

1

Q. What is an adjustment?

A. An adjustment is the moving of a bone to its proper position.

Q. Why does it matter if my bones are in the proper position?

A. When a bone is out of position, many things happen. Supportive tissue, muscles, discs and ligaments are stretched out of position which causes a swelling which causes an increased inflammation which causes nerves to be irritated which causes nerves to not work properly. Repositioning or adjusting the bones reverses these changes.

Q. Why do I have to get adjusted again and again and again?

A. You don't have to- you GET TO- and only if you want to. The reason to be adjusted is to create a "correction". It's very much like getting braces on your teeth. Braces on for five minutes won't make much of a change, but braces on and adjusted for a period of time create a change.

Another way to look at it is with any "muscle memory" exercise. Work your abs one time: no change. Work your abs often and for a longer period of time, over time the muscles remember to be strong and the body changes. Same with adjustments- but good or bad, you need me to do it.

Q. What is that sound when I get adjusted?

A. Truthfully, no one knows what the sound is. We know that it isn't bone on bone, and that's all that matters.

Q. How do I get “not electric”?

- A. Any overload of the nervous system can “blow” your electricity. An upsetting thought, taking in a fume or toxic breath, eating or drinking something that stresses the digestive system, a physical trauma such as a fall or even a misstep can cause an overload of your nervous system and make you non-electric.

Imagine the electrical system in your house. If you decided to put 20 lamps in one receptacle (which was designed for two) you would blow a circuit. That’s what being non-electric is- having had some stress that was an overload.

Q. What does it mean when I’m not electric?

- A. Being non-electric means the energy (electricity) in your brain is not getting to the rest of the body. In simple terms, it is exactly like taking a perfectly working remote control and turning the battery around. The battery is still good, the remote is still good, whatever the remote operates is still good, but nothing is working. There is no need for a new battery or remote- just turn the battery around. That’s what we do with ankle adjustments.

Q. What are you doing when you have my arm up in the air?

- A. When your arm is up and out to your side, you are being checked for interruptions in your electric flow. When your arm goes down it is telling me that the point of contact is where the interruption is located. The purpose of this testing is to find what needs to be done to improve your health. The test is also used to determine the result of what was done. If the arm still goes down, we are not done. If the arm doesn’t go down, we’re done.

Q. My neck and shoulders hurt after a day at work. Can you tell me why?

A. Many times people are sitting in front of computers for extended periods of time at work. There is a simple test to perform to see if your computer screen is in the correct position.

1. Sit in front of your computer with your butt behind you, your back straight and your shoulders parallel to your desk.
2. Close your eyes (for steps 3 and 4).
3. Nod your head yes three times. Nod your head no three times.
4. Bring your head to a neutral position.
5. Open your eyes. If your eyes don't fall squarely in the middle of the screen, the screen needs to be readjusted so that when the test is repeated, your line of sight falls in the middle of the screen.

This test can be used for television viewing as well.

Q. I have chronic foot pain. It's been called "plantar fasciitis". The doctor said there's nothing I can do for it. Is that true?

A. Many times a diagnosis stops doctors from looking at the issue any further. Plantar fasciitis sounds good, but what does that mean? It means your foot is hurting all the time, sometimes to the point where you can't wear shoes or even bend your foot.

We know that the foot is very complex and has a lot of bones. We also know that when there is pain and dysfunction there is swelling (which you sometimes can't see) that presses on the nerves of the foot.

Adjustments of the foot can reduce swelling. In addition to adjustments, soaking your feet in cold water from the tap (no ice or refrigerated water) for five minutes five times a day will, over time, by reducing swelling, reduce your pain level.

Q. You don't want me to drink water, but everything you hear is "make sure you drink a lot of water". What's the deal?

A. Well, really it isn't "water" they mean to say- it's "fluid". That's why we ask you to have juice and diluted juice (dilute with water) and herbal tea (made with water) but we do not want you to drink water by itself.

We depend on the WATER CONTENT of juices, teas and the foods we eat to maintain a high level of hydration in the body. Proteins such as meat, fish, chicken and eggs have high water content, therefore they are hydrating. Fruits and vegetables have a high content of water which makes them hydrating. These foods add to the hydration of our tissues and blood. Owing to their low water content, grains and starchy foods rob fluids from our body.

We want you to have water in its natural whole food form.

Water by itself is not an organic* substance, meaning that it does not contain anything that was alive. "Alive" is the issue. The cells of your body will not absorb anything inorganic. That is why we use water to make tea and dilute juice: the once-alive substance allows the nutrition and the benefits of the water into the cell.

Eating foods that are organic ensures that the nutrition in the food will be recognized by our bodies as "real" food.

** although we believe organically grown foods are best, the definition of "organic" we refer to here means "derived from living organisms".*

Cholesterol, cholesterol, cholesterol.....

...the truth about cholesterol. This conversation is usually started with the topic of the prescribed breakfast which features eggs. Contrary to popular belief, dietary cholesterol is not responsible for raising blood cholesterol levels in humans- saturated fat is. An organic, free-range egg contains 4.5 grams of fat, 1.5 grams of which are saturated. Foods high in saturated fat include butter, cheese, whole milk, and certain cuts of pork and beef.

The diet we prescribe (The Paleolithic Diet) avoids such foods that are high in saturated fat and instead focuses on foods that supply high concentrations of necessary nutrition which in turn provides the body with optimal health.

Eggs are not "dangerous" in a healthy diet. They ARE dangerous in the average American diet, which is laden with fried foods, laden with refined sugar, laden with refined flour, laden with dairy and laden with artificial food substances (also known as chemicals) such as partially hydrogenated oils, synthetic sweeteners and artificial dyes and flavors.

The most critical issue regarding cholesterol is where it is absorbed, how it gets absorbed and the ultimate damage that is done to our bodies. Dangerous fats are absorbed into the bloodstream from the large intestine. The health and functioning of the large intestine is most critical. The wall of the intestine is made of villi, finger-like projections, which are meant to massage the remains of digested food while absorbing vital nutrients through to elimination. THIS IS THE CRITICAL POINT. GET IT! Consuming starchy (carbs), congesting (dairy) foods causes a horrible buildup of gunk that obliterate the villi. Imagine gluing your fingers together and trying to use your hands to perform any of their normal functions. Once the villi are rendered powerless to perform their most important task (moving food quickly through the bowel and therefore preventing absorption of fats) the bowel is not able to do its job efficiently, food sits longer than necessary and fat and cholesterol are absorbed.

A clean, healthy diet leads to lower cholesterol levels!

**ANY
BONE**

out anywhere in the body can cause

**ANY
SYMPTOM**

anywhere in the body

If you keep LOOKING for something, you INTEND to find it.

The medical establishment thinks that testing equals prevention.

They are wrong.

Prevention is prevention.

LOOKING for breast cancer, colon cancer, hardening of the arteries etc. is hardly PREVENTING.

KNOWING what causes things
and TEACHING patients WHAT TO DO
is
PREVENTION.

Get Unstuck

The purpose of an adjustment (Chiropractic) is to get things “unstuck”. When vertebrae go out of place, the resulting misalignment can cause blocks in any of these systems:

1. nervous
2. electrical
3. blood
4. joint
5. muscle
6. lymph

Get “unstuck” and see what happens!

The more a doctor
treats a disease,
the less he treats a patient.

What is your doctor
treating?

What's
the
most
important
thing
in
the
body?

When you wake up in the morning or are awakened at 2am or 4am with any issues (i.e. headache, dizziness, nausea, spasm, restless legs, indigestion, constipation, blurred vision, joint pain, anything.... you name it!) always ask yourself "what did I eat after 2pm yesterday?".

If you had anything other than protein, vegetables or herbal tea, you know the cause of your problem.

The acid food or sugar-loaded food caused the subluxation in your spine that caused your symptom. Common culprits (if eaten after 2pm) are fruit, fruit juice, sugar, starchy carbs, POPCORN, tomato sauce, tomatoes, barbecued *anything* (the sauce is s _ _ _....oh, sugar has five letters in it) and the list goes on....

THE TRUTH

The right adjustment at the right time given for the right reason with the right intention can change the vibration of every cell in your body, creating the right response.

Life happens- the more life happens, the more the right adjustments are needed. By “life” we mean any of the stressors that impact us, such as thoughts, breaths, substances (anything we eat or drink) or actions (any movement or posture, intended or unintended). Every one of these has an impact on the functioning of our nervous systems.

An adjustment is similar to pressing “refresh” on your computer.

Just like anything in life, chiropractic is not what you think it is. It is an important venue to keep a body functioning at higher and higher levels of health. It is not just a way to fix a bothersome back as most people think or to fix asthma or migraines as some people think or to keep the body healthy through prevention as a few people think. It is a way of staying whole as almost no one knows.

IT'S NOT JUST

the adjustment

the nutrition

the diet

the exercise

the stress

the family

the body

the relationships

the thoughts

the past

the present

the future

(ad nauseam)

IT'S EVERYTHING

That's why we call it **WHOLISTIC** energy balancing....

It's about the **WHOLE** thing!

THIRTEEN 3s TO IMPLEMENT

3 oz. of protein within 30 minutes of waking

3 oz. of protein every three hours

3 ways to have vegetables every day: raw, cooked and juiced

3 oz. of fluid every 30 minutes

3 pieces of fruit every day

3 types of greens in your salads

3 hours of positive sleep three times per week (positive sleep is hours before midnight)

3 30-minute aerobic workouts per week

3 30-minute joint mobility routines per week (every day is better- use IntuFlow)

3 30-minute muscle resistance workouts per week

3 30-minute meditations daily

3 20-minute naps per day

3 kind acts per day

*In wholistic healing,
we only add to your
wholeness.*

*We never focus on
what is wrong.*

HOW WOULD *THAT* FEEL?

Many times people come in for adjustments just before a vacation or a big sports challenge or before a big social event (homecoming, wedding, big birthday) and they always say “I want to make sure I feel good, so I’m gonna get some extra adjustments.”

Why not treat every day like a special occasion.....

HOW WOULD *THAT* FEEL?

think
C A U S E
not
S Y M P T O M

removing the cause will eliminate the symptom
treating the symptom will not eliminate the cause

(if you have a leak in your ceiling, fixing the ceiling
will not fix the leak in your roof)

GENETICS VS. HABITS

Many people blame high blood pressure, weight problems, diabetes, cancer etc. on their genetics (“My father had _____, so I do too!”). Acquired habits such as a sedentary lifestyle, poor diet, the way we prepare our foods and many other factors create a carbon copy of our childhood environment.

Medical doctors want you to believe that whatever is wrong with your health is permanent and out of your control once it is diagnosed. Therefore, drugs for “controlling your disease” is what they consider the safest thing to do. Not so! Drugs have side effects- how can they possibly be safe?

Change your habits, change your life. Changing your habits will remove the CAUSE of disease and allow your body to return to as near normal as possible.

WHAT I do

Remove as many stresses from the body as possible to allow complete communication between brain and cells of the body

HOW I do what I do

By removing any physical, chemical and mental interruptions in communication between brain and cells of the body

WHY I do what I do

To allow the brain to communicate freely with every cell of the body to create the highest level of health possible

analyze this!

A non-adjusted spine
is to an adjusted spine
as frozen butter is to
butter left at
room temperature.

DON'T GO OUT WITHOUT A COAT- YOU'LL CATCH A COLD!

No you won't, but what will happen
is that you will shiver, making your

atlas go out of position (that's the bone
just under your skull where the brain stem sits)

WHICH will compromise the communication
of the nervous system

WHICH will compromise your immune system

WHICH makes your body more vulnerable
to any infection you are exposed to, so.....

DON'T GO OUT WITHOUT A COAT!

Check-a-da-mat!!!

Some time ago my brother had a beautiful red Ferrari- cars known to be wonders even though they are trouble to maintain.

With that said, when this particular Ferrari was having trouble with an engine that wouldn't calm down, it was flatbedded to the dealership and everything was checked. The engine still wouldn't calm down. As the car was being examined by yet another Master Mechanic with the engine roaring away and everyone looking at it wondering what could possibly be wrong, a "lot man" (someone who moves cars around) yelled out with his heavy Italian accent "*Check-a-da-mat!*".

Lo and behold, that was the problem: the floor mat had curled under the accelerator, holding it down and causing the revving engine.

This is what has happened in healthcare. Technology has provided so many options in planning a patient's care that doctors are only able to look at things in a certain way. Much like the Ferrari mechanics, looking intently for something wrong prevents doctors from checking out the simple things.

Many times patients seek my care after being to many doctors. Chiropractic is based in starting over and looking at things from the simplest point of view so that nothing is missed. In other words...."*Check-a-da-mat!*"

A Real Story

Patient: Simon, could you check my blood pressure?

Simon: Sure.....(*taking blood pressure*). Whoa- that's crazy- what happened today that your pressure is so high?

Patient: Funny you asked what happened today. That's why I came here. I knew you would ask me that. This morning was my annual physical with my M.D. but before I went for my appointment I went to my store and found out it had been broken into and a large amount of money I had hidden was gone. I figured there was nothing I could do about it so I went for my appointment. The minute my doctor saw my pressure was up he prescribed medication, declaring "I was waiting for this to happen- every black patient I have eventually has high blood pressure." Without asking questions he tore off the prescription, handed it to me and walked out of the room. I knew if I came here you would immediately ask me what was up- and I know what's coming next!

Simon: Right- throw that prescription in the trash (*subdued language used for written version*) and we'll check your pressure on a better day!

Knowing a patient's lifestyle and history is an important part of my care. In this case the patient was a super-fit man in his fifties, extremely active with excellent dietary habits. There was no way he could be categorized (as no one should be) without careful evaluation of history, habits and circumstances. Put that on your prescription pad!

General Nutrition vs. Specific Nutrition

(them)

(me)

HEALTH FOOD STORE APPROACH

Symptom-based or the “this is good for everyone” approach to nutrition is the way health food stores, nutritionists, medical doctors, trainers and self-professed know-it-alls dispense advice to anyone and everyone who will listen. This kind of information is what makes vitamins, minerals and supplements dangerous.

MY APPROACH

Wholistic healthcare is based in what is right for the specific patient at the specific time- not what is good for everyone, because nothing is good for everyone all the time. My approach to adjustments and nutrition and diet and exercise is to be as specific as possible- patient specific and moment specific- to create the greatest level of health possible.

how _____

VITAL ORGANS

are

CONTROLLED

THROUGH

NERVES

IT WILL be seen from the accompanying illustration that the vital organs of the body are supplied with two sets of nerves. Strange as it may seem, one of these sets is for the purpose of increasing function, while the other is for the purpose of decreasing function. Experiments have repeatedly shown that artificial stimulation of the heart through one of those nerves increases its rate and force, while artificial stimulation through the other set decreases both the rate and force.

That same thing is true of the digestive system. If we artificially stimulate one set of nerves, the digestive juices are increased in quantity. The muscular action of the stomach and intestines is increased. If we stimulate the other set artificially the very opposite effect is had.

If the digestive system is to function normally and naturally, both sets of nerves must deliver a normal quota of vital energy. In brief the inhibiting power must delicately balance the activating power. Let either set of nerves outbalance the other in its delivery and there will be either excess function or deficient function.

The above explanation is not peculiar to the Chiropractic profession. It is universally recognized by physiologists. The Chiropractor takes advantage of this knowledge and when he discovers abnormality in the digestive system or in any other vital organ, he seeks first to determine whether he is dealing with a condition of excess function or deficient function. This leads him to the knowledge of which of the two nerve supplies has interference somewhere along its path.

Having made this discovery he looks to those regions of the spine where the offending nerves make their exit. A careful examination of the spine reveals that certain bony segments are out of normal position and are producing interference with nerve transmission. Having made these discoveries, the Chiropractor's work is to replace the offending vertebrae and permit free transmission of nerve force. When this is done normal functioning of the organ is the natural consequence and when normal functioning takes place, symptoms such as pain, discomfort, headaches, etc., automatically disappear.

The Chiropractor's method is essentially different than that employed by any other school of healing. He is concerned with effects only insofar as they point to those regions where the cause is to be found. He is not interested in submerging the pain of a headache by giving tablets whose only effect is to deaden the pain. He knows that to do so is to offer merely temporary relief. He recognizes pain, including headaches, as a danger signal. He contends that to relieve the pain by the use of drugs without correcting the cause is as dangerous as to put out the red light at a railroad crossing.

For every disease there is a cause. That cause must be corrected if health is to be restored. Just as normal, healthy expression of life depends upon forces within the body, so abnormal expression of life (disease) results from the inability of these internal powers to properly express themselves. It is this knowledge that leads us to that fundamental truism . . .



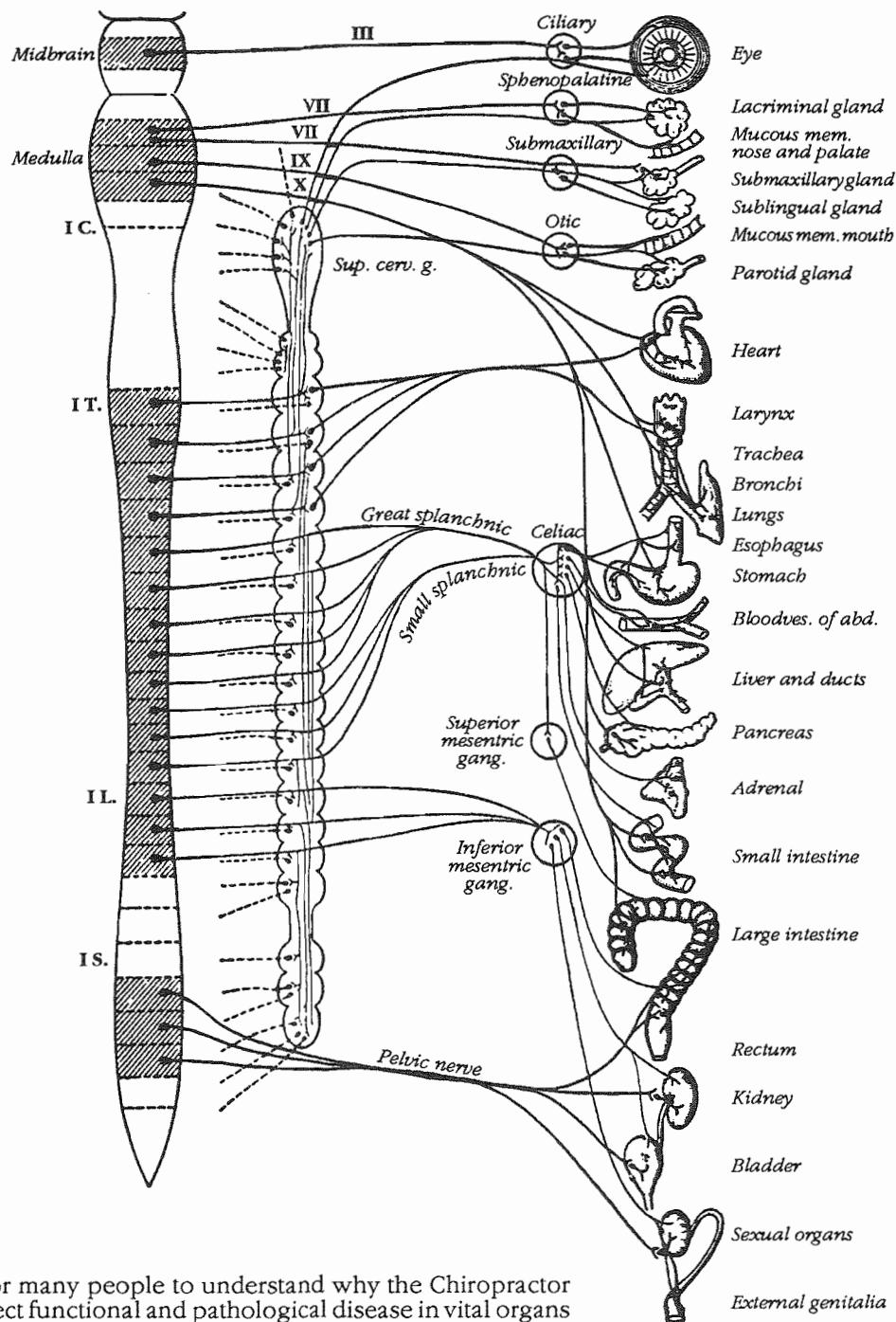
"HEALTH COMES FROM WITHIN"

There are all too many people who look upon Chiropractic as being of value in case of spinal curvature or nervousness only. These people realize in a vague sort of way that Chiropractic has to do with nerves; hence, their misconception is quite excusable. The thing they do not realize is the absolute dependence of all vital organs upon a normal nerve supply. The accompanying illustration taken from Gray's Anatomy demonstrates this connection more effectively than our written explanation could do.

This article is directed especially to those people who have tried to regain their health through methods other than Chiropractic and have failed. That failure should not lead to discouragement. On the reverse, it should lead to a determination to discover the actual cause of your illness. No one should feel that he or she is merely destined to be sick all their lives. Everyone is entitled to health. Everyone can have health if nervous energy is normally delivered to their vital organs.



NOT until it is understood that every vital organ in the body is connected with and controlled by nerves from the spinal cord and brain, can one fully understand why Chiropractic methods can relieve so many human ailments.



● THIS illustration is taken from the latest edition of Gray's Anatomy, a standard textbook recognized by all medical colleges and widely used in the leading schools of medicine, osteopathy and Chiropractic. It shows the nerve supply to the vital organs from the brain and spinal cord and demonstrates the need for maintaining uninterrupted communication through nerves.



It is difficult for many people to understand why the Chiropractor seeks to correct functional and pathological disease in vital organs by adjusting the spine. He adjusts the spine to remove interference between the central nervous system (brain and cord) and the organs, knowing that if vital energy is not properly delivered to these organs they cannot function properly. This is not a principle recognized alone by Chiropractors. It is a physiological fact readily admitted by all schools of healing. Where the condition of the spine is such as to cause interference with the delivery of vital energy, it is useless to apply palliative measures in an effort to stimulate normal action. Such procedure merely seeks to relieve the effects. It does not correct the cause. Patch up the sore spots all you will; they still remain sore spots unless the cause for their existence is corrected. Dose the system all you will with medicine to stimulate or inhibit; permanent cure cannot be thus achieved. The power for normal action comes from within. The ability to cure lies within and cures are made by free and natural expression of the internal vital energy.

SUB - LUX - A - TION

Sublux--What? Subluxation--That's what--The number one cause of disease and illness--yes as radical as that sounds it is the truth, the Chiropractic subluxation is the root of all illness.

The four components of a subluxation are:

1. A vertebra out of place
2. Inflammation building up in the area of the nerve root
3. Pressure from inflammation on the nerve root
4. Interference of the nerve impulse from the brain throughout the body.

This combination of situations is a subluxation, the basis of Chiropractic. It is the job of the Chiropractor to determine where subluxations exist and do what is necessary to alter the situation. The purpose of discovering and adjusting subluxations is to remove pressure on the nerve root and relieve the problem it is creating. Every function of the body is dependant on proper nerve function, making the job of the Chiropractor very important.