

A pair of black-rimmed glasses with tortoiseshell temples lies on a light-colored, textured placemat. In the background, a white ceramic mug is partially visible, along with several crumpled white tissues. The scene is set against a dark background, creating a focused and intimate atmosphere.

Immunity and Chiropractic care

What does the research say?

Research suggests:

- Chiropractic care may affect biochemical markers of immune function.
- Resistance to coughs, colds, and flu may be enhanced with chiropractic care.
- General immune function may be strengthened in response to chiropractic care.
- Chiropractic care may support appropriate immune function in cases of autoimmunity.

Further reading in this area:

1. Foote P, Emmanuel L, Postlethwaite R, McIvor C. Chiropractic Care and Immune Function: What you really need to know from the literature. *Asia-Pac Chiropr J.* 2022;2,5
2. Leahy A, Postlethwaite R, McIvor C. Improvement in posture, sleep and energy in a 25 year old female under chiropractic care: A case report. *Asia-Pac Chiropr J.* 2022;2,5.
3. Pilsner R, Richardson M. Improvements in Hearing, Speech, Development, and Behavior Following Chiropractic in a 4 Year Old Male. *J Pediatr Matern & Fam Health – Chiropr.* 2014
4. Basso E, Potrzebowski S. Resolution of juvenile idiopathic arthritis and improved immune function in a 16 year old undergoing chiropractic care: A case study. *J Pediatr Matern & Fam Health – Chiropr.* 2014