

Chirothots™

By Kevin Donka, D.C.

Should *You* Get A Flu Shot? (Take This Quiz And Find Out)

Please answer each of the following questions, then check your answers on the answer sheet.

1. What is the desired effect of a Flu shot?
2. *How* does a Flu shot supposedly work?
3. What system does your Life Energy use to control your immune and all other systems?
4. If your immune system is functioning properly, should your body be able to resist a Flu virus?
5. Knowing that your nerve system is your master control system, what could make your immune system weak?
6. What causes the subluxation process (i.e., decreased expression of Life Energy in your body)?
7. What are the 3 categories of stress?
8. Are there chemicals in a Flu shot other than a Flu virus?
9. Are some or all of these “extra” chemicals harmful to your body if injected into your blood stream?
10. Might the chemical stress from a Flu shot be difficult for your body to adapt to?
11. Might it cause you to subluxate (i.e., might it initiate the subluxation process)?
12. What would the effect be on your immune response?
13. What helps restore the normal flow of Life Energy in your body?
14. Knowing that a chiropractic adjustment will help allow the free flow of Life Energy through your nerve system and your body, how does an adjustment affect your immune response?
15. Do flies cause garbage?
16. What can you do you keep your immune response high?
17. Should *you* get a Flu shot?

Please check your answers on the answer sheet.

ANSWERS:

1. **Q:** What is the desired effect of a Flu shot?
A: **Prevent the Flu.**
2. **Q:** *How* does a Flu shot supposedly work?
A: **By “boosting” your immune system.**
3. **Q:** What system does your Life Energy use to control your immune and all other systems?
A: **Your *Nerve System*.**
4. **Q:** If your immune system is functioning properly, should your body be able to resist a Flu virus?
A: **YES!**
5. **Q:** Knowing that your nerve system is your master control system, what could make your immune system weak?
A: **The subluxation process.**
6. **Q:** What causes the subluxation process (decreased expression of Life Energy in your body)?
A: **Stress beyond your body’s internal resistance (i.e., beyond your ability to *adapt*).**
7. **Q:** What are the 3 categories of stress?
A: **Physical stress, chemical stress and mental stress.**
8. **Q:** Are there chemicals in a Flu shot other than a Flu virus?
A: **YES.**
9. **Q:** Are some or all of these “extra” chemicals harmful to your body if injected into your blood stream?
A: **YES.**
10. **Q:** Might the chemical stress from a Flu shot be difficult for your body to adapt to?
A: **YES.**
11. **Q:** Might it cause you to subluxate (i.e., might it initiate the subluxation process)?
A: **YES.**
12. **Q:** What would the effect of subluxation be on your immune response?
A: **Your immune response would be decreased.**
13. **Q:** What helps restore the normal flow of Life Energy in your body?
A: **A Chiropractic Adjustment.**
14. **Q:** Knowing that a chiropractic adjustment will help allow the free flow of Life Energy through your nerve system and your body, how does an adjustment affect your immune response?
A: **An adjustment helps normalize (strengthen) your immune response. ***A study published in 1994 showed that specific upper cervical adjustments increased the CD4 (white blood cell) counts in HIV positive patients by 48% over the six-month duration of the study.***

15.Q: Do flies cause garbage?

A: NO! Flies are attracted to and can only live where the environment is favorable for them to do so as scavengers. Similarly, if you have an infection, a process has occurred over time that has allowed your body to break from its normally healthy and resistant condition into a state that allows bacteria and viruses to live and grow.

16.Q: What can you do you keep your immune response high?

A: Keep your Life Energy flowing by keeping a positive focus and attitude, by living a healthy lifestyle and by making regular visits to your Chiropractor!

17.Q: should *you* get a Flu shot?

A: I will not answer this last question for you, only you can do that. Instead, I will give you a quote from Dr. B. J. Palmer, the developer of chiropractic.

The Truth

We chiropractors work with the subtle substance of the soul. We release the prisoned impulse, the tiny rivulet of force, that emanates from the mind and flows over the nerves to the cells, and stirs them into life. We deal with the magic power that transforms common food into living, loving, thinking clay; that robes the Earth with beauty, and hues the scents of the flowers with the glory of the air.

In the dim, distant long ago, when the sun first bowed to the morning star, this power spoke and there was life; it quickened the slime of the seas and the dust of the Earth and drove the cell into union with its fellows in countless living forms.

Through eons of time it finned the fish and winged the bird and fanged the beast. Endlessly it worked, evolving its form until it produced the crowning glory of them all. With tireless energy it blows the bubble of each individual life and then silently, relentlessly it dissolves the form, and absorbs the spirit back into itself again.

And yet you ask, "Can chiropractic cure appendicitis or the flu?" Have you more faith in a knife or spoonful of medicine than the power that animates the living world?

B. J. Palmer, D.C., Ph.C.