



"Do you get it?"

Process or Result?

Most of the maladies that affect mankind are the result of a process. There are very few things which affect our health that appear suddenly, although the symptoms may seem to do so. The typical allopathic medical approach is to treat the resultant symptoms or disease, very often having little regard to the fact that the problem is occurring within or attached to a whole being.

Chiropractic philosophy mandates the prevention of problems and the maintenance of normal body function. The body is fully self-healing and self-regulating as long as there is no interference. This is a state known as homeostasis. This state is attained through a very complex and not fully understood system of reflexes and responses. There has to be a control of some sort. That control is called the nervous system. It has the purpose of ensuring the 70 trillion cells in your body work in a harmonious way to support life and give you somewhere to live. When there is a break-down in the normal response or function of the nervous system, there is a corresponding breakdown in the related function of the body. The ironic part is that there is usually no symptomatology associated with this at first. Much the way cancer or heart disease is not detected until it has reached crisis levels, changes in body function from vertebral subluxations are not noticed initially. I call this the 'Chinese water torture syndrome'. A minor problem repeated thousands or millions of times eventually becomes an issue, sometimes one that is correctable, sometimes one that can only be managed.

Each and every cell line has a finite number of times that it can divide and replace itself. They are not immortal. A part of the chromosome within the nucleus of the cell called the telomere cleaves off at each cell division. Once this tissue is gone, the further division of that cell line ceases. (One theory behind cancer cells is that this cleaving off does not occur, so in a sense, cancer cells are immortal.) The more often a cell is required to divide to replace itself, the sooner this finite number of divisions is going to be used up and the sooner that tissue is going to fail and no longer be able to support your body in a healthy fashion. Now the body requires four things for healthy function: food, water, air and a nervous impulse. The body will cease to function in four weeks without food, four days without water, four minutes without air and instantly without a nervous impulse. Death is defined as the cessation of brain activity (the source of the nervous impulse). Over our lifetime the quality of these components will affect the rate at which a cell is required to be replaced. Better food, water and air will obviously improve the health of a cell, but what about the nervous impulse?

Nothing in the body is 'on' all the time. The heart rests between beats, the nerves rest between impulses. If a tissue is 'on' when it needs to be resting or is 'off' when it needs to be supporting body function, not only will your health suffer as a whole, but so will the health of the individual cell or tissue, thereby facilitating its early demise, necessity for replacement and reduction of longevity. Now multiply this process by 70 trillion. By ensuring that you supply your body with a consistent supply of good quality food, water, air and nerve energy and control, you will ensure the best chance of intervening in the process of disease and body breakdown rather than waiting for and attempting to treat the result.

Dr. Steve