

## DEER from C1

He said he wasn't just comforting the animal — with gentle touch, he was performing healing work

meant to allow the deer's body to do what it's supposed to do.

"The benefit the deer gained from it was that it allowed the animal to cross over in peace, instead of terror and pain," Cochran said.

Nancy Kasner of Idaho Fish and Game said anyone who finds a deer or elk that's down, but still alive, should call their office.

"Oftentimes, it will have an injured leg and still get up and move and feed," Kasner said.

Sometimes, she said an animal will appear injured, but will be just stunned.

She said dead deer can be left on the road.

"If it's on a state highway or I-90, transportation will pick it up," Kasner said.

Dead animals found on the side roads can be taken to the dump, she said.

Panhandle Division of Idaho Fish and Game: 769-1414



Photo courtesy of JENAY BLACKWELL

Dr. Mark Cochran, a Coeur d'Alene chiropractor, assists a deer after it was hit by a vehicle near the intersection of Ramsey and Prairie roads last week.

# Crossing over

## Chiropractor helps deer in its final moments

By MAUREEN DOLAN  
Staff writer

**COEUR d'ALENE** — Lots of vehicles drove past the scene of an accident last week near the intersection of Prairie and Ramsey roads.

The drivers saw a few vehicles

pulled over with hazard lights blinking and a deer lying on the side of the road. Most kept going.

A few stopped to see if anyone needed help.

One driver stopped because he knew the deer needed help.

"The deer was dying and in pain," Dr. Mark Cochran said. "I cared for it as best as I could as it was dying."

Cochran, a Coeur d'Alene chiropractor, cared for the animal the

same way he cares for people, by placing his healing hands on it as he knelt by its side.

"Essentially, I helped him cross over," Cochran said. "It was a pretty moving experience for me."

Cochran said he is not an animal chiropractor and he did not perform that kind of work on the animal.

see DEER, C2

# *Pandemic? Don't Panic!*

## High levels of hype with current bird flu fears

Mark W. Cochran, D.C.  
Special to Healthy  
Community

**D**éjà vu all over again... and again!

A couple of years ago, May 28, 2003 to be exact, I wrote a column about our misguided approach to the Severe Acute Respiratory Syndrome (SARS) scare.

The medical system and governments worldwide were scampering around like Chicken Little lamenting "the sky is falling, the sky is falling!" They implemented sweeping public health measures and of course went right to work developing new drugs. But they never addressed our most important defense against SARS — our built-in defense — the immune system's natural ability to protect us against disease.

When I sat down to write this article I almost felt like I could just pull up my old one, cut "SARS" and paste "bird flu." I pointed out that our response to the SARS threat was like a bank with inadequate security. Implementing the most heroic public health measures, including vaccinations, while ignoring the things we can do to stay healthy, is like a bank using state of the art security systems and armed guards but not bothering to close the vault.

Déjà vu all over again...!

As I was pecking away at my keyboard writing this article I did a Google News search for "pandemic." The result: 20,800 hits! Oh nooo! The sky is falling! A lengthy scan of 100 articles showed the same things over and over again — drugs, quarantines and, of course, a massive overdose of fear.

New Zealand has a plan to seal its borders, Kalamazoo will be taking the temperature of all incoming travelers at its airport,

Europe has a 677 million Euro "war chest," birds are being slaughtered by the gazillion and, of course,

everyone is clamoring for a new vaccination to deliver us all from this evil scourge. But there was not a single article about the natural things we can do to take care of our health. SARS revisited!

...and again!

The sky was falling last year, too. Experts predicted that a bad flu year made worse by a shortage of flu vaccine would pummel us with tens of thousands of deaths. It didn't happen, did it? What's more, the vaccine didn't work anyway. David Geier, a Maryland based consultant on vaccine issues who analyzed flu vaccine data provided by the Centers for Disease Control (CDC) concluded, "Last year's vaccination did not prevent any influenza-like illness—it had no statistical efficacy against the influenza infection."

The same thing is happening again this year. Government experts are predicting that anywhere from 200,000 to 2 million Americans could lose their lives to an avian flu pandemic.

Although the word, "pandemic" is flying around like Frisbees on a crowded beach, so far just over 60 people have died from the bird flu in the last two years — all of them in Asia.

Pandemics kill millions, not dozens. The jump from 60 to 2 million is an exaggerated extrapolation of extravagant proportions! Right now, the disease is transmissible only from



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bird to bird and from bird to human. To become a pandemic the virus must mutate such that it becomes transmissible from human to human. That's a pretty huge leap that may never happen.

In a recent Atlanta Journal Constitution article, Dr. Julie Gerberding, Director of the CDC feared that current concerns over a coming pandemic amount to "crying wolf" and said, "We're focusing a lot of attention on avian influenza. But (human-to-human transmission of the disease) hasn't happened—and it may not happen."

In a recent article entitled, "Bird Flu Epidemic is a Hoax," nationally renowned alternative health physician Dr. Joseph Mercola stated, "This is shoddy science at best and beyond belief that any reputable scientist could get away with such nonsense." And according to Marc Siegel, M.D., of the New York University School of Medicine, "Unfortunately, public health alarms are sounded too often and too soon.

SARS was broadcast as a new global killer to which we had zero immunity, and yet it petered out long before it killed a single person in the United States."

So let's all step back, take a nice deep breath and try not to panic. The sky is not falling.

Next week I'll discuss sensible measures you can take to protect yourself and your loved ones.

*Dr. Mark Cochran is a chiropractor, writer and speaker, and an authority in the field of natural health and wellness. He can be reached at (208) 664-6359 or TurnOnLife@juno.com. or www.TurnOnLife.com.*

# Strong immune system best defense

By Mark W. Cochran, D.C.  
Special to Healthy Community

*(This is the second of two columns discussing the growing response from the government and public health officials about fears of avian flu.)*

In last week's article I described why our current fears of a global avian flu pandemic are way overblown. Such scares have popped up in our recent history and the frightening outcomes we have been warned about have never come to pass.

Prominent physicians are beginning to question the belief that a large scale avian flu epidemic is looming on the horizon.

Furthermore, our approach to such a threat is misguided. In the Severe Acute Respiratory Syndrome (SARS) scare that we all remember from just a couple of years ago, governments instituted sweeping public health measures and travel restrictions, and clamored for a new vaccine, while completely overlooking things we could do to take advantage of our natural ability to remain healthy.

In last week's article I compared this approach to a bank using the most modern security system and armed guards but forgetting to close the vault.

With the hype and hysteria surrounding the bird flu and how it threatens to wipe humanity off the face of the Earth, the bank vault analogy is as valid as ever. The vault door in this case is your immune system.

People have lost sight of the fact that we are all inherently healthy!

Nature designed all of us — all of us — to be healthy and vibrant. Whenever someone comes into my office and tells me that they have a cold, I tell them, "Cool!" That usually takes them by surprise. "Waddya bead cool? Cough, cough, snort! Doc, I gotta fever, I cad't stop coffig and I gotta ruddy doze. That's dot cool!"

Yes, it is cool! A cold isn't a disease; it's a gift. All of our cold symptoms — fever, coughing, runny nose — are normal, healthy immune responses. Our bodies are doing exactly what they were designed to do. So when you have a cold, it's not that your body is "fighting" a disease; it's a matter of your body keeping you in perfect harmony with your environment. Is that cool, or what?

In my chiropractic practice, I'm exposed to all manner of "bugs" every day. And I virtually never get sick. The last time I had a cold was two years ago. I haven't had the flu since I was in the Marines and was and required to get a flu shot every year.

I haven't had a single vaccination since I retired from the Marines, I never take any medications, and rarely do I ever use vitamins or herbal supplements.

By being exposed to so many different pathogens, and because

I don't interfere with my natural immune functioning with any man made chemicals, my immune system is able to do what it's supposed to do. It develops immunity! I rarely get sick precisely because I'm exposed to so many pathogens, and because I never get vaccinated. That said, if I ever do get sick...cool!

**Bears vs. colds**

Nature designed us to be able to defend ourselves against disease — any disease. I am not suggesting that we are impervious to all diseases. Some present a greater risk than others, but no matter what disease, our immune system provides our most critical first line of defense.

Consider the following analogy. As an avid outdoor enthusiast, whenever I sally forth on a wilderness adventure, I face the potential of attack from a variety of different animals. I have the ability to defend myself, to some degree, from any of them. It would be easy for me to defend myself against an angry squirrel but an attack by a grizzly would be much more serious.

I would never beat a grizzly in hand to hand combat, but there are things I can do to defend myself. If I happened to be close enough to a tree or my truck, I could try to run and escape. If not, I could try to use a large heavy stick or rocks to fend off the attack.

If the worst case happened and I got mauled, I would curl up, play dead and hope for my ursine attacker to get bored and amble off. In all of these cases, I would have a better chance of survival if I were strong and healthy rather than weak and infirm.

It is the same with our immune system and disease. The common cold presents less of a risk than something like the oh-so-scary avian flu. But, no



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# se against flus, colds

matter what disease we are exposed to, the immune system responds!

In June, 2000, a study published in Great Britain's prestigious medical journal, *The Lancet*, showed that some people infected with the Ebola virus recover before they manifest any symptoms. How can that be? It's simple: a strong immune response. So if the worst case happened and you came in contact with the bird flu, would it be better for you to have a weak immune system, or a strong one?

## Healthy diet, sleep vital

So what can we do? Some things are obvious. First of all; eat right. Enjoy a balanced diet with as many healthy, fresh, organic foods as possible.

Easy on the sugar! Drink as much clear water and as few processed beverages as possible.

"Processed beverages" includes store bought fruit juices that are canned, bottled, frozen or powdered. Have fun engaging in physical activities that you enjoy and make sure you're dealing effectively with stress. And make sure you're getting enough sleep.

When it comes to your health care choices, there is one simple yet powerful thing you can do that is extremely effective for helping to maximize your immune response. That one important thing: chiropractic wellness care.

Surprised? Don't be. Numerous studies have shown chiropractic to be very effective at helping to maximize immune functioning. A 1991 study showed that chiropractic adjustments result in an increase in various types of immune cells.

In 1994 a clinical trial with people who were HIV positive showed that after six months participants who had received regular chiropractic adjustments had a 48 percent increase in certain immune cells, while those who were not under chiropractic care showed the expected decrease in the same cells. Ponder that last one for a moment. People who were HIV positive showed improved immunity due to chiropractic care!

Now let's talk about influenza pandemics. The infamous flu scourge of 1917-18 took the lives of an estimated 20 million people including 500,000 in the United States.

In February, 2004 the *Chiropractic Journal* republished statistics compiled in Davenport, Iowa, during that great pandemic. Those statistics show that in Davenport, one out of every 15 people under medical treatment for influenza died.

In contrast, people with influenza who received chiropractic care at the Palmer School of Chiropractic in Davenport (now known as Palmer College of Chiropractic), had a mortality rate of only one in 1,635!

So, will there be a pandemic? It is very doubtful. Whether a pandemic is just around the corner, or never happens, the most important thing you can do is to live a healthy lifestyle! And a cornerstone of that lifestyle includes regular chiropractic wellness care for you and your entire family!

*Dr. Mark Cochran is a chiropractor, writer and speaker, and an authority in the field of natural health and wellness. He can be reached at (208) 664-6359, at [TurnOnLife@juno.com](mailto:TurnOnLife@juno.com) or at [www.TurnOnLife.com](http://www.TurnOnLife.com).*