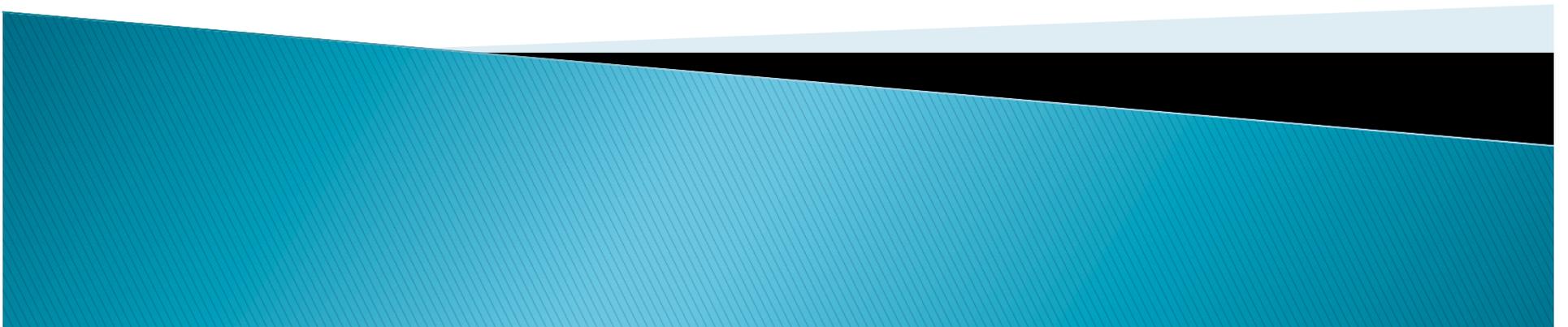


Chiropractic

Martin Rosen DC



D.D. Palmer asked a patient and friend, Rev. Samuel Weed, to help him name his discovery. He suggested combining the words *cheiros* and *praktikos* (meaning "done by hand") to describe Palmer's treatment method, creating the term "*chiropractic*."



Six Basic Facets of Health

1. Nutrition

- What they eat, what they need.

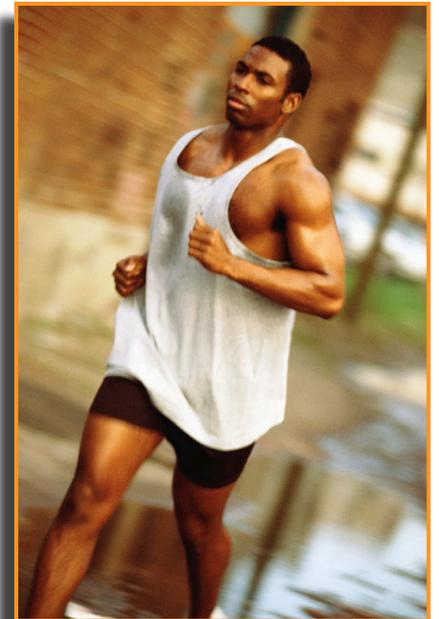


2. Exercise

- Weight bearing and cardiovascular.

3. Proper Rest

- Sleep patterns, naps.



Six Basic Facets of Health

4. Mental Attitude

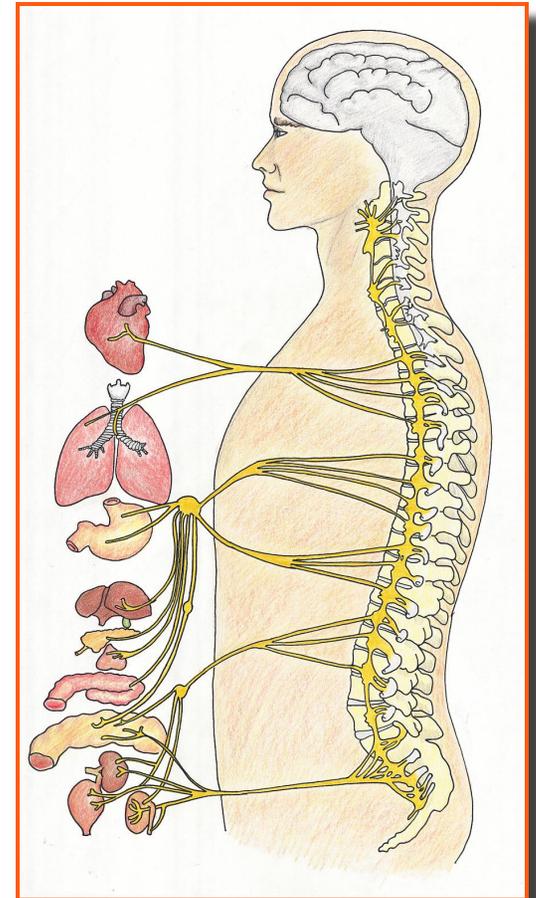
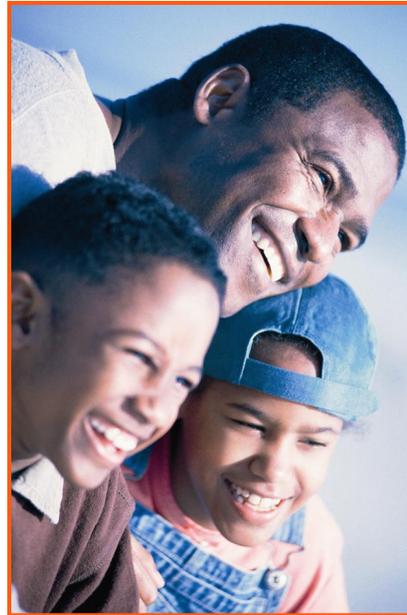
- Thoughts are energy that manifest their patterns.

5. Spiritual Practice

- Getting in touch with something higher than ourselves.

6. Proper Nerve Supply *

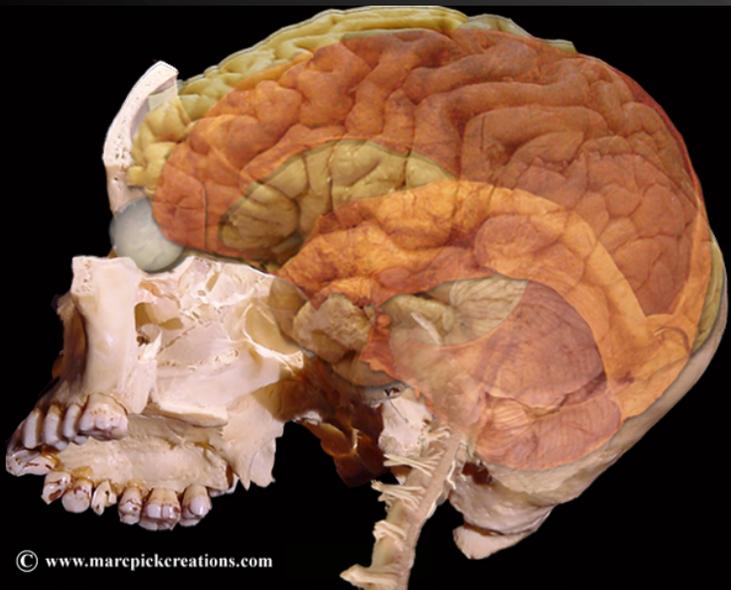
- Control and coordination of the entire system –
Chiropractic



Why is a Proper Nerve Supply so Important?



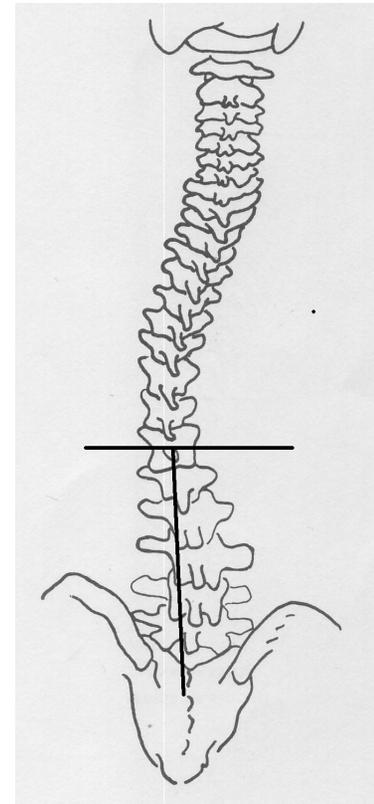
Without an unimpeded nerve pathway, your brain and spinal cord, the control and coordination of all tissues, organs and systems of the body is compromised.



Dr. Roger Sperry, Nobel Laureate and a world famous brain scientist demonstrated that ninety percent of the brain's energy output is used to relate the physical body to one of the most basic laws on this planet... gravity, i.e. relating your structural framework to your spatial surroundings. (e.g. the sidewalk you walk on.)

Dr. Sperry's research found that the remaining ten percent of brains energy output is utilized for cognition (thinking), metabolism and healing.

The more biomechanically out of balance a person is the less energy he or she has for healing, metabolism and thinking.



“Bone tissue is undergoing constant remodeling of the bony framework and the bony matrix, depending upon its position in reference to gravity.”

Dr. Christopher Eriksson

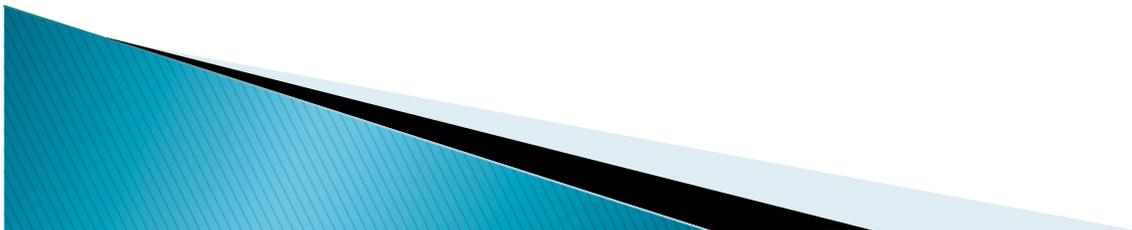


When you are born in perfect balance the ratio of available resource is divided up in the 90–10 split. When your nervous system is compromised due to internal or external stressors no longer is the 90% resource enough to maintain basic balance.

The body must 'tap" or 'leach' more energy away from the 10% just to maintain base balance. The 10% is now reduced to 8%, 5%, 3% – who knows. Now, not only is less resource is available for thinking, metabolism and healing but creativity, sleep, joy and tapping the highest expression of who you are.

When we are in biomechanical balance it frees up innate to do it's thing!

Mention the innate universal connection here and how it is disrupted by the need to maintain function in a distorted biomechanical/neurophysiological system ie. a subluxated nervous system.



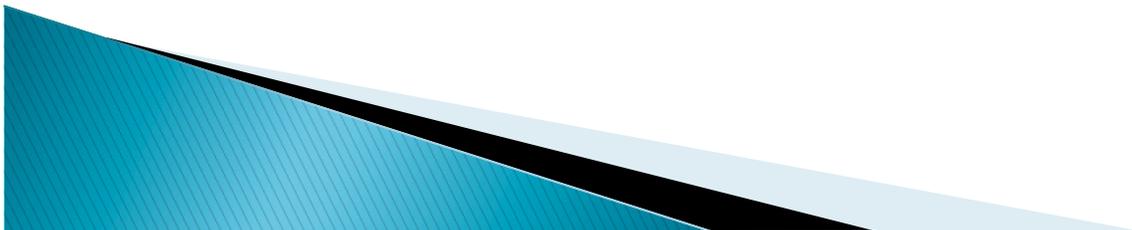
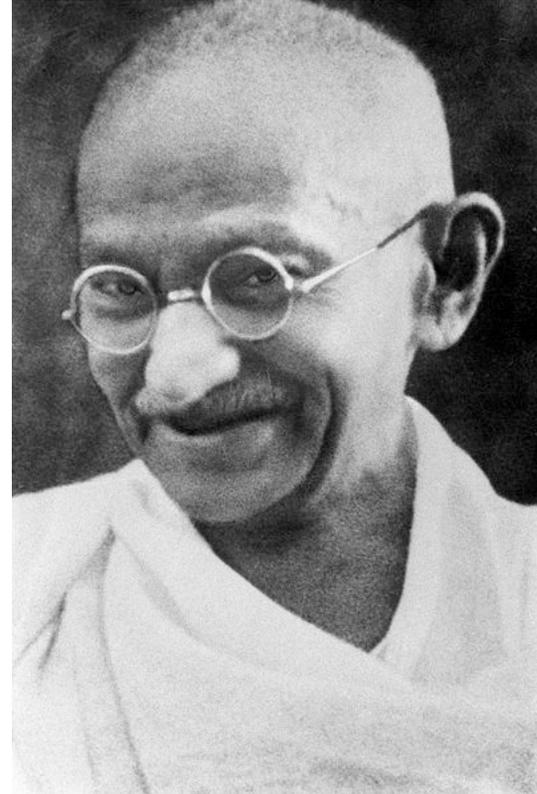
Personal responsibility

Health is not reducing or removing symptoms in order to carry on the same destructive lifestyle.



Is your “Vitalistic” /
Chiropractic Philosophy
supported by your
lifestyle?

As Gandhi said: “You must
be the change you want to
see in the world.”





What is True Health and Healthcare? >>

The Role of Chiropractic

I personally like this definition of health:

"Health is a state characterized by anatomical, physiological and psychological integrity; ability to perform personally valued family, work and community roles; ability to deal with physical, biological, psychological and social stress; a feeling of well-being and freedom from risk of disease and untimely death."

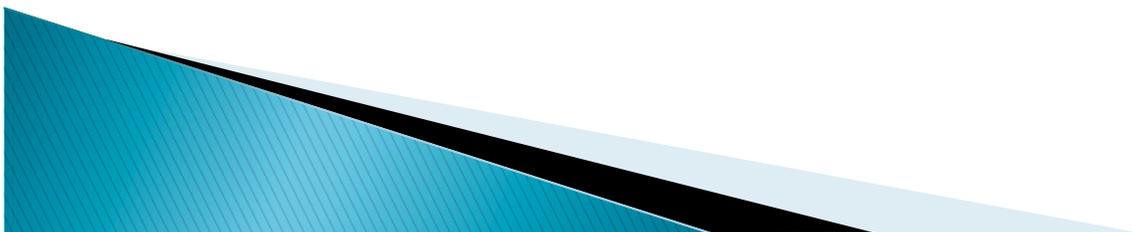


"Health is not just the absence of disease but a state of vitality, of energy, of creativity _ a higher state of consciousness.

You and your physical body, and your subtle body too, are part of the body of the universe. When the intelligence of the universe goes to your body effortlessly and spontaneously, then you are in a state of health.

When for any reason the intelligence of the universe meets resistance, or is blocked, you start to experience discomfort, or disease (dis-ease).

Health is the state of awareness in which your intelligence and all the elements and forces that structure your body are in complete harmony with the elements and the forces that structure the body of the universe. When one is in complete alignment with the other, that is health.



What is a Subluxation?

- » One of the most damaging neurophysiological phenomenon that interfere with the optimal functioning of the nervous system and effects the overall health of human beings.

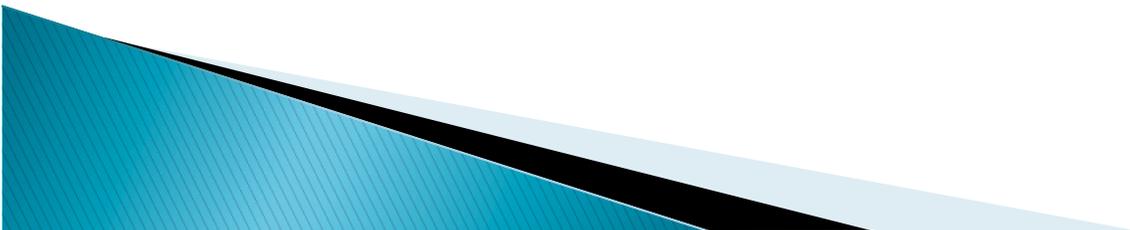
Chiropractic's main concern is the evaluation of the spine and central nervous system to detect structural or biophysical aberrations (subluxations) that cause one or more of the following abnormal neurophysiological consequences: (1)

- **Abnormal joint mobility (either hypo or hyper)**

- Affects proprioceptive and nociceptive input

- Creates compensatory reactions (muscles)

- Lowers adaptive threshold due to biomechanical stress



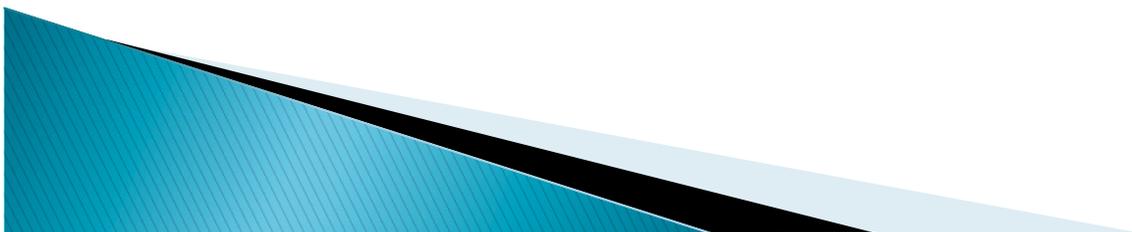
• There is evidence that spinal dysfunction of various kinds has an effect on central neural processing.

Altered afferent input from joints can lead to both inhibition and facilitation of neural input to related muscles.

Even painless induced joint dysfunction has been shown to inhibit surrounding muscles.

Rapid central plastic changes after injuries and altered sensory input from the body have been observed.

Adaptive neural plastic changes can occur over time in the CNS due to the altered sensory input. (3)



- **Piezoelectricity** – Mechanical energy applied to crystalline structures results in electrical responses.

Connective tissue and bones are crystalline in nature therefore biomechanical changes, such as those that occur in subluxations, may elicit electrical responses in bone and other connective tissues.

Such electrical changes may effect, “control of cell nutrition, local pH control and enzyme activation or suppression, orientation of intracellular macromolecules, migratory and proliferative activity of cells, synthetic capability and specialized function of cells, contractility and permeability of cell membranes and energy transfer.” (1)



- **Muscle Facilitation (either too tense or too loose)**

 - Discomfort

 - Pain

 - Compensation patterns

 - Decreased threshold and tolerance

- **Neurological Irritation and Dysfunction**

 - Stretching or compression of spinal nerves causing increased or decreased tone

 - Abnormal nerve conductivity

 - Distorted input and output

 - Too much or too little

 - Systemic fatigue



- **Abnormal Brain and CNS Function**

- Change in blood supply

- Change in quality and quantity of nerve impulse

- Neurotransmitter dysfunction

- **Change in CSF (cerebrospinal fluid) flow**

- Dural membrane compression or stretching

- Brain temperature changes

- Nutrient deficiencies

- Waste and toxic residue buildup



These biomechanical abnormalities and their accompanying sequela are what is known in the chiropractic field as “Subluxations.”

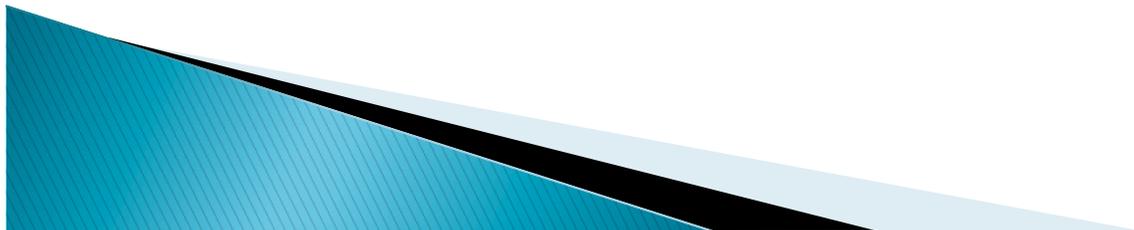
“The only true subluxation you ever see must be in a child prior to the age of seven years. That subluxation is an actual vertebral misalignment with muscle protectors. If this subluxation goes uncorrected it becomes a primary source of stimulus through life.” (7)

Major Bertrand DeJarnette



Causes of Subluxation

To discuss the causative relationships of the subluxation complex it is necessary to begin from the moment of birth.



“Birth related spinal cord injuries appears to be under diagnosed. Severe injuries cause death immediately; incomplete injuries can either cause death within the neonatal period or permit survival. In birth injuries, the upper cervical spine or the cervicothoracic junction is usually affected. However, and level of the spinal cord can be involved, and the involvement of multiple levels is not uncommon.”

Dickman, Rekate, Sonntag, Zabramski
Division of Neurological Surgery, Barrow Neurological Institute,
Phoenix,AZ.

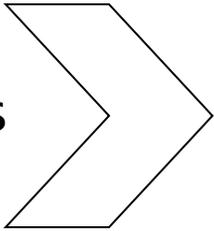


“The primary mechanisms of injury to the spinal cord appears to be excessive traction applied to the spinal canal and cord during the birth process.”

Symposium on operative obstetrics, Donn, MD: Vol. 10, No. 2, June 1983



Besides previously mentioned spinal cord insults (birth) there are a myriad of traumas and injury that can cause damage and dysfunction to the spinal cord and CNS.

- Sports injuries
 - Auto accidents
 - Falls
- 
- recurrent micro-traumas
- Traumatic emotional events
 - Food sensitivity and reactivity (viscerosomatic response)
 - Toxic environments
 - Drugs
 - Any stress that the body cannot adapt to without creating a compensatory protective reaction



CHIROPRACTIC EVIDENCE

Studies have shown chiropractic adjustments to be effective in:

- Reducing subluxations
- Normalizing brain wave patterns (through QEEG studies)
- Increasing circulation and blood supply to the brain.
- Improving neurological function through autonomic nervous system rebalancing
- Reducing impaired motor balance which affects reaction time
- Reducing excessive signaling from the involved intervertebral muscles (*spasms*) and therefore changing the way the CNS responds to subsequent input. This alters how the nervous system responds to the environment.



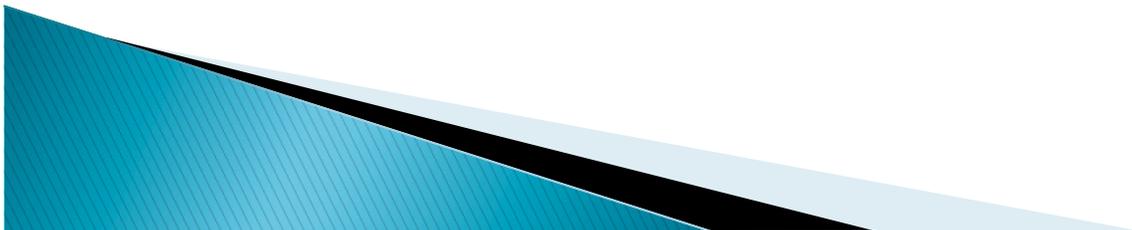
Studies have shown chiropractic adjustments to be effective in:

- Activating and coordinating specific neurological pathways.
- Increasing reduced nerve response
- Reducing nerve facilitation and hyperirritability
- Increasing the quality and quantity neural inputs to the CNS
- Increasing and balancing the movement of CSF throughout the CNS
- Improving immune system function.
- Increasing the threshold at which genetic predispositions are activated.



Studies have shown chiropractic adjustments to be effective in:

- Improving neurological function through autonomic nervous system rebalancing
- Reducing impaired motor balance which affects reaction time
- Restoring normal Basal Metabolic Rates (BMR)
- Increasing individual threshold levels and adaptive responses.
- Adjustments may “reboot the nervous system resetting abnormal neurological patterns and restoring healthier more normal neurological patterns (neuroplasticity)



Conclusion



Chiropractic's main concern is the evaluation of the spine and central nervous system to detect structural or biophysical aberrations that cause one or more of the following abnormal neurophysiological consequences (*subluxations*):

- Abnormal joint mobility (either hypo or hyper)
 - Affects proprioceptive input
 - Nano and joint proprioceptors
 - Creates compensatory reactions and patterns
 - Lowers adaptive threshold due to biomechanical and neurological stresses
 - Decreases available energy for healing and growth potential (Dr. Sperry)



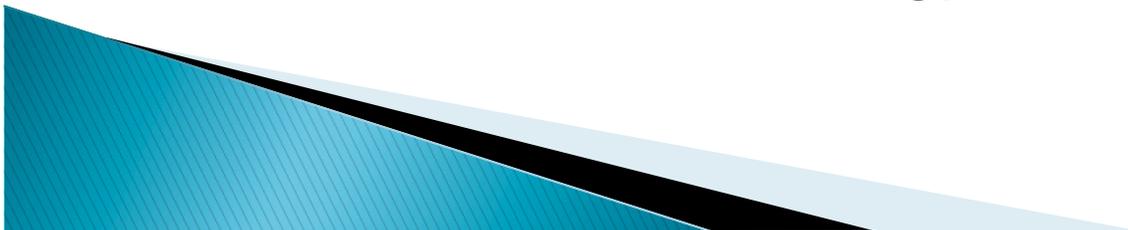
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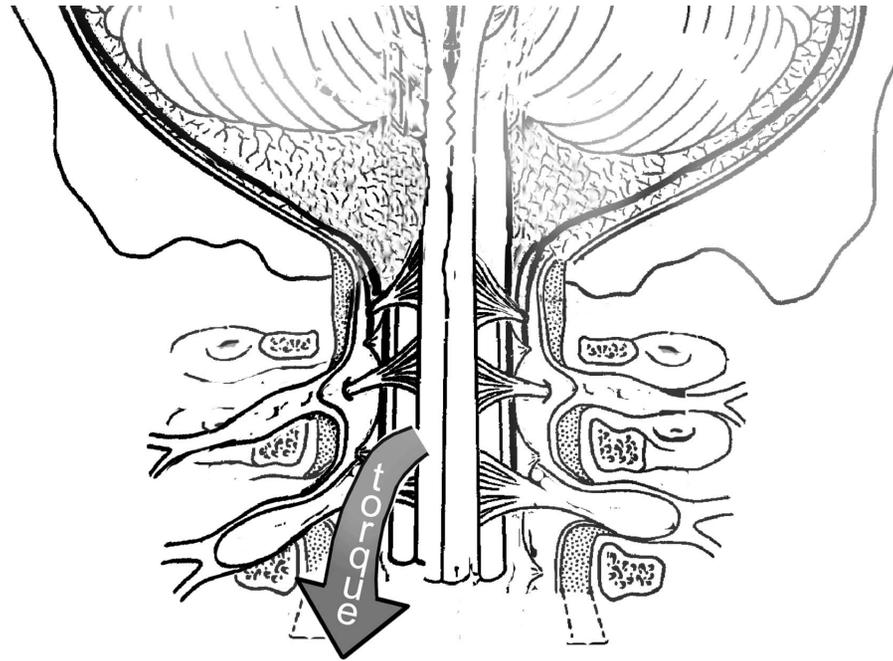
Damage to the spine and nervous system during development of reactive neurological stress patterns can cause compensatory patterns to either be learned or occur naturally which allow the individual to interact with their environment to the best of their ability, but with less than optimal function.

These compensations can cause a decrease in functional capability, adaptive response, and decreased stress thresholds and therefore a decreased state of health.



In children, especially, we have the greatest opportunity to find and correct the primary subluxation.

In the adult spine we are capable of reducing the detrimental effects, but it takes time to remove the subluxation complex and all its previous compensatory patterns.





The ultimate expression of human potential is the true gift of the chiropractic adjustment.

