

# Chirothots™

## What about SWINE FLU?

Over the past few days, I have been asked one question more than any other. The question is, “**Hey Doc, what do you think about this Swine Flu scare?**” My response has been the same to everyone who has asked me. “**I think flies don’t cause garbage!**” Upon first hearing this response, some of people are sure I’ve been eating some funky mushrooms or something. But think about it! You don’t ever look at a pile of garbage with a bunch of flies buzzing around it and think, “Look at all the garbage these flies brought with them!” do you?

Flies only stay in an environment that is suitable for them to live, grow and multiply. You never see them setting up house on a nice clean countertop or a stainless steel sink. Bacteria and viruses are the same way. That is, they only “put down roots” in an environment that is suitable for them to live, grow and multiply. Regardless of what you may have been taught, the truth is that your body is naturally a very clean place. As such, it is not normally a good place for germs to settle into. How does it stay clean? Well, you have several systems that make sure that all the fluids, cells and tissues are repaired and/or replaced on a continual basis so that nothing is “decaying.” This is important since *all germs are scavengers and parasites*. Plus, you have an amazing immune system that is constantly working to detect and destroy any foreign invaders the moment they enter your body.

All of this is true, and yet some people get sick. Why is that? Why is it that some people seem to “catch everything under the sun,” some people never seem to be sick and most of the rest are somewhere in between? The answer is easy - ***Flies don’t cause garbage!*** It’s not the germs that decide who gets sick, it’s the strength of your internal resistance to the germs that determines if you get sick or not!

OK, so how do you increase your internal resistance to outside invaders like the Swine Flu virus? There are several things you can do. In our office, we refer to them as our “*Keys to Healing and Growth.*” These are things that when done consistently, will steadily increase your resistance to germs. These things include laughing, serving others by using your own unique and specific gifts and talents and having a vision greater than self, staying positive, deep breathing, getting plenty of life-giving water both from your foods and by directly drinking it, eating high-energy foods that cleanse you rather than clog you, getting lots of movement and exercising as well as plenty of rest and rejuvenating deep sleep every day, an abundance of fresh air and sunshine and connecting with nature, keeping your body clean inside and out, taking time for yourself to plan and reflect upon your life choices and for connecting to the highest part of yourself and with All That Is, and maintaining a relative balance within and between each of the major areas of your life (spirituality, personal growth, health, relationships, career/service, wealth and fun/leisure).

Last, there are three things you need to know about how your body works to understand why and how chiropractic care can be one of the best strategies of all in continually raising your resistance. These are;

- 1) Every day, your body either gets a little *stronger* or a little *weaker*.
- 2) In order to get stronger instead of weaker each day, you must have a *clear neurological CONNECTION* between your brain and your body.
- 3) In order to have a clear connection between your brain and your body and keep growing stronger every day, *your spine must be properly aligned and functioning normally* (because of the intimate connections between your spine and nerve system).

The key is in understanding that without a properly functioning spine and a clear neurological connection between your brain and your body, your Life Energy does not flow normally and you will get progressively weaker each day instead of stronger. So, what can you do? First, use the Keys written above. Then, make sure you and your family get checked every week or two to keep your Life Energy flowing normally. This will keep your “house” clean and free of the nasty little bugs everyone else worries about. Then, when your friends ask you what you think about Swine Flu or any other contagious illness, you can tell them, “**I think flies don’t cause garbage!**”

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Living is all about you being connected!

God's Blessings,  
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