



1-800-636-3971

Prince George's County

March 2006

Chiropractic & “The Astonishing Dr. You”

By James L. Holding, DC, CCSP,
Board Certified Sports Physician

What is health? Many people think that health is about how you feel. But a lack of symptoms does not mean you're healthy. If you look good and feel great, but you have undetected cancer—you're sick.

On the other hand, if you unknowingly eat spoiled food and your body vomits to expel it, you are well. You may not feel very good, but you are having a healthy response. The same can be true of fevers, sneezing, and coughing. How you feel is not always a good judge of your health.

So, what is health? Dorland's Medical Dictionary defines health as “optimal mental, physical, and social well-being and not merely the absence of disease.” So, true health is how well your body works mentally, physically, and socially. If something is not working right you are sick, regardless of symptoms. But, what controls how your body works?

It is a scientific fact that your nervous system controls the function of every cell, tissue, organ, and system of the body. Your nervous system consists of your brain, your spinal cord, and millions of nerves. A constant stream of nerve impulses leaves our

brain, travels down your spinal cord and out to every cell and tissue of your body. Impulses sent back to your brain confirm that everything is working as it should. Anything interfering with this vital exchange sets the stage for ill health.

The skull protects your brain and your spinal cord is protected by the 24 moveable bones (vertebrae) of the spine. Many everyday activities can cause these spinal bones to lose their normal position (alignment) or motion. Improper motion or position of these spinal bones can choke or irritate nerve tissue and this can distort the nerve messages between your body and your brain. This irritates the nervous system and disrupts this “information superhighway”. The result? Improper function, pressure, or even pain.

Doctors refer to this as the vertebral subluxation complex or simply, a subluxation. We are most aware of subluxations (misalignment) when they cause pain. But what if the nerves controlling some part of your body, that does not have pain-sensing nerves, is involved? Modern science tells us that only 10% of the body has pain sensing nerves. So, could partial long standing nerve interference be a factor in organic and degenerative diseases or other chronic health problems like cancer, heart

disease, etc? Good question.

Chiropractic is the science, art, and philosophy that concerns itself with the relationship between the nervous system and the function (health) of your body. A thorough chiropractic examination helps to locate areas of nervous system compromise from subluxations. Doctors of chiropractic use spinal adjustments to reduce subluxations and help restore vital nervous system communications. A chiropractic adjustment uses a precise, carefully directed and controlled pressure to restore better position and motion to a joint. Therefore, relieving nerve irritation and its symptoms.

Chiropractic is the only health discipline that locates and helps reduce nerve compromise from subluxations. Chiropractic is simple, safe, affordable and effective. Chiropractic is natural and it honors the wisdom of your body, and has helped millions enjoy relief and better health for more than a century.

Chiropractic's focus is on the integrity of the nervous system. The intent is to restore your body's ability to regulate and heal itself—without drugs. Without surgery. Because, doctors do not heal—even the best doctors can only watch as “The Astonishing Dr. You” heals himself.