

Sharing Truth

Linn Erickson, DC and Leonard Siskin, DC

Resources page:

Call to Action Donate to research organizations. Subscribe to an information service. Do research... Write a case study... Financially support research that you believe in (donate: one adjustment per month, have people donate for your PAD's, have a change box, donate your missed appointment fees, etc.) Your alma mater... Your technique...

Health and Wellness Score - <https://www.healthandwellnessscore.com/> (For \$40/month get unlimited use of functional outcome assessment tools for clinical evaluations and help the chiropractic profession track and document patient life improvement)

International Chiropractors Association - <https://www.chiropractic.org/> Mission: To protect and promote chiropractic throughout the world as a distinct health care profession predicated upon its unique philosophy, science, and art of subluxation detection and correction.

Chiropractic Biophysics Nonprofit - <https://cbpnonprofit.com/> "By joining together, we can participate in the redefinition and updating of the chiropractic profession through state of the art spine research efforts. This journey, all of us must take as a Chiropractic health care profession to become the best we can be for the sake of the betterment of patient care...CBP Non-Profit's efforts focus on corrective Chiropractic care through structural rehabilitation of the spine and posture. Further, CBP Non-Profit, Inc. has in its purpose to fund Chiropractic student scholarships where appropriate as well as donate needed chiropractic equipment to chiropractic colleges; always trying to support chiropractic advancement and education."

International Chiropractic Pediatric Association (ICPA) - <https://icpa4kids.com/>

Dan Murphy, DC - <https://danmurphydc.com/> "Dr. Murphy is constantly reviewing the scientific literature on chiropractic, nutrition, and injury. Each week, he reviews the most interesting of these articles in his Article Review... Now you can subscribe online for an entire year — 52 issues — for just \$120... Also available for an additional \$200, the archived articles, which includes years 2000 – 2019."

Heidi Haavik, DC - <https://www.heidihaavik.com/> "The Reality Check is an online resource library created by a team of chiropractors, scientists and digital media specialists. We are passionate about what we do and have created this platform to help chiropractors educate their patients about the science of chiropractic... Head over to therealitycheck.com for more information."

James Chestnut, DC - <https://www.thewellnesspractice.com/drchestnut.cfm> "We have spent over 25 years researching, documenting, and teaching evidence-based chiropractic and lifestyle protocols. We have spent a decade researching and developing valid ways to assess, document, and report the spinal and overall health, wellness, prevention, and performance outcomes that evidence-based chiropractic and lifestyle interventions elicit. We have spent the last five years developing the most evidence-based protocols to achieve ethical practice success..."

Search the Indexed Biomedical Literature Yourself!

www.PubMed.gov (It's Free!) Maintained by the National library of Medicine of the USA Through the National Institutes of Health (NIH) through the National Center for Biotechnology Information. "PubMed® comprises more than 30 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher web sites."

Science Discussed:

1. The Parasite That Makes a Rat Love a Cat: *Toxoplasma gondii* alters activity in a rat's brain (<https://www.smithsonianmag.com/science-nature/the-parasite-that-makes-a-rat-love-a-cat-86515093/#:~:text=Researchers%20have%20known%20for%20a,that%20processes%20fear%20and%20emotions.>)
2. Nikolai Bogduk, PhD, DS, DM, Emeritus Professor (<https://www.newcastle.edu.au/profile/nik-bogduk>)
3. Parachute use to prevent death and major trauma related to gravitational challenge: systematic review of randomized controlled trials (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC300808/pdf/32701459.pdf>)
4. Researchers Show Parachutes Don't Work, But There's A Catch (<https://www.npr.org/sections/health-shots/2018/12/22/679083038/researchers-show-parachutes-dont-work-but-there-s-a-catch>)
5. Structural and molecular modelling studies reveal a new mechanism of action of chloroquine and hydroxychloroquine against SARS-CoV-2 infection (<https://pubmed.ncbi.nlm.nih.gov/32251731/>)
6. Micronutrient combination inhibits two key steps of coronavirus (SARS-CoV-2) infection: viral binding to ACE2 receptor and its cellular expression – 8/14/2020 Journal of Cellular Medicine and Natural Health (<https://www.jcmnh.org/micronutrient-combination-inhibits-two-key-steps-of-coronavirus-sars-cov-2-infection-viral-binding-to-ace2-receptor-and-its-cellular-expression/>)
7. Role of sugars in human neutrophilic phagocytosis – Sugar lowers immune function (<https://pubmed.ncbi.nlm.nih.gov/4748178/>)
8. Exercise and the Regulation of Immune Functions (<https://pubmed.ncbi.nlm.nih.gov/26477922/>)
9. Sleep – Matthew Walker Ph.D. (<https://www.sleepdiplomat.com/>)
10. PsychoNeuroImmunology Research Society (<https://www.pnirs.org/>)
11. Mental Health – Social Isolation [and Immunity] (<https://www.apa.org/monitor/2019/05/ce-corner-isolation>)
12. Milton J. Rosenau, MD, "Experiments to Determine Mode of Spread of Influenza," was published in the Journal of the American Medical Association in 1919. (<https://dacemirror.sci-hub.tw/journal-article/da48b390a33f0ef54f59d6974a4104f6/rosenau1919.pdf>)
13. Can Stress Cause the Common Cold? (<https://www.nejm.org/doi/full/10.1056/NEJM199108293250903>) (<https://pubmed.ncbi.nlm.nih.gov/1713648/>)
14. Trust Rankings for Chiropractors (<https://news.gallup.com/poll/274673/nurses-continue-rate-highest-honesty-ethics.aspx>)
15. Enhanced phagocytic cell respiratory burst induced by spinal manipulation: potential role of substance P (<https://pubmed.ncbi.nlm.nih.gov/1719112/>)
16. Psychology Today: April 2020 on Psychoneuroimmunology and COVID (<https://www.psychologytoday.com/us/blog/the-new-normal/202004/pandemics-and-psychoneuroimmunology>)
17. How Do Vaccines Work? (http://pathwaystofamilywellness.org/Informed-Choice/how-do-vaccines-work-immune-mechanisms-and-consequences.html?fbclid=IwAR1yITAn5-nkGBrnwvTb2orClzQHk7rmbeOzb1S4j_Pb5a6rCdlDyJXi1Z8)