

Conjoined Twins Help Explain the Influence of Chiropractic on Immunity

Doctor,

This white paper discusses the significance of the 2011 study published in the **Journal of the American Osteopathic Association** called *“Impact of Osteopathic Manipulation on Secretory IgA in Stressed Populations.”*

Conjoined twins named Masha and Dasha each had one arm and shared one pair of legs. Many of their internal organs were the same. Interestingly, they each had a separate heart and circulatory system. This meant the blood which circulated throughout Masha’s blood vessels was the same blood which circulated through Dasha’s vessels. Though they had the same blood circulating through their body, they each had a separate and different spine, brain, and spinal cord. The separate nervous systems created fascinating instances where one twin would become ill while the other did not. While one would experience symptoms from the flu or measles virus, the other twin would be symptom free. This real-life example helps to reveal the importance of the spine and nervous system on immunity. Chiropractic adjustments have been linked to improved central nervous system function leading to stronger immunity. The research described in this white paper evaluated the effects of spinal adjustive care on immune function. This study looked at the amount of IgA produced amongst a young stressed population. One group received spinal adjustive care and the other did not.

The findings were as follows:

- Twenty-five post-graduate students were randomly assigned to an experimental group or a control group.
- All participants were scheduled to take a significant exam within two to three weeks after the experiment.
- After each subject submitted a saliva sample for a baseline IgA level, the experimental group received a spinal adjustment and rested for one hour while the control group sat quietly and relaxed in a separate area for 20 minutes.
- Participants in both groups rested quietly for one hour after the adjustment or rest session and then submitted a second saliva test.
- Conclusions of the research indicated the experimental group displayed a 139% greater increase in post-intervention IgA levels than the control group.
- This research clearly demonstrates the positive effect of spinal adjustive care on salivary IgA levels in subjects experiencing significant stress.

Chiropractic adjustments help boost immunity by improving the health and function of the spine. High levels of human secretory immunoglobulin A(IgA) have been shown to decrease the incidence of infections. According to a textbook in 2013 (*Autonomic Failure*), a large portion of the immune system is directed by the nervous system. Due to the spine’s intimate relationship with the autonomic nervous system, the health and condition of one’s spine will directly influence immunity. And research like this continues to show that it occurs and provides reason for more of the public to understand and embrace a significant way to improve immunity without drugs or surgery.

