

So Why Does Chiropractic Work?

In a society that teaches us to look for the “magic pill” to make us well, how does this natural health care system, chiropractic, really work? Let’s look at some of the laws we know from nature that allow your body to heal.

#1- The power that made the body heals the body! - Consider the last time you had a cut on your finger. Do you ever have a question that the cut would heal in a few days? This is truly a miracle. It is all made possible by the innate intelligence of the body to restore us to full wellness. I am sure you can think of many times in your life that your body has healed from colds, sore throats, stomach viruses, and the list goes on and on. Many times our body even takes care of things without us being fully aware of it. Have you ever gone to sleep feeling like you were on the edge of a virus or getting ill and woke up feeling fully well in the morning? I know I have- again, the power that made the body heals the body.

#2- Our body wants to be well, not sick! - Contrary to all the drug ads we all see in the media, our body always moves toward wellness, as long as there is no interference. Guess where the interference starts? You are right- the nerve system! What system controls all the functions of the body? From its beginnings in the brain and nerve connectors throughout the body, all muscles, organs, glands and tissue cells are controlled by the nerve system.

#3- The body needs no help, just no interference! - One of biggest causes of interferences in our body is the subluxation of a nerve impulse. The definition of a subluxation is a misalignment of vertebrae (or other joint) causing nerve pressure. That is why adjustments are vital to our health- removing the cause of the subluxations by correcting the misalignment will allow the body to heal itself. Another major cause of interference in the body can be the use of medication. Have you ever wondered why a one minute drug ad contains no less than 20 seconds of contraindications and warnings? Changing chemistry in the body with spinal adjustments can make a big difference in restoring full vitality and well-being in the body.

#4- The body heals from the inside out, not the outside in! - This natural law can totally change how you deal with your body when you have symptoms. For example, if your body has a fever, what is your response? If you believe the fever needs to be suppressed and take an aspirin to lower the fever, your action comes from believing the body needs outside help to deal with the fever. If you believe the fever is the body’s way of burning out cells that are adding stress to the system, you will let the body work with the fever (staying hydrated is important, of course) and soon the fever will lower all on its own when the body senses the cells have been dealt with fully. Another way to think about this is: We have a book in our office called “The World’s Greatest Drugstore”- its message is that the best muscle relaxant, cholesterol reducer, cortisone regulator and anti-inflammatory is not made by a drug company- it is produced by YOUR body!

These are just a few of the natural laws that make your body truly amazing!!