

Real Change

“Correct skeletal alignment is essential for a healthy body, mind and spirit.”

D.D. Palmer

By Sarah Farrant, DC

WHEN MOST PEOPLE COME INTO THE PRACTICE, THEY ARE COMING IN “FOR” SOMETHING AND ARE CARRYING WITH THEM A PARTICULAR SYMPTOM WHICH THEY WANT RECTIFIED INSTANTLY.

They have usually tried everything else: pills, herbal mixtures, a new exercise, fads and other health care professionals. Most have found one or a combination of them didn't deliver what “it” promised, or rather what they were expecting, which is usually instantaneous relief. We are constantly in search of one thing that will make us better, more stable, or which will ultimately take the pain and/or discomfort away. We generally want the pleasure without the pain. However, the universal intelligence doesn't deliver one-sided emotions. Pleasure and pain are inversely proportional to one another. The innate intelligence of the body, however, is constantly searching for the balance point where there is harmony, for example, between the pleasure and pain experience. There is no world in which only pleasure exists; there is both good and bad. We have all emotions within us. To expect one without the other is to set ourselves up for a fall in the equal and opposite direction.

“No doctor can heal, nor can anyone else produce healings for you, but when correct adjustments are made, the body's self-healing process begins and dis-ease turns to ease.”

D.D. Palmer

There are no “outside-in” approaches in chiropractic. Chiropractors work with the body's innate knowledge and understanding to allow the body to reach new states of being. The spinal column houses the most precious piece of machinery ever designed: the central nerve system. This allows us to have a plethora of physical, chemical and emotional changes take place independently or all at the same time. How ingenious! Let me give you a special example of the difference chiropractic made in Caleb's life and that of his parents when his parents began to trust the body's innate intelligence.

Caleb was two years old when his mother brought him into the practice. Caleb had experienced a severe fall, which his mother didn't see, but she had noticed his left temporal area was red and a little swollen. A week after the fall, Caleb developed a hematoma in the brain and had started having seizures. His mother took him to their local medical doctor who self-assuredly told her that the fall had nothing to do with the seizures and that Caleb had



just developed epilepsy. Caleb's mother remained unconvinced, but left the doctor's suite with medication prescribed to control her son's epileptic seizures and to prevent him from having grand mal seizures. Caleb's mother went ahead and administered the medication she had received from their medical doctor. After a period of time she noticed other changes in her son.

The body is remarkable in how it still chooses to release pressure from the increased neural activity in someone who has epilepsy even when medication is administered to “control” the seizures. There still needs to be an outlet to release the pressure that is building internally. When the body's ability to express its health is masked it finds another way to give you the message. This is exactly what happened to Caleb. He began to have “drop attacks,” where he would suddenly fall and be unconscious for a few seconds. The family lived on a farm and through their concern for these drop attacks they had him wear a crash helmet. His parents started to become very concerned when

things weren't changing and he was continuing to have these attacks with increased frequency. They felt there had to be something else that could help him and the family.

About six months after the initial incident, his parents sought out chiropractic care, driving for two hours to reach the practice. Upon his initial check Caleb was found to have pelvic instability as a result of the blow to the temporal area of the head. Only his pelvis was balanced that day, but there was still a large amount of cranial work to be done on the child following the initial adjustment.

The family returned home that night. Caleb's parents anxiously phoned later that evening, saying he had had a grand mal seizure despite being on the medication. They were advised not to panic. It was explained that it is normal for the body to release stress in the system and that Caleb's body would calm down. The parents trusted the advice, and did everything to make Caleb's night comfortable. After that night Caleb never had a grand mal seizure again. His drop attacks went from 20 per day to only three or four each day. A few years later his drop attacks were reduced to one or two per week, and then eventually became almost non-existent.

Caleb's life was changed immensely through the care that was sought and his body's inborn ability to change. And it was not only his life, but the lives of his parents that have changed. New eyes were opened to the potential of the human body.

Your nervous system allows for vital accurate information to be communicated between your brain and body and back again. Where there is interference there is also a decrease in your body's ability to express health, whether it is physical, chemical or

The Vital Truth

- If you mask the communication in your body, your body creates new ways in which to awaken you to what is occurring internally.
- Learn to listen to your body's messages and make the changes.
- Seek other understandings in health and vitality.
- Give your family the gift of regular adjustments.

The Vital Questions

- Will you incorporate chiropractic care into your life and the lives of your family?
- Do you know of a child and/or a parent who could benefit from regular care and a new-found understanding of how the body functions?
- Are you ready to explore options that may appear contrary to popular medical opinion?

emotional. An adjustment allows us to be the best we can be, to reach our full potential and function at our optimum level. There is no discrimination against sex, age, race, religion, or species.

If you have a nerve system, then it is important to get it checked.

View article references and author information here: www.pathwaystofamilywellness.org/references.html



Courtesy of Steve Tullius.