

Germs and Neurodevelopment

Our immune system is our body's built-in tool to help keep us healthy and fighting off germs! Just like your muscles and the gym, your immune system develops by getting a workout; the harder it works, the stronger it gets.

Recently, researchers have looked at how the proper development of the immune system is related to the overall development of the body.

Recent research has shown a robust two-way communication between the immune system and nervous system, so it makes sense that if one of these components suffers, there may be a direct cause and effect relationship to the other. In this research, researchers found that in germ-free and antibiotic-treated environments, neuro-signaling to the brain was different from normal. Our brain is developed from the nervous system encountering the environment, including germs, and grows based on the information received. What this meant for the subjects studied was an increased risk of behavioral and psychological issues when compared to the groups that had regular germ interaction!

At a time in which development is so crucial for our children, it's critical to understand how their interaction with the world around them directly impacts them. We see heavy use of antibiotics in children and young adults, and with recent research, we need to see when we are going overboard. If we strip all germs and microorganisms from the body, we are interrupting the way that our children's brains function, meaning everything from social skills to their body's ability to function properly is compromised.

The nervous system is what brings this information from the body to the brain and should be interference-free. Let's make sure our children can get out, play in the mud, experience germs, all with a fully functioning nervous system forged with neurologically-based chiropractic care!



Research demonstrates that animals raised in germ-free environments have an increased risk of social and psychological conditions.

Johnson, K. V., & Burnet, P. W. (2020). Opposing effects of antibiotics and germ-free status on neuropeptide systems involved in social behaviour and pain regulation. *BMC Neuroscience*, 21(1). doi:10.1186/s12868-020-00583-3



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