



Does Chiropractic Treat Disease?

When chiropractors observe that chiropractic care has helped people with virtually every type of health problem known to man, some mistakenly think that means we treat disease.

The fact is, we locate and reduce nervous system disturbances (usually along the spine) that interfere with your ability to be fully you. Being fully you includes everything from turning, bending, walking and sleeping to breathing, fighting infection, digesting food and healing a cut.

When the integrity of your nervous system is restored, your body is more likely to work as it was designed. Sometimes that capacity returns quickly. For others whose healing ability is limited by stress, poor nutrition, negative emotions or other factors, it comes more slowly. And for a few who have neglected their health for years, progress can be so incremental as to appear ineffective.

Please don't blame chiropractic when results come slowly. Likewise, don't credit chiropractic when success comes quickly. It's your body that does the healing. What you *bring* to the table is actually more important than what we do *on* the table!

Less or More?

What are you hoping to get from your care? Less pain? Less tightness? Less restriction? Or more movement? More energy? Or more life?

This distinction explains why some people opt to benefit from chiropractic care for the rest of their lives and choose to bring their children in to be regularly checked. They're the ones who want *more*.

But it often doesn't start that way. Many people begin care in our practice because they have an ache or a pain they want to quiet. In other words, they start out wanting *less*. As they learn what chiropractic care is, they discover it could offer *more*. More of what they really want.

Some don't see the implication between a proactive (more) and a reactive (less) approach to health. Instead, they come in only when they have obvious symptoms. No worries! We love them too. Everyone shows up at a different place on this journey of self discovery. We're here to serve, whether they want less or more.



The Curse of the Deaf Tuba Player

Your brain and nervous system orchestrates the workings of your entire body. With clear communication between your brain and all the pieces of the orchestra that make up your body, the beautiful music we know as "life" is produced. But many people have a problem with their tuba player!

For some it could be their thyroid. Or their gall bladder. Or their stomach. Or their lower back. Or whatever.

Their tuba player can't see the conductor or hear what the orchestra is playing! That often causes one of two things. The tuba player sits quietly doing little, or goes overboard with scales and riffs inappropriate with what the orchestra is playing.

The medical approach would be to surgically remove the tuba player or chemically suppress the off-key notes. The chiropractic approach is to restore the connection between the tuba player and the conductor. Naturally, that involves locating and correcting interference to the controlling commands that travel the nervous system.

Are You Normal or Average?

You weigh yourself on the scales. You take the temperature of your child. An MD takes your pulse and blood pressure. These readings are compared with other people from which averages are obtained. Which begs the question, is average necessarily normal?

Averages have a place, but they treat us as if we were mere mechanisms, like a watch that doesn't keep time. It's great when our wristwatch remains accurate. But most watches don't know when you've changed time zones. Or that daylight savings time has ended. In other words, your wristwatch doesn't have the intelligence to adapt to the environment.

But your body does.

That's why we don't see fevers, elevated blood pressure or other findings as the problem. They're just signs that the body is adapting to something. While it's tempting to artificially lower the temperature or decrease the pressure, not so fast! What's going on? Is this a recent problem? A lifestyle issue? The result of a new stress in your life?

We're interested in *you*, not just your symptoms. Because what's normal for you may not be normal for someone else.

- ▶ The average person falls asleep in seven minutes.
- ▶ The average person is right-handed.
- ▶ The average age of menopause is 48-49 years.
- ▶ Smokers are likely to die on average six and a half years earlier than non-smokers.
- ▶ The average yawn lasts about 6 seconds.
- ▶ The average person laughs about 15 times a day.
- ▶ In a lifetime, the average person walks the distance of twice around the earth.
- ▶ The average human uses the bathroom 6 times per day.