.

### **The Whole Body Approach**

Chiropractic care uses an all-natural and holistic approach to fighting autoimmune conditions. While traditional medicine focuses on minimizing and treating symptoms, chiropractic focuses on the person. Chiropractors work on improving your innate ability to heal yourself, and to improve your physiological functions. Chiropractors are specially

trained doctors who are trained to make specific and precise adjustments to restore your vertebral alignment, freeing your nervous system from interference and allowing your musculoskeletal system to move better. This treatment improves your range of motion and brain-body communication which improves the function of every single system in your body.

Chiropractic care has been shown to help patients regain strength and normalcy with autoimmune syndromes and, in many cases, bring relief when drug therapies did nothing. Chiropractic treatment does not rely on drugs or surgery. Many people who have undergone chiropractic care, report excellent benefits from the treatment.

Your Chiropractic Team will design a personalized treatment program, that combines spinal care so that the nervous system can work properly. In our Clinic we focus on a comprehensive approach which can include Chiropractic, Acupuncture, Massage therapy, Nutrition, and Exercise Therapy.

### **Getting the Help, You Need**

If you think your immune system is not working properly, don't ignore the warning signs something is wrong. Your health choices are in your hands, so consider booking an appointment and get your health back on track. Please call our office and schedule a consultation, 305-666-1402.

We look forward to being of service to you and your family.