

Now You Know

Why has chiropractic become so popular? And how is it that so many people are seeing such profound health improvement from spinal adjustments? Some mention family members who after years of sickness and medical management got well by receiving chiropractic care. We see children with asthma, chronic ear infections, behavioral issues and more getting well with chiropractic. We hear about adults who see blood pressure normalize and the occasional woman who is now able to get pregnant and carry a baby to term. So how is it that chiropractic spinal adjustments so often lead to such profound health improvements? Why do children who are under regular chiropractic care go years without any need for medical treatment of sickness? What do spinal adjustments actually do that can improve our health so much?

To best understand the answer to these questions we must first know that the body is designed to be self-regulating and self-healing. When our bodies perform the way they are designed to perform they are very healthy. It actually can become rare to "be sick." Our body design involves an important job description for our brain and nerve system. The brain functions like a computer that monitors and regulates all of our body's functions. The spinal cord and nerves connect every cell, tissue and organ together to the brain. This incredible nerve system energizes and integrates every aspect of our health and wellness.

Science tells us that when the electrical activity in our brain and nervous system turns off we are legally dead. So life depends on the energy and information our nerve system carries. The brain functions as an electrical generator and is the computer that runs our body. The mental impulses that our nerve system carries deliver the brain's instructions to all our body parts. These mental impulses must be free and uninterrupted in order for us to be healthy.

Mental impulses over our nerves cause our heart to beat at the optimal rate. These mental impulses cause hormones to be released in just the right amount, at just the right time. Mental impulses control our pancreas and regulate its production and release of insulin. Mental impulses regulate our immune system and help us to defend against any germ or chemical that would cause us harm. We have the best drug factory and delivery system in the world right inside of us. Our Innate Systems Intelligence knows what to send and when to send it to each organ and tissue in our body.

So our brain and nervous systems are designed to be aware of and respond to every need our body has. Only when our brain and nerve system is fully functional can we expect to express our full health potential. The brain and spinal cord are so important that our creator designed them to be fully surrounded by bone. The skull and spinal vertebra house and protect the nervous system.

A dislocated neck vertebra can damage the spinal cord and lead to paralysis. A less severe misalignment (subluxation) partially paralyzes the area of the body those nerves supply. Vertebral subluxations interfere with our spinal cord and nerve function. This can and does have bad to terrible consequences. Subluxations interfere with our nerve system's ability to effectively do its job.

Subluxations left uncorrected can destroy our bodies ability to maintain health and wellness. Since subluxations occur in people at all ages and cultures they are understood to be a major cause of sickness and early death.

The Chiropractic Story

In 1895, Dr. D.D. Palmer performed the first chiropractic spinal adjustment on record. The adjustment resulted in a man's hearing being restored after years of being deaf. Palmer's spinal adjustment reduced the deaf man's subluxation and restored proper nerve function. For a while, Palmer thought he had found a cure for deafness. Once the nerve function was restored the ability to hear again was the natural result.

Chiropractic is a health care system dedicated to removing subluxations. When you hear of someone getting well with chiropractic care it is because the chiropractor corrected the subluxation. Correcting the subluxation removes the nerve interference and restores brain-body communications. Improved health is the natural result. Nothing put into the body, nothing taken out. Just removing interference to the normal state of well being we are designed to enjoy.

So, Who Needs Chiropractic

The short answer is that everyone, young and old, should have the benefit of a fully functioning nerve system. Subluxations are present in people of all ages. With all the physical, emotional, chemical, and other stresses we have today we need to have a fully functioning nerve system to stay healthy. We simply cannot be healthy with our nerve systems compromised by subluxations.

We are each given a particular genetic potential physically, mentally, and socially by our creator. This genetic blueprint determines who we can potentially become. This genetic potential can only be fully expressed when we are free of vertebral subluxations. So if we are ever to become all we are intended to be. If we are ever to express our full health potential, creative potential, and more we must be kept free of subluxations.

This is the chiropractic story. By receiving regular chiropractic adjustments, all people, young and old, are enabled to become all they are intended to be.

The Bottom Line

Along with this understanding of chiropractic, we can see that no matter what your medical diagnosis is you will benefit from being free of subluxations. Whether it be a diagnosis of arthritis, asthma, chronic fatigue, cancer, depression, or any other medical name you have been labeled with, you will be well served to have your subluxations corrected. You will be better equipped to move towards health without subluxations. If your body and its natural defenses are to have a fighting chance at beating these and other conditions you must be free of subluxations.

So now we see that all people should have regular chiropractic checkups and spinal adjustments. You now know the answer to my original questions as to why we see so many health miracles with chiropractic.

A Personal Note

As of this writing, I have been practicing the art and science of chiropractic for some thirty-five years. I have experienced the joy of seeing these miracles over and over. I have seen in my office hearing being restored after one spinal adjustment, I have seen a five year old who could not even crawl, walking after a couple months of care. I have seen women who were unable to get pregnant have up to six children after chiropractic care. I have seen crooked spines straighten, thirty years of migraine headaches go away with a couple of visits and I could go on and on.

Please share this important information with those you love. I would be happy to check them for subluxations and explain how we can help them reach optimal health.

Sincerely,

Norman R. Smith D.C.