

Give Your Spirit Some Room

Within our body lies the spirit. We first learn about spirit in church and religious studies, and that it is separate from the physical body. In Chiropractic, our prime philosophical tenet proclaims a superior intelligent energy that flows over the nerve supply and gives function, healing and LIFE! to the whole human body. We call it, Innate Intelligence. These two are the same. There is only one power that gives life to the human body.

Chiropractic recognizes anatomically that our life energy resides in the human brainstem (medulla oblongata), a short stalk of nerve fibers that is approximately 3 inches into the skull, and 1 inch exiting the skull into the neck. It then becomes spinal cord which passes through the spine and has 62 nerve branches exiting the sides of the spine. Each nerve branch has approximately 500 million nerve fibers up to 1,000 times thinner than a human hair. Their purpose, to supply our life energy to each and every microscopic cell in the human body.

As long as we have 100% of this wonderful power flowing through our nerves and supplying our organs and cells 100%, WE have health. However, it is vertebral subluxation that stops this flow, and does so without our awareness of the interference and damage to our organs. Typically, subluxation damages the human body all our lives with symptoms and pains only surfacing after substantial nerve and organ damage has occurred. Therefore, we need to correct subluxation whenever it is present throughout our lives, not just when we are experiencing symptoms or pain.

By promoting a “Full Nerve Supply” through regular chiropractic adjustments, we can assure ourselves of maximum expression of life through our physical body. Make room for our spirit! As it will fill our physical tissues, maintaining and keeping them healthy throughout our lives with the use of chiropractic adjustments.

The Flu My Welcome Friend!

The popular understanding of Flu taught to us is distorted. We view flu as if it were a virus out to hunt us down and attack us. We talk as if it were lurking around every corner waiting to attack, and then say we caught it from some other unsuspecting soul. Yet it is simply not true. After 22 years in practice, coming into contact with patients repeatedly with flu, I have never gotten flu from them. Not because I never get flu, but because, we don't "Catch Flu" as we have been popularly taught. Rather our bodies **allow** the flu bug **in** when the **time is right**.

The flu is not an enemy, but a symbiotic partner performing a service for the human body. It has a purpose that is actually beneficial to our bodies and the flu bug. Flu microbes feed off the dead cellular tissue our bodies build up, they feed off dead toxic waste material that has built up in our bodies, and they help remove old cellular tissues from within the healthy tissues that your body may be having difficulty removing. Therefore, the body needs help, and allows the flu bug in to help assist in cleaning our bodies from the inside. On the reverse side of the coin, the flu bug gets to eat.

Flu may not be enjoyable, and certainly is not comfortable. But in reality performs an important and necessary function, helping us clean our bodies of poisons, dead tissues, toxic garbage that we don't need, and have difficulty eliminating. Imagine if we didn't get these toxic substances cleaned from our bodies what trouble we would get into. Ever notice how much more alert, lighter, and better you feel following a bout with flu? Flu actually promotes good health by eliminating very poisonous and deadly poisons from our body, allowing our bodies to flourish in the presence of clean, or cleaner tissues. The outcome of not getting flu when we need it may result in extreme sickness or even death.

What contributes to flu? An over abundance of dead cells in our body. When we have vertebral subluxation present, the diminished life flow from our nerve supply inhibits the daily routine process of building new cells and eliminating the old cells. Remember, every organ in the body is constantly replacing organ tissue with new cells, and eliminating the old dead cells. Therefore, when we have a vertebral subluxation with an impaired nerve flow, our bodies just can't build the proper new cells and tissue, or clean themselves properly from within. The result is we get a build up of sick and dead tissue that becomes toxic and deadly to the body. Vertebral subluxation contributes to the sick dead cells, the very food that feeds flu microbes, and wants to return to haunt our health our whole lives if we don't stay on top of it and correct subluxation regularly.

Keeping our subluxations corrected eliminates excess dead cellular tissue in the body, hence decreasing the food supply for the microbes like flu. And helps eliminate the need for our bodies to allow flu into us.

Keeping our subluxations corrected also keeps our immune systems functioning at it's peak. Remember, our bodies function is guided by a supreme intelligence chiropractors call, "Innate Intelligence". And so it is Innate Intelligence that knows when to allow a flu bug in to clean us up. It is also Innate Intelligence that protects us during the stay of this temporary visitor by regulating the presence of the flu microbes. Most microbes that feed off our dead cellular tissue only thrive in certain environments like specific temperatures. That's why fever raises to kill off excess microbes not allowing them to over colonize in our bodies and get out of control. Innate Intelligence knows exactly what to do, how best to protect us, and take care of us, and can be counted on as long as it has the benefit of a full nerve supply to adequately supply our body.

Chiropractic received an award of recognition and outstanding meritorious service to the citizens of the United States of America in 1932 during the "The Great Flu Epidemic", as anti-biotics and drugs did not work on patients and medical doctors were at a loss with people dying, the public turned to chiropractic. The flu victims got relief and survived as their flu symptoms eased up under chiropractic care. The results were amazing, as their adjustments allowed their immune systems to work properly, kept the microbes under control, and allowed the proper elimination of old cells and dead tissue. Most important the creation of the new cells and tissue, as the chiropractic adjustments restored the power of the "Innate Intelligence" over their bodies, and allowed their proper keeper, "Innate Intelligence" to take over.

Yes, in the grand scheme of things provided by mother nature, microbes are not their to hurt us. They are only their to perform a function that serves us, even though it may seem like they are hurting us, they are only trying to help us by cleaning us from within, a state of toxicity that long got out of control before they showed up.

I've come to look forward to and enjoy flu, as I know what it's purpose is, and how much it benefits me, and how good I will feel once it is over. I also keep my spine adjusted so that my organs are functioning well, and I don't develop an excess of sick dead cellular tissue and toxic garbage. I don't have to fear the outcome of flu since my body is not placed in a state of danger due to neglect of my spine and nerve supply. My body stays at peak functional performance with a full nerve supply.

Colon Cleansing

One of the most important and least understood organs of the human body is the colon. Recently, morning show host, Katie Couric, in an effort to increase public awareness, allowed a film of the inside of her colon to be shown on nationwide TV after her husband had died of colon cancer. She obviously has a good heart and good intentions, and wanted to help the world avoid the sadness she had to go through in her life. But, even sadder is her belief that only medicine has the solution.

We need to take responsibility for our own personal understanding of health, and realize now, that health in America has been politically controlled for 100 years. Your perception of health has been controlled because you willingly accept the authority of medicine to tell you the truth never questioning its logic. Medical doctors do not tell you the truth. They teach you a reality that fits within their medical hierarchy. They preach exams, tests, invasive procedures to determine your condition, and their only solution is drugs (all of which have side effects), and surgery. But most important, they are extremely proprietary with their ownership of health in this country. It reminds me when I bought my first computer and I could only get parts from the same company. 50 years ago you only heard chiropractors recommending vitamins, now medical doctors want to get in on the show. Do you want to wait 50 years for the answers to your health? Chiropractic is NOW!

If something were better for you, or a much better solution, medical doctors will not share it with you, and they probably don't know what is best for you. They themselves may be indoctrinated into their own drug solution beliefs. They frequently degrade the value of other health care disciplines outside their own to their patients. Medical doctors portray the image of being fully knowledgeable in all areas of health, and you may find them acknowledging some benefit to chiropractic, but only in a limited beneficial way. Believing in their opinion may severely limit the possibilities for your own health.

Medicine is really an emergency health application that is inappropriately applied in all circumstances, when other simple, much safer, cheaper, more effective natural solutions leave a patient much better off. If only patients knew the better solutions exist, they could save money, experience real health, and walk with confidence with regard to their own potential.

So, how are you going to find out the truth? Through educated, logical investigation and observation without fear. Take the time to investigate and learn.

The colon (large intestine) and small intestine together can measure up to 54 feet long with the average being 25 feet, of back and forth horizontal tubing, coiled in the lower abdomen, that food must move through and ultimately leave the human body. The small intestine, (the longest), has walls of miniature villi, (small finger like projections that absorb nutrients). For your body to absorb vitamins and minerals from the food you eat, the food must slide over the villi to allow the surfaces of the villi to absorb these nutrients.

Between the small intestine and colon they both have smooth muscles in their walls that squeeze the food along in a rhythmic movement controlled by the nerve supply called “peristalsis”, that ripples through the length of the small intestine and colon from beginning to end. This muscular contraction squeezes food through your small intestine and colon similar to the way you squeeze tooth paste from the bottom of the tube to the end.

The small intestine and colon in an infant have never been used during the nine months while in Mom’s womb until birth. Now at birth, the baby has to develop this process of digestion beginning with Mom’s milk and gravity. It’s difficult at first, because the baby has never had to digest food through the stomach and intestines until birth, getting nutrients through the placenta from Mom. These digestive pains, holding a child to burp, the discomfort of indigestion that keeps Mom’s (and Dad’s) and babies up at night, we refer to as colic, is simply the baby going through the discomfort of learning to digest food.

This whole process of infant digestion, muscle peristalsis in the small intestine for food digestion, and elimination of waste from the colon, is all controlled by THE NERVE SUPPLY!!! One of the biggest problems we face as a human race with regard to our health is vertebral subluxation that interrupts proper nerve flow to our organs. Subluxation acts at the heart of our nerve supply, just beneath our skull, to interrupt the flow of nerve power to ALL OUR ORGANS, OUR WHOLE BODY, AND ALL PROPER FUNCTIONS!!! So, infants begin life with vertebral subluxation, interrupting their nerve supply from their brain to body.

In 1964, a Harvard Medical doctor named Abraham Towbin was granted by our government to study “Crib Death” aka “Sudden Infant Death Syndrome”. This is when infants suddenly, and without warning, appear to die without explanation. Dr Towbin found that coroners were not conducting autopsies on these children in the upper neck area where subluxation is known to occur. After requesting the coroners across the country to autopsy the upper neck area on all “Crib Death” babies, the results were astounding.

Of 350 upper neck autopsies on “Crib Death” infants, 90% had obvious tearing of upper neck ligaments, bleeding into the spinal canal, damage to the brainstem (the heart of the nerve supply), and death.

Later, Dr Towbin studied an additional 2000 “Crib Deaths”, and found again, 90% of all these babies that suddenly died, had extensive damage to the upper neck. Dr Towbin had initially got his idea from a paper written by an 18th century English Medical Physician that suspected babies were literally being killed by rough birthing procedures that damage the central nerve supply by rough treatment of the babies neck. Eventually Dr Towbin, after publishing his findings in the New England Journal of Medicine was approached by the AMA threatening to take his medical license away. He published a public letter of apology to his fellow medical doctors, and was never heard from again.

I chose to deliver my own children for this reason, and still, even though they never suffered all the damage associated with “Crib Death”, they were still Vertebally Subluxated from the process of birth, passing the head, neck and abdomen through the tiny birth canal. I checked my children and gave them chiropractic adjustments within 1-2 hours after birth and have never stopped checking them since. The result was, that none of my children suffered with colic the way most infants typically do. By correcting their vertebral subluxations on a consistent basis, my wife and I got more sleep at night, our children suffered less discomfort while their little bodies learned how to digest food, and they grew up with all their organs benefiting from a full nerve supply and functioning properly.

So now you see how the small intestine, the colon, the birth process, digestion, vertebral subluxation, and ALL proper body functions tie in with chiropractic care. The majority of the populace have never had a chiropractic adjustment, largely due to the control of information regarding health by the medical profession. People simply don't know how great chiropractic is, and end up never experiencing real health as a result.

The result of growing up without the benefit of a full nerve supply relates to a vast number of different health problems. Here we will discuss the small intestine and colon only. Once the vertebrae are displaced, they immediately interfere with the entire nerve supply, and DO NOT go back to their proper position without specific chiropractic adjustments. This immediately prevents proper “peristalsis” of the small intestine and colon. Immediately, you come into this world developing impaired digestion and elimination due to one factor, the inability of the muscles to squeeze the food along due to a lack of nerve power. Imagine the possible 54 feet of tubing back and forth

with stuck food in pockets that will no longer move along. The walls of the small intestine and colon without proper nerve power, which are already soft and pliable, begin to stretch in time, forming bigger, deeper and wider pockets of inactivity. Food begins to get stuck more readily, the body can never completely eliminate all it's waste which quickly becomes toxic.

It is said that the small and large intestine produce a mucoid layer to protect the lining when we ingest something that is damaging to it's delicate chemistry and tissue. Ingestion of food with pesticides, preservatives, and chemicals that are undesirable to the body (like soda), cause the body to react by creating the mucoid layer. The body then lifts the mucoid layer 3-4 days later once the danger is clear. However, if we continue to put foods inside us that damage our body, the intestines create more and more mucoid protection that eventually dries and becomes like leather, creating a barrier that prevents the nutrients in our food from being absorbed by the body.

All the above, vertebral subluxation, chemicals in our diet, food with no substance, stretching of the colon and small intestine walls, the building of toxic substances in the colon and small intestine are ALL significant health risks. It all begins with vertebral subluxation. And is all avoidable!!! Most people have never had the opportunity to be educated on the benefits of chiropractic care from birth, and for most of us, start late. Yet chiropractic makes a world of difference whenever you start.

Once you've lived with the damaging effects of vertebral subluxation for years, and then lived eating sugar, fast foods, large consumption of proteins over years. Once your body has become toxic ingesting foods that have preservatives, pesticides, and genetic alterations. Once your colon is severely stretched out of normal shape. It's time to get started! You have some work to do. And never let symptoms be the judge. You don't have to wait for symptoms to get started.

First) Get under regular chiropractic care. Keep a full nerve supply to your organs so they can change. The human body with regular chiropractic adjustments can changes and improvements for over 3 years.

Second) Improve your diet. If at all possible buy organic foods. Eat salad every day, fruits and vegetables. Stick to "whole foods", foods that are fresh off the branch and unprocessed or chemicalized. Organic basically means your food has not been genetically mutated, it has not been fertilized with dangerous chemicals, or sprayed with dangerous pesticides.

Third) Begin colon cleansing, a teaspoon of flax meal per day is very helpful. Almost every health food store has herbal cleansing programs designed to get chemicals and toxins out of the colon, and out of tissues in your body. Psyllium hulls are often a main component in cleansing programs. Aloe Vera juice is good.

There are so many herbal cleansing methods you could not do them all at once. But start with one.

Forth) Fortifying the body with nutrient high food supplements. One common dilemma in our farms is lack of minerals in the soil. Getting minerals to the body is essential to a normal functioning body. Two sources are sea minerals, and minerals from springs inland. Spirulina and Wheat Grass are high potency, toxicity removing supplements that fortify cells in incredible ways and are very helpful to your health. There are many thousands of food, vitamin, and mineral supplements that can be found in health food stores, infomercials etc all having potential for being very helpful.

Fifth) Exercise and play time. It is said the best way to get exercise is by playing. We run, or walk or swim and don't even realize we are getting exercise. What ever your choice, make it a safe one. Exercise fortifies and invigorates the spirit.

Most people do not know they have problems, as we are taught to wait for symptoms most of our lives. But if you want real health, take care of your subluxations, invigorate your spirit, exercise, change your diet where needed, and cleanse.