

The Force is Within You

Life Force

If we look at our life from the time that we are born until the time we die, the body is in constant motion, even when at rest. The cells of our body are constantly dying and being replaced by new, healthy cells. Two and one-half million of them will die and be replaced every minute of your life. This is a normal process. Health can be defined as the ability of the body to replace the cells and tissue structures normally and consistently. There is an innate intelligence within each of us that is far superior to our educated brain which creates and recreates us on a continual basis. In order for this process to occur, life force (mental impulse) must be flowing throughout the body to all cells and tissues. Its medium is the brain and nervous system. The innate intelligence directs this life force to every cell and tissue of the body. When the life force is free of interference the body is at its maximum health potential. If the life force is interfered with the body does not have the ability to recreate itself normally and disease results.

Subluxation

Chiropractors work on primarily one thing – the vertebral subluxation. A subluxation is a vertebrae that is out of alignment with the vertebrae above and below resulting in nerve pressure and interference of the mental impulse (life force) from the brain to the tissue cell. This change of the mental impulse causes a breakdown of the normal tissue cells until enough abnormal tissue cells have been formed to cause dis-ease. The Chiropractor's job is to remove the subluxation allowing the mental impulse to get to the tissue cells and replace the abnormal cells with normal cells. This is healing. When a subluxation is corrected and maintained and optimum mental impulse is getting to the tissue cells the body has a greater potential to heal and stay healthy.

What Heals

Only the body has the ability to heal. There is no pill, potion, surgery, or anything else that can heal from the outside in. The body has built all dis-ease known to man from within and has the capability to heal the same dis-ease through its own innate power. When life force is interfered with through a subluxation, the body loses its ability to function normally. Chiropractors recognize that all healing comes from within through the innate intelligence and, therefore, do not treat dis-ease or symptoms but subluxations. In order to maximize the health potential of the body this innate mental impulse must not be interfered with.

Symptoms

A symptom only results from abnormal weak or damaged tissue cells. Damaged tissue occurs two ways. One, from acute trauma and two, the interference of the mental impulse from a subluxation. Cells of the body are constantly dying and being replaced as a normal life process. The interference of this normal life process by a subluxation results in the breakdown of normal tissue cells. A symptom is a warning signal sent to the brain from the tissue cell level to alert the brain that there has been damage. The

most common symptom is pain, however, symptoms such as burning, tingling and numbness can also occur. Symptom threshold is different for everyone. Therefore, some people may not get symptoms until there is massive tissue destruction. The Chiropractor does not treat the symptom. Our main focus is to correct the subluxation, thus allowing the mental impulse to reach the tissue cells so the body's innate intelligence can rebuild them with normal ones. When a sufficient amount of normal tissue has been built the symptoms will disappear, and a healthier body will prevail. Is this not better than taking drugs to merely mask the symptom while the body builds itself abnormally?

What causes vertebral subluxations?

Any physical, chemical, or emotional stress – which is greater than internal resistance, will cause subluxations.

Physical stress can range from whiplash trauma to sitting at your desk day after day with your head turned to the same side. Birth itself can exert 40-60 lbs. of pressure on the spine.

Chemical stress is anything from eating too much sugar and preservatives to breathing environmental pollutants. This upsets the body's chemistry which disrupts the muscles' and ligaments' tone resulting in subluxations.

Mental stress is something everyone has experienced in either tense or emotional situations, or in everyday living. Mental stress causes the ligaments and muscles to tighten resulting in subluxations.