

Wellness, Health. Are they Available?

The word "wellness" has many meanings in our society. From a medical paradigm (viewpoint) wellness means eating well, exercising and early detection of disease. Under this heading they try to detect disease early so that they can provide drugs and surgery sooner. In a study done on providing increased care on a wellness basis they found a 20% increase in deaths and an overall decrease in health of the participants. This study suggests, the wellness philosophy of medicine is ineffective and dangerous.

The Chiropractic meaning of wellness is: all parts of your body, working in harmony controlled by a properly functioning nerve system. Eating good food, drinking good water, and exercise are very important in maintaining good health but if the nervous system isn't functioning properly those components of good health are unable to create health. If the nervous system isn't working at 100%, then no part of the body is able to function as best it could. No matter how good the food is that you put into your body if the nerves in your body are not working well the digestive system will not function optimally and nutrients that the body should be absorbing will be flushed through the system. All the exercise in the world will not make up for an impaired nervous system. If the nerves to your muscles are not functioning at 100% then exercise will have a limited impact. It is amazing how important the nervous system is to maintaining the function of all tissues, organs, and systems in the body. Without our nerve supply we simply cease to exist.

What happens to our spine and nervous system to cause decreased function? The first injury we receive occurs at birth. Birth trauma is so significant in our western assisted delivery system that avoiding injury at birth is almost impossible. Medical studies state that more than 80% of all births have some type of sprain strain injury to the spine. Left uncorrected, this leaves the spine and nervous system compromised for life. Then of course, we all learn to walk, ride bikes, play sports, sit in classes for 13 or more years, get in car wrecks, have slips, falls and more. It is no wonder that when most patients arrive in our office they are suffering from years of accumulated trauma that has finally resulted in pain or dysfunction.

How many years of damage and degeneration had you sustained before you started to receive regular chiropractic care? Knowing what you know now, when should your care have begun? Many of the people who seek care after years of injury or altered nerve function come to realize that some of the damage the body has undergone is permanent. Our bodies are vitalistic not mechanistic. They are not machines that can lose parts or get replacements and be as good as new. Misalignment of the joints either in the spine or elsewhere result in joint degeneration. A study by Dr. Tapio Videmian, M.D. in Helsinki, Finland, showed the joints having a reduced range of motion (vertebral subluxation) begin undergoing a degenerative process within a week with this degeneration becoming permanent within two weeks. With this in mind, how often should we get our spines checked for subluxation. The ideal situation would be for your personal chiropractor to follow you around each and every day to check you whenever you needed it. This of course is not possible or practical. How long do you want to wait for your life empowering adjustments? All we can do is educate you, and allow you to choose your level of health or wellness. Our recommendation for wellness, for optimum function of the nervous system and peak human potential is to get your spine checked regularly. This will produce a happier and healthier life for you and your family.

CHIROPRACTIC FOR A BETTER WORLD!