

**10 Secrets to a Healthy Immune System for Your Child  
(and you!)  
and  
How to Reduce Your Risk of Infectious Disease Without a  
Vaccine ...**

By

Dr. Heather Rice



# Dr. Heather Rice

My name is Dr. Heather Rice. I am many things to many people; however, the most meaningful titles I hold are that of mom and Chiropractor.

## Being a Doctor of Chiropractic is my passion.

My practice members are not “patients” to me they are friends, neighbors, and family. I took over Network Chiropractic of Vermont in 1997 but I have over 25+ years of experience in the Chiropractic profession.



## I wanted to Help people Feel Better

My connection with Chiropractic started at a young age as both of my parents are Chiropractors. I have a memory of my father adjusting me when I was 13 years old. I remember because I had strep throat and each adjustment made me feel better. That is when the seed was planted - I too wanted to help people feel better.



## Chiropractic Education & Training

Two of my brothers and I went to school to be Chiropractors. I graduated 4th in my class from [Palmer College of Chiropractic](#) in 1983 and since then I have become one of the few doctors in Vermont to achieve the highest level of certification in Network Spinal Analysis (NSA). NSA is known for its gentle adjustments and profound changes in the quality of life. I also am certified as a FLOWTRITION practitioner and can also teach this approach.

## At Network Chiropractic of Vermont

I have traveled the world (especially China & South Korea) practicing Chiropractic but Vermont is my home. My practice focuses on family wellness care for infants, children, and adults and I am devoted to improving our community. I do this by educating the public in healthier ways to live. We often pack up and travel to offices and schools within the Burlington area to give free lectures or seminars.

## Additional Training

In addition to being a Chiropractor, I am also trained in Somato Respiratory Integration (SRI) from the Twelve Stages of Healing work, and I have been a staff trainer for the Firewalking Institute of Research and Education. I am proficient in French & Chinese and love playing the violin with my daughter, Alya.

## Welcome to our Wellness Community

To those of you who are already a part of our wellness community, this website is dedicated to you as a place to delve deeper and learn more. To those who haven't met us yet, I invite you to visit our [Shelburne office](#) and get to know me and my wonderful staff. Please allow me the opportunity to improve your quality of life.

Yours in health,  
Dr. Heather, D.C.



The best defense against any disease is a robust immune system which is what our natural state was meant to be. So, supporting the immune system should be a part of all your healthy lifestyle choices. Rather than thinking of ways to deal with exposure to a disease and suddenly needing to ramp up your immune system short term (I have ideas for that, too), the best approach is creating healthy lifestyle habits. *Artificially manipulating* your immune system with a vaccine to try to stay healthy is *not* the same thing, nor does it produce the same kind of immunity and sought after disease-fighting result. It may actually make you *less healthy* in the long run.

<http://articles.mercola.com/sites/articles/archive/2011/11/04/are-unvaccinated-children-healthier.aspx>

**1. Eat whole, natural foods.** Eat only foods that will spoil, but eat them before they do so. Eat fresh fruits and vegetables, preferably organic, in salads, soups, or lightly steamed. Use natural sweeteners in moderation, such as raw honey, maple syrup, dehydrated cane juice, and stevia powder. One teaspoon of white sugar depresses the immune system for half an hour.



Include enzyme-enhanced lacto-fermented vegetables, fruits, beverages, and condiments like sauerkraut, kimchi, and kombucha in your diet on a regular basis. If you eat dairy, make sure it is whole, naturally-produced milk products from pasture-fed animals, preferably raw and/or fermented, such as whole yogurt, cultured butter, whole cheeses, and fresh or sour cream. These foods produce beneficial bacteria for your gut. About 80 percent of the cells of your immune system are located in your digestive tract. Beneficial bacteria have a lifelong, powerful affect on your gut's immune system and your systemic immune system as well. The bacteria play a crucial role the development and operation of the immune system in your digestive tract. They also aid in the production of antibodies to pathogens. With that in mind, it's easy to see why the health of your colon has a big impact on your overall health. If you aren't eating these foods regularly, it is important to supplement with a good probiotic. Use only natural, whole food supplements. [RealMilk.com](http://RealMilk.com).

<http://articles.mercola.com/sites/articles/archive/2009/04/18/probiotics-the-case-for-healthy-bowels.aspx>

**2. Move your body.** Every single day. Even if it is for 10 minutes at a time, the human body was designed to move, and too many Americans do not do this. Moving the body supports all the organs of detoxification, especially when you break a sweat.

**3. Breathe fresh air every day.** Get your bare feet on the earth as much as possible. Contact with the earth provides antioxidants to your body.

**4. Get plenty of rest. 6-9 hours/ night for adults. More for children.** The hours before midnight are the most valuable.

**5. Wash your hands, but stay away from the antibacterial soaps and conventional hand sanitizers.** The active ingredient in most antibacterial products is triclosan, an antibacterial agent that kills bacteria and inhibits bacterial growth. But not only does triclosan kill bacteria, it also has been shown to [kill human cells](#). Triclosan has been found to have both estrogenic and androgenic activity and has been [linked to hormone disruption in animals](#).

Many scientists fear that the widespread use could lead to a strain of resistant bacteria, or "superbugs," and cause the ingredients to lose effectiveness for the times when they really are needed.

In a study, published in the [March 2, 2004 journal Annals of Internal Medicine](#), the first major test in people's homes has found that using antibacterial products apparently offers little protection against the most common germs. People who used antibacterial soaps and cleansers developed cough, runny nose, sore throat, fever, vomiting, diarrhea and other symptoms just as often as people who used products that did not contain antibacterial ingredients.

The researchers pointed out that most of the symptoms experienced by the study participants are typically caused by viruses, which the antibacterial soaps don't protect against. And for the symptoms like vomiting and diarrhea, which may be caused by bacteria, the people who used regular soaps had no greater risk than those who used antibacterial products.

Further, many traditional medical circles now accept [the hygiene hypothesis](#), which centers on the idea that children need to be exposed to some bacteria in early childhood in order to strengthen their immune systems. Children who are not exposed to common bacteria, which are wiped out by antibacterial soap, may be [more prone to allergies and asthma](#).

Even the [American Medical Association \(AMA\) does not recommend these products](#). All you need to use is a plain, chemical-free soap that you can pick up in your local health food store, as washing with plain soap and water will get rid of most all bacteria.

The [Environmental Working Group's Skin Deep Cosmetic Safety Database](#) rates Purell hand sanitizer a "hazard," with a score of five out of 10 (with 10 being the most toxic). They point out that ingredients used in this product are linked to:

- Cancer
- Developmental/reproductive toxicity
- Allergies and immunotoxicity
- Neurotoxicity
- Endocrine disruption
- Organ system toxicity (non-reproductive)
- Irritation (skin, eyes, or lungs)
- Biochemical or cellular level changes

[www.ewg.org/skindeep/](http://www.ewg.org/skindeep/)





Look for natural, organic varieties of hand sanitizers that do not contain triclosan or other harmful ingredients, and instead contain safe plant-based ingredients such as rice bran extract, aloe vera, chamomile and essential oils.

To be sure you are using proper hand washing techniques go to: <http://articles.mercola.com/sites/articles/archive/2011/02/25/myths-about-hand-hygiene.aspx>

**6. Get plenty of sunshine (avoid burning) or supplement with Vitamin D3.** Get your vitamin D levels tested. For children, many experts agree they need about 35 IU's of vitamin D per pound of body weight. Most adults need about 8,000 IU's of vitamin D a day in order to get their serum levels above 40 ng/ml. The optimal vitamin D level has been raised to 50-70 ng/ml, and when treating cancer or heart disease, as high as 70-100 ng/ml.

[www.vitamindcouncil.org](http://www.vitamindcouncil.org)

<http://articles.mercola.com/sites/articles/archive/2002/02/23/vitamin-d-deficiency-part-one.aspx>

**7. Breastfeed your child as long as possible.** Breast milk is the perfect food and contains all of the nutrients and healthy gut flora naturally (as long as mom is eating well!). It is the most important way to pass on immunity from mother to child while the child's immune system is developing. Because newborns are still developing and do not have a mature immune system to protect them from illness, antibodies, or immune molecules, in a mother's breast milk are transferred to the baby, giving them immunities to illnesses that the mother is immune to. The converse is also true--if your newborn is exposed to a germ, she will transfer it back to the mother while nursing. The mother's body will then make antibodies to that particular germ and transfer them back to the baby at the next feeding.

Studies have also shown that babies who are breastfed exclusively have better functioning immune systems in the long-term as well.

<http://articles.mercola.com/sites/articles/archive/2004/05/19/breast-feeding-part-one.aspx>

**8. Minimize stress.** Learn tools to use every day and teach your children. Let rest be a part of the rhythm of the day. Be a model for them. EFT (Emotional Freedom Technique) is easy, fast and very effective. If you are feeling stressed, take some slow deep breaths and look for gratitude. <http://www.emofree.com> , <http://www.thetappingsolution.com>

**9. Get regular chiropractic care.** Studies show an increase in immune system function by 200-400% for those under long term chiropractic care (more than 1 year) compared to those without chiropractic care.

*Study by Ronald Pero, Ph.D. 1975. New York Preventative Medicine Institute and Environmental Health at NYU.*

The literature also suggests that Chiropractic adjustments influence: T and B lymphocyte numbers, Natural killer cell numbers, Antibody levels, Phagocytic activity, Plasma endorphin levels.

*The effects of Chiropractic on the immune system: a review of the literature. Allen JM, Chiropractic Journal of Australia, 1993; 23:132-135)*

Children under chiropractic care had less use of medications, including antibiotics compared to those raised in the allopathic model.

*Source: A comparative study of the health status of children raised under the health care models of chiropractic and allopathic medicine. Van Breda, Wendy M. and Juan M. Journal of Chiropractic Research Summer 1989*

Chiropractic care also proved to save thousands of lives during the Spanish flu epidemic of 1918, when people were dying by the thousands under traditional medical care. With medical care 1 out of 15 died, with chiropractic care 1 out of 866 died. *Rhodes WR: "The Official History of Chiropractic in Texas." Texas Chiropractic Association. Austin, TX. 1978.*

**10. Wellness is a verb.** Think of health not as a target, but as a journey that has no end. Could you ever get yourself so healthy that you would never have to take care of your health again? Nope. It is the wrong question. It all just comes down to creating healthy lifestyle habits. And doing them every day.

**And then there is the curious example of Masha and Dasha...**



Masha and Dasha were Siamese twins joined at the hip. Because their circulatory systems are interconnected, the twins share each other's blood. Therefore a bacteria or virus that entered

one twin's bloodstream would soon be seen in the blood of her sister. Yet surprisingly, illness affected them differently.

Dasha was short-sighted, and prone to colds. Masha smoked occasionally, had a healthier constitution, higher blood pressure than her sister, and had good eyesight.

The twins differing health patterns presented a mystery. Why did one become ill with a childhood disease, like measles for example, while the other did not? The measles "bug" was in both of their bodies, in their collective bloodstream; so why didn't both get the measles?

Evidently there is more to "getting the measles" than having the measles "bug". This phenomenon was seen over & over again with the girls (flu, colds, other childhood diseases were all experienced separately). If germs alone had the power to cause infectious diseases, why would one of the twins be disease-free while the other was ill? What was it in their makeup that differentiated one from the other?

The answer was not far to seek. Although Masha & Dasha had common circulatory, digestive, excretory, lymphatic, hormonal & lymphatic systems (they were joined at the hips), they had separate spinal columns & spinal cords. This was the only important difference between the 2 girls.

NATURE'S LABORATORY In Masha & Dasha, nature's "laboratory" devised an experiment that no human researcher could ever duplicate. These extraordinary twins are an invaluable example confirming that there is much more to "catching" a disease than simply breathing in germs; germs can make you sick if & only if your body provides them fertile ground to grow in.

The state of your nervous system can determine whether you have high or low resistance to disease. If you are suffering from disease, the health of your nervous system will play a decisive role in whether or not (& how rapidly) you will recover. By keeping your spinal column & nervous system free from subluxation stress, chiropractic care keeps you in a higher state of health.

People who get regularly adjusted, often find they get infections & other illnesses less often. And when they do need to exercise their immune system they seem to get over it much more quickly & with less pain & suffering than they used to.

*The story of Masha and Dasha. Tedd Koren, The Chiropractic Journal September 1994 V. 8 No.12*

## **How to reduce toxic effects of vaccines if you choose to vaccinate**

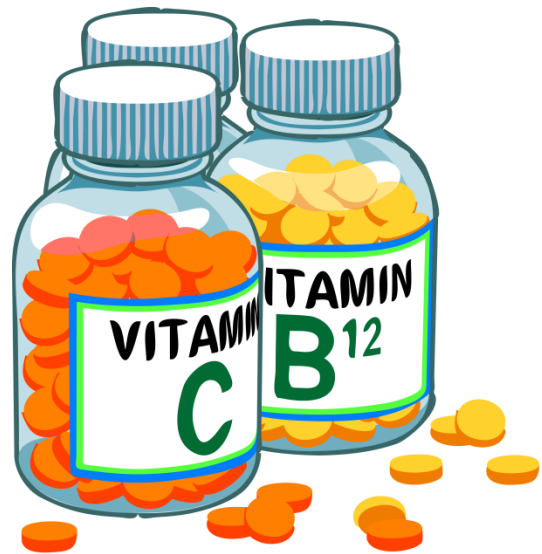
Do all of the above and...

Treatment for Toxic Vaccine Exposure by Russell Blaylock, MD

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1. Place a cold compress on the site of the injection immediately after the injection and continue this as often as possible for at least two days. If symptoms of fever, irritability, fatigue or flu-like symptoms reoccur -- continue the cold compresses until they abate. A cold shower or bath will also help.
2. Take fish oils -- I recommend the Norwegian fish oil made by Carlson Labs -- it has the correct balance of EPA and DHA to reduce the cytokine storm. The dose is one tablespoon a day -- if severe symptoms develop -- two tablespoons a day until well and then switch to one tablespoon a day. Children -- one teaspoon a day.
3. Curcumin, quercetin, ferulic acid and ellagic acid as a mixture -- the first two must be mixed with extravirgin olive in one teaspoon. Take the mix three times a day (500 mg of each)
4. Vitamin E (natural form) 400 IU a day (high in gamma-E)
5. Vitamin C 1000 mg four times a day
6. Astaxanthin 4 mg a day
7. Zinc 20 mg a day for one week then 5 mg a day
8. Avoid all immune stimulating supplements (mushroom extracts, whey protein) except beta-glucan -- it has been shown to reduce inflammation, microglial activation and has a reduced risk of aggravating autoimmunity, while increasing antiviral cellular immunity.
9. Take a multivitamin/mineral daily (one without iron -- Extend Core)
10. Magnesium citrate/malate 500 mg of elemental magnesium two capsules three times a day
11. Vitamin D3:
  1. All Children -- 5000 IU a day for two weeks after vaccine then 2000 IU a day thereafter
  2. Adults -- 20,000 IU a day after vaccine for two weeks then 10,000 IU a day thereafter
  3. Take 500 mg to 1000 mg of calcium citrate a day for adults and 250 mg a day for children under age 12 years.
12. Avoid all mercury-containing seafood
13. Avoid omega-6 oils (corn, safflower, sunflower, soybean, canola and peanut oils)
14. Blenderize parsley and celery and drink 8 ounces twice a day
15. Take Jatoba tea extract (add 20 drops in on cup of tea) one day before the vaccine and the twice a day thereafter. (you can get it at <http://www.iherb.com/Amazon-Therapeutics-Jatoba-1-oz-30-ml/14429?at=0>) It is inexpensive.



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