

Chiropractic Society of Wisconsin Winterfest '23

Immunity: Your Sixth Sense

Presented by: Dr. Christopher Bump

Length: 2 hours

Description of Lecture: Our immune system is a complex network of inter-related cells with specialization for sensing self from non-self, useful from damaging and functional from dysfunctional. Our immunity brings awareness to the inner environments of our bodies sensing and perceiving in a perpetual state of vigilance. Just as our sensory organs of touch, taste, smell, sight and hearing allow us to relate and respond to external stimuli our immune cells react to our internal signals. Our immune response therefore is responsible for helping us interpret our internal environment and provides key communication and information for maintaining our homeo-dynamic state. In this lecture Dr. Bump will review our immunity from a systems biology perspective describing the players and their roles. He will describe various reasons why immunity runs amuck and the ways we can support and maintain this amazing system. He will describe therapeutic strategies including diet, nutrients and other life-style factors.

Learning Objectives:

- Provide an overview of our immune system and distinguish and describe the primary parts of both innate and adaptive cells.
- Gain an understanding how immune cells respond to stimuli.
- Review the process of inflammation as the key healing modality of immunity
- Describe the various factors of life-style and their influence on immunity.
- Learn therapies and nutrients to enhance and support immunity