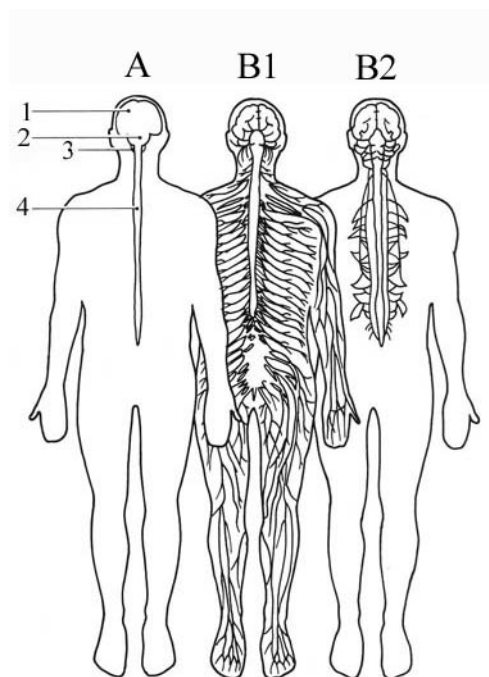


How Does Chiropractic Work, and Why is it Relevant to You?

Chiropractic is a form of healing based on the knowledge that you are born healthy and your body has the ability to keep you healthy (if it is taken care of properly). If you don't believe me, cut your finger with a knife, and then command your body not to heal it! You can't. Your body strives to heal whatever is ailing it, with whatever means it can come up with.

This healing ability is *innate*; which means that it is natural and you are born with it. This concept is the basis upon which I do my work. I assist the body's natural healing ability. One of the ways I do so is through chiropractic adjusting of the spine.

Why the spine? Why not just give the patient a medication to change their body chemistry as a means of relieving symptoms? It comes down to basic anatomy and neurology.

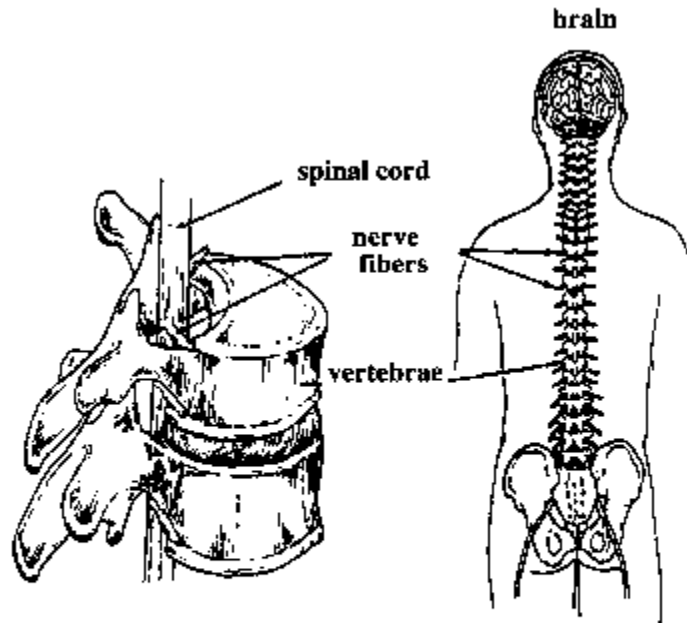


This figure is a representation of your nervous system and its three divisions. A is the central nervous system, or brain and spinal cord. B1 is the peripheral nervous system, or all the nerves that control your movements. B2

is the autonomic nervous system, or all the nerves that control things like your breathing and digestion. In other words, those body processes that you can't control.

*Notice that each division of the nervous system starts in the brain, and **MUST** travel down the spinal cord.*

Protecting these delicate nerves is your skull and vertebrae.



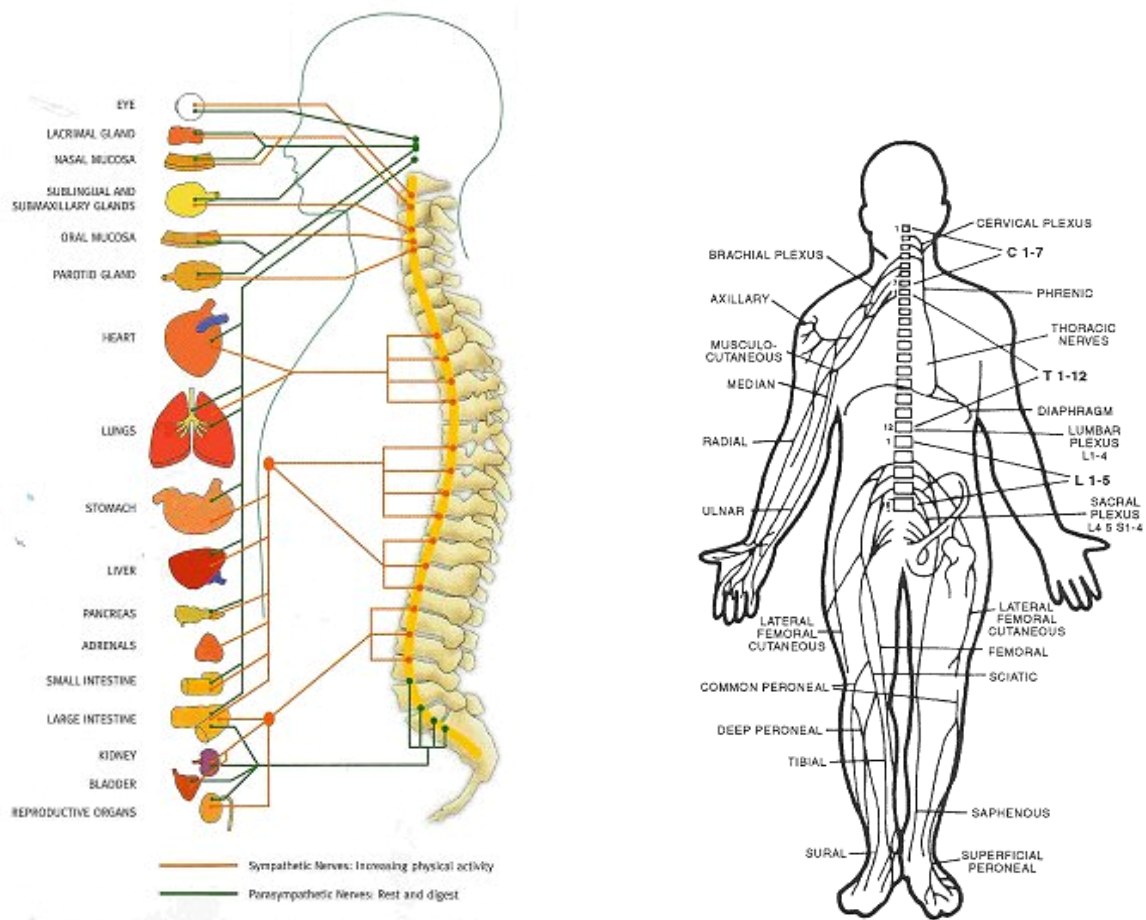
The spinal cord goes through the center of the stacked vertebrae. These bones protect the spinal cord. The nerve fibers branch out from the spinal cord to other parts of the body.

If your vertebrae didn't move, you wouldn't move (or not much anyway!).

Unfortunately, there are lots of places in the vertebral column where the joints can get stuck during this movement. If you've ever cracked your knuckles to "loosen" them up, you know what I mean. When the joints of the spine get stuck several things can happen. First, the nerve coming out between the stuck vertebrae may be pinched. Second, the tissues surrounding the stuck vertebrae may become inflamed. Third, the cerebral-spinal fluid (CSF) that flows around your brain and spinal cord may become stagnant at that level; this may impede the electrical impulses going through those nerves.

My job is to “un-stuck” those vertebrae and I do it through chiropractic adjusting. Doing so allows the nerve to communicate properly to its end organ (finger, toe, stomach, whatever). It also relieves the inflammation around the nerve and gets the CSF flowing again. This allows natural healing!

So why is this relevant to you? What if you don’t suffer from any symptoms that you typically relate to as chiropractic? Can chiropractic help anything other than muscular or skeletal conditions? The answer, of course, is yes. Here’s why...



Suppose a patient has vertebrae that are stuck at between T6 and T10 (on the chart to the left those nerves are going to the stomach); what symptoms might they have? Indigestion, upset stomach, nausea? Those are all possible. So by adjusting the mid back at the levels of T6 to T10 that patient might get some relief of those symptoms.

The medical paradigm would recommend some sort of medicine to decrease the stomach acid produced to alleviate symptoms, and the patient might feel better temporarily, but stomach acid is **NECESSARY** to digest food. So the patient risks malabsorption of certain nutrients, which could lead to a cascade effect of things going wrong in the body.

Personally, I'd rather try to fix the problem structurally than chemically. There are far fewer risks and greater chance of long term success.

I want to point out one more thing to show you why symptoms aren't a good indicator of where the actual problem exists. In the above figure on the right, you'll see a nerve that starts in the neck and travels down through your chest to the diaphragm. It's called the **Phrenic nerve**. This nerve is responsible in part for breathing. When you think of breathing, most people think of the chest because that's where the lungs are *but the nerve that controls the process starts in your neck.*

I love my job. I love how the body works and I love getting people better naturally. I hope this has taught you a little bit about how your body works and why chiropractic is the safest and most effective form of healing around.