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Educating and Empowering the World

Do you really need a flu shot?

While the media might be bombarding you with messages to get your flu shot, Dr. Wade Lofton of LifeForce Family Chiropractic and numerous medical research studies strongly advise against them.

Why?
Because flu shots contain mercury- the second most toxic chemical on earth next to radioactive plutonium. Combine that with formaldehyde, aluminum and ethyl mercury and you now have a chemical that is 10,000 times stronger than mercury alone.

Research conducted by the International Agency for Research on Cancer names formaldehyde as definitely a cancer causing agent and studies have linked it to thyroid disease; Chinese studies have linked formaldehyde to multiple sclerosis, Alzheimer's disease, various forms of cancer, genetic damages and birth defects. Formaldehyde is classified as a toxic, colorless, water-soluble gas having a suffocating odor known mostly as embalming fluid. But it is also used in vaccines as a disinfectant and preservative.

There are no long-term safety studies that vaccine manufacturers can draw from to validate the effectiveness of the flu shot, according to the British Medical Journal and The Lancet. Leading immuno-geneticist Hugh Fudenberg M.D. showed that if a person had five consecutive flu shots between 1970 and 1980, the chances of getting Alzheimer's disease is 10 times higher than if they had one, two or no flu shots.

In addition to these substances, the flu vaccine is prepared from the fluids of chicken embryos inoculated with the specific type or types of the influenza virus that supposedly protects against the strains believed to be the most likely to be prevalent during that particular flu season, according to the British Medical Journal and The Lancet. Reports over the past few years have uncovered that the strains in the vaccines are typically not the strains present for that season. This is not very encouraging considering the potential health dangers you are opening yourself and children up to from these toxic chemicals.

Research also published in the British Medical Journal and The Lancet showed that flu shots are largely ineffective for the populations for which they are most recommended, such as small children and the elderly.

So how can you avoid the flu this season? The answer lies in a strong and adapting immune system.

We don't get the flu because it is true that germs cause sickness, we get the flu because our bodies are not adapting to the environment and the pharmacy that God placed inside each and every one of us is no longer working at 100 percent, Dr. Lofton stated. If your immune system is functioning properly, your body should be able to resist a flu virus.

Since the central nerve system (Brain and Spinal Cord) controls the immune system, it is

important to make sure there is no interference (subluxations or misalignments) in the spine.

There are four things that scientists state that the body needs to keep a strong immune system working at 100 percent, Dr. Lofton states.

The first is oxygen, which increases in the body with exercise. The second is water, which is used in numerous reactions in the body to detoxify and nourish the body. The third is proper nutrition, which allows the body to regenerate, grow and adapt to stresses in the environment including the flu virus. The fourth is nerve impulses from the brain or cell-to-cell communication, which very few people know about and understand.

This is what chiropractic restores: cell-to-cell communication from the brain to the body.

Did you know chiropractic can:

- Dramatically improve your health and well-being
- Provide effective pain relief
- Boost your immune system
- Treat stress-related disorders such as hypertension, allergies, asthma, arthritis and depression
- Treat addictions to alcohol and drugs, nicotine, gambling, sex, work or food
- Help decrease your overall healthcare costs

Even if chiropractic care isn't your choice, Dr. Lofton warns against giving into the pressure to get a flu vaccine.

The stress of having harmful chemicals in your body can actually lead to chemical toxicity in the brain, which disrupts the physiology of the body and causes muscle imbalances and neurological disturbances within the central nervous system (brain and spinal cord). If left in the body long term or exposed to these chemicals continuously, long-term neurological disorders have been noted and cited by numerous medical journals.

A faith-based practice

Dr. Wade Lofton witnesses first-hand every day the healing power of two of the medical world's best kept secrets: Christianity and Chiropractic Care.

Dr. Lofton, a Doctor of Chiropractic, owns and operates LifeForce Family Chiropractic PA at 8734 W. Egan Drive in Savage, where he works alongside Dr. Lance Zimney and Dr. Nick Baker to improve the quality of people's lives through chiropractic adjustments and prayer. The Christ-centered Doctor's office relies on a

combination of science and Biblical means to provide health and healing.

"We believe God is our healer and giver of health and that your body has the capability to heal itself from anything when given the right opportunity regardless of what your faith is," Dr. Lofton said. "We believe we're just the vessels God uses and if we are blessed he will use us and anoint us to allow for healing to take place in people's bodies. He gives us the insight, knowledge and wisdom, and as Doctors we apply it to help serve people and assist them in getting their health back."

Dr. Lofton, Dr. Zimney and Dr. Baker pray for all of their patients, often Dr. Lofton prays out loud while he is caring for them. As a result of prayer and skilled chiropractic care, countless patients have been able to go off their medications and lead healthier lives.

While all of his patients appreciate his approach, Dr. Lofton stresses that their office doesn't push their faith on anyone or make them feel uncomfortable. Still, many times he has seen nonbelievers have a change of heart and give their lives to Christ or believers gain a stronger respect and connection for their physical bodies and personal savior. In fact, many patients travel two to six hours round-trip to benefit from the health-care services and prayer-based healing offered at LifeForce Family Chiropractic.

"We let the work and the fruit from the tree speak for itself," Dr. Lofton said.

Pioneers in Torque Release Technique

LifeForce Family Chiropractic is one of the few doctor's offices in the state specializing in the torque release technique- a powerful neurological-based method used to help people overcome addiction, depression, anxiety, infertility in women and improve their well-being and performance of their bodies.

The gentle, low-force technique combines the best of time-proven and cutting-edge scientific principles. Its success has been documented in mainstream peer-reviewed Medical Journals and multiple Chiropractic journals, as well as featured in a documentary on the Discovery Channel.

The technique can be performed on patients of all ages, including children; many times entire families come in together to experience the benefits of torque release.

The breakthrough benefits of torque release have been noted both by numerous scientific studies and in the results being seen locally. Dr. Lofton notes that his practice has had almost a 100 percent success record in treating patients with depression who completed their corrective care plan, with all but one being able to come off their medications completely. Of the numerous patients who came to the practice taking medication for high blood pressure, many of them are off their medication today. Dr. Lofton notes that they also have a 100 percent success record in getting people off allergy medications to date and welcomes everyone from the general public to Doctors and Scientists to come experience the results for themselves.

Using torque release and other techniques, the doctors also have had success treating a wide range of addictions- whether to food, alcohol, sex, drugs, nicotine or gambling. While traditional treatment programs have an average of 30 percent of patients complete their treatment, one study has shown a 100 percent retention rate for addicts receiving torque release adjustments five times a week for four weeks.

Dr. Nick Baker • Dr. Wade A. Lofton • Dr. Lance A Zimney
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