



Nobel Prize for DNA Repair Studies

Over my forty years in chiropractic, it's been fascinating to watch the saga of health and wellness unfold. We've had heroes and villains, obstacles and breakthroughs, and occasionally, there's a bit of coalescence around shared distinctions that become foundational stones upon which we can build.

So I was intrigued by this year's Nobel Prize winners in chemistry, Tomas Lindahl, Paul Modrich, and Aziz Sancar, three scientists who studied DNA repair, linking it not only to normal function, but also to the predisposition toward grave problems.

Back in the 1970's, geneticist Ron Pero, often quoted by Guy Riekeman in his Renaissance days, discovered that serum thiol was an effective indicator for monitoring health, and for projecting the probability that a patient might suffer a host of debilitating illnesses.

This research has been championed since then by Clay Campbell and David Walls-Kaufman -- in fact, many doctors routinely use serum thiol as a screen for their patients' overall well-being. The data is staggering – serum thiol level too low, you have a 95% chance of getting one of the more serious conditions. Serum thiol level above a certain point? Your chances of getting morbidly sick drop to 5%.

And, so far, the best way to raise serum thiol levels is... regular chiropractic care. Periodic adjustments over a span of three or more years tend to increase serum thiol levels toward the safe range, diminishing the likelihood of life-threatening disease, supporting what we've said all along.

And what does serum thiol testing tell us? It tells us about the quality of DNA repair, exactly what these researchers were exploring. They drew correlations between faulty DNA repair and cancer. They measured health in terms of DNA repair. Their findings are converging with Pero's studies.

The shift from pain to brain is more than an ideological movement. We chiropractors are modern-day pioneers in cause-driven care, transcending allopathy. Now, pure scientists

are proving that DNA repair is essential for proper aging, good health, and avoidance of serious malfunction. When we and they make the connection that chiropractic care enhances DNA maintenance and repair, there will be good reason for us to pool our resources and make what we do more accessible, with the sanction and enthusiasm of the scientific community, including Nobel Prize winners.

The sooner we grasp that we need to concentrate more of our attention on control systems, instead of tinkering with the mechanisms they control, the closer we'll get to facilitating the healing process and the less we'll get tangled up in the morass of symptoms that has distorted our understanding of the body's innate self-regulatory and self-healing intentions.

It won't be the political arm of organized health that embraces us -- they have an agenda that precludes that. But the researchers? Potentially, their objectivity could lead them to an unmistakable truth -- that natural, brain-based, control-system oriented health care is the way of the future, and no one is in a better position to bring that message to the health care consumer than the chiropractor.

Pipe dream? Maybe my hyperbole collapsed time a bit, but the trend is clearly manifesting. As Whitman proclaims, the powerful play goes on, and you may contribute a verse -- what will yours say?

Dennis Perman DC,

Original Research

Surrogate Indication of DNA Repair in Serum After Long Term Chiropractic Intervention – A Retrospective Study

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Objective: To assess the effects of short-term and long-term chiropractic care on serum thiol levels in asymptomatic subjects.

Summary of background data: Serum thiols are a measure of human health status. It is a surrogate estimate of DNA repair enzyme activity, most notably poly ADP – ribose polymerase or PARP. While it is suggested that chiropractic care improves general health, the effect of chiropractic care on serum thiol levels has not been investigated.

Methods: A case controlled retrospective analysis. Serum thiol levels in patients with active disease (N=46) were compared with serum thiol levels in primary wellness

subjects with 8-52 weeks of chiropractic care (N=21) and those who had been under chiropractic care for 52-312 weeks (N=25). Patients were age matched to be 40 years of age or older.

Results: There were statistically significant differences in the serum thiol levels of the three groups. Mean serum thiol levels were lowest in patients with active disease as well as patients with initial musculoskeletal complaints. Asymptomatic subjects under chiropractic care demonstrated higher mean serum thiol levels than patients with active disease. Mean serum thiol levels were highest in the group with 52-312 weeks of chiropractic care.

Conclusion: Asymptomatic or primary wellness subjects under chiropractic care demonstrated higher mean serum thiol levels than patients with active disease and produced some values that were higher than normal wellness values.

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