

Your Wellness Resource

Millner
Family Chiropractic



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Dirt Can Be Good For You?

You are wondering why such a zany title. After all you hate dirt. As a matter of fact, so do your family, friends, and the vast majority of North Americans. We are obsessed with dirt and the unclean. We are particular, fussy, and clean obsessed. Let me show you. How many of you take off your shoes when entering the house? Look at a glass before drinking from it? Wash your hands compulsively? Wear a hospital gown to hold our newborn? It has more bacteria on it than your infant! Wash your clothes after wearing them only a few hours? Scrutinize the table wear before eating? Or any of the other million idiosyncrasies we all do. So why do we do this?

We have been taught that germs are bad. That we can get germs from anything and everything. That germs should be eradicated, wiped out, killed. That no mercy should be shown. Take no prisoners our parents told us. So we do what we have been taught. This sterile obsession we then pass on to our children and the myth of clean is propagated. Our obsession with cleanliness is causing our own demise. We are not referring to personal hygiene, rather to our *"everything-spotless-and-clean"* mentality. More and more authorities are convinced that everyday dust and even dirt is actually good for you. Our obsession for sterility is actually harming our children and ourselves. We realize this may sound a bit alarming for many of you, but read on!

Our health is based on a properly functioning nervous system, immune system, and endocrine system. What has this to do with dirt you ask? Bart Classen MD, of Classen Immunotherapies in Maryland, says that the immune system of today's child is in serious trouble. He feels that because of our search for cleanliness and sterility, our immune system is no longer being exercised as it has been in the past. In these situations, such an immune system will not be able to deal as effectively with a bacterial or viral invasion because it has never had to try.

So...don't be so fussy. Let some dirt into your life. You'll be a healthier person for it.