



The Ultimate Way to Wellness

*How Chiropractic Can Help You Live
an Energized, Balanced, and Pain Free Life*

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and James Hicks, DC

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Introduction

Welcome! First of all, I want to say thank you for taking the time out of your busy life to read this e-book and, by virtue of doing so, commit to a higher level of health and wellness. The fact that you are here right now is in no way random-- you have made your way to this information because you are proactively seeking real and lasting solutions to either specific health issues or you just want a better quality of life for yourself and your family.

In the following pages, you are going to learn about a health care system that has literally helped millions of people around the world, one that is intended to work with the laws of nature to encourage positive change without side effects. If you are currently struggling with stress, pain, or any number of chronic health conditions and you are in need of all-natural solutions that are time-tested and highly effective, then you are in the right place!

This is a book about chiropractic wellness. Our body's natural state is wellness until it is interfered with. The scope of this e-book is to educate and inform readers on how the natural approach of chiropractic care can remove these interferences, and how it plays in the ongoing quality of life, resulting in good mental, physical, and spiritual well-being. The science and philosophy of chiropractic takes the approach that, along with other lifestyle choices and good habits, we can create and maintain a sense of wellness that goes beyond fighting disease and illness. Chiropractic health care is part of the healing arts branch based on the scientific foundation that the nervous system controls the structure and function of every cell, tissue, and organ in the body.

Chiropractic is a way of life. It involves emotional and physical aspects of life. Chiropractic is about feeling truly well and happy. Chiropractic is about lifestyle, diet, nutrition, exercise, sleep, and proper movement.

It has been said that if you don't have good health, then you really cannot enjoy the true abundance and quality of life. When you begin to understand how every activity you participate in, every action you take to feed and nourish your body and mind, and how you react to the environment, you will also gain some insight into how to be truly "well" in every sense of the word.

That's how chiropractic can help you achieve a state of good health. It was yesterday's last resort.....it is becoming today's first choice of care over drugs and surgical intervention.

There is still some degree of skepticism about what chiropractic is and what chiropractors do. The intent of this e-book is to help you better understand the whole chiropractic experience. So, open your heart and your mind and begin to explore the possibilities of a new life. As your chiropractor, the life we are talking about is a more robust life with boundless energy, increased vitality, longevity, and most of all, a life full of HEALTH so you can enjoy every aspect of your life without being captive in your own body.

It is our hope that by reading this e-book you too can come to the decision that chiropractic care is an answer to health care and wellness that everyone needs -- not just those with neck and back problems. It can provide you with a proactive approach to your health. It can open up the body to its full self-healing potential. The whole person and body must be involved for healing to occur, not just the parts. We are connected beings. We invite you to read on and learn more about this proven scientific method of wellness and all that chiropractic can bring to your life and your family. There is a phenomenal healing power that is within you waiting to be unleashed. Chiropractic care can help restore normal function and help the body express itself as it was designed.

Right now, the United States is failing miserably as a society according to the World Health Organization (WHO). The WHO reports that the United States ranks 37th out of

200 countries in terms of quality of individual health and wellness. To put that into perspective, the country of Columbia is ranked 39th. Something is wrong with our current health care system. How can we accept such mediocre results from a country that spends more dollars on health care than any other country in the world? Whatever we are doing is simply just not working! More people are turning to wellness care instead of popping that chemical pill. Chiropractic is part of that paradigm of health, respecting the natural restorative abilities of the body, without infusing it with harmful drugs.

Chapter 1

THE HISTORY OF CHIROPRACTIC

Chiropractic is not a new idea. Chiropractic is one of the western world's three major healing professions. The other two are osteopathy and medicine. In the study of anatomy and physiology, the earliest physicians recognized the major role the spine played in health. Modern chiropractic, as a means of helping the body to heal itself and maintain wellness as it is practiced today, claims its first major historical breakthrough in the late 1800's. It is just amazing to think that was only a little over 100 years ago. Thomas Edison states, "The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease."

THE D.D. PALMER STORY

Chiropractic began in 1895 by a man who was practicing as a magnetic healer. Daniel David (D.D.) Palmer (1847-1913), the founder of chiropractic, lived and practiced in Davenport, Iowa. As a magnetic healer, he probably already recognized that there was more to treating a person than prescribing medicines that simply covered up symptoms. Magnetic healers of the time felt there was a core of energy within a person that could help heal disease and thus keep people well. They believed that human beings possessed internal tools to heal themselves, provided that whatever invasive element was preventing optimum health, was fixed or removed from the body.

One day, while in his office building, Dr. Palmer noticed that a janitor, a black man by the name of Harvey Lillard (1856-1925), was almost completely deaf. He asked the man how he lost his hearing. Harvey Lillard unfolded a story that would change the way DD Palmer thought about healing forever, and introduced the concept of chiropractic as a

real alternative means of restoring health.

“Harvey Lillard, a janitor, in the Ryan Block, where I had my office, had been so deaf for 17 years that he could not hear the racket of a wagon on the street or the ticking of a watch. I made inquiry as to the cause of his deafness and was informed that when he was exerting himself in a cramped stooping position, he felt something give way in his back and immediately became deaf.

An examination showed a vertebrae racked from its normal position. I reasoned that if that vertebra was replaced, the man’s hearing should be restored...I racked it into position by using the spinous process as a lever and soon the man could hear as before....There was nothing ‘crude’ about this adjustment; it was specific...”

Dr. Palmer used his knowledge of the body and anatomy to explain that it appeared that a vertebra had been displaced. With Mr. Lillard’s consent, DD Palmer began to push on the bone, putting it back into its original position.

After having done this maneuver, Harvey Lillard could hear again! The misaligned vertebra had been putting undue pressure on the nerves and blocking the signals of those nerves to the auditory sensors so that the hearing function was impaired. Within the next two years following this event, DD Palmer left the practice of magnetic healing and began working as a professional chiropractor.

DD Palmer began the first school of chiropractic on Brady Street in Davenport, Iowa where he was working. The Palmer School of Chiropractic grew as Dr. B.J. Palmer, D.D.’s son, continued in the family profession. This school is still in operation today as a top college of chiropractic. DD Palmer’s son, B.J. is credited with continuing to give recognition and acceptance to the field of chiropractic well into the 20th Century.

Chiropractic did not start without opposition. The first graduating students of the Palmer School tried opening practices without a license. They were accused of

practicing medicine illegally. It was Dr. Daniel Palmer who paid the price of a 23 day jail sentence and \$350 in fines. The act of jailing chiropractors for working with patients changed as a result of the landmark case in Wisconsin where Dr. Shegataro Morikubo was acquitted because the judge and jury determined that he was not practicing medicine, but performing a different type of healing, namely chiropractic. It was decided at the time that no license was required.

Today licensing is required of professional chiropractors by each different state and many local regulatory agencies.

WHAT DOES “CHIROPRACTIC” MEAN?

The American Heritage Dictionary defines chiropractic (chi-ro·prac-tic) (noun) as:

“A system of therapy in which disease is considered the result of abnormal function of the nervous system. The method of treatment usually involves manipulation of the spinal column and other body structures.”

Its word root is Greek from the words “chiro” meaning hand and “praktikos” which means “practice.” In short, it is the practice of using the hands.

It is this focus on the removal of interference with the nerves’ abilities to complete the transmission that is the primary function of chiropractic today. It does not matter whether the misalignment is due to injury or just natural changes that happen to the spinal column through every day living. By removing the interference, optimum health is maintained.

As you will discover, however, throughout the profession of chiropractic, there are many different philosophies and practices that have been put into place by individual chiropractors that include much more than the adjustment of the spine. Since chiropractic can also be categorized as a lifestyle, there are many other practices that go

along with spinal manipulations. Together, these take into account all aspects of wellness.

UNCOVERING THE MYTHS OF SEEING A CHIROPRACTOR

Doctors of Chiropractic are real doctors. It is the second largest health care profession with more than 50,000 chiropractors in the United States. The educational process of a chiropractor leads to the title Doctor of Chiropractic (D.C.) which is similar to that of an M.D. and D.O. The safety of chiropractic care has been very well documented in several professional journals. Serious side-effects of chiropractic adjustments occur very rarely, approximately one in a million chiropractic adjustments. In comparison to medicine and hospital and surgical errors, the research indicate that some 100,000 people die each year from prescription medication side-effects prescribed by their medical physician (Journal of the American Medical Association, April 1998). Each year, approximately 1.5 million people require hospitalization due to the adverse side-effects of drugs, and 100,000 die making prescription medication the 4th leading cause of death in America. In comparison, natural hands-on chiropractic care is very safe. A New Zealand government study concluded that chiropractic adjustments are “remarkably safe”. Resorting to OTC pain relievers is nearly 100 times riskier.

Some people are concerned about the “popping” sensation when their spines are adjusted. Depending on the type of adjustment, some techniques may produce a sound when nitrogenous gases and lubricating fluids shift in the maneuvering joint. It may be similar to relieving pressure from a suction cup. Even though the bones are being gently adjusted and moved, there isn’t any jerking or cracking, as some images of chiropractic may conjure up. A crack is like a crack in the eggshell. Adjustments do not cause cracking of anatomical structures. The “popping” sound many people hear during an adjustment is called “cavitation.” The sound is actually the release of nitrogen gases from the synovial fluid in the joint and is painless and harmless. It is a reaction that allows tissue to move freely and releases toxins from the body.

Chapter 2

WHAT TO KNOW ABOUT CHIROPRACTIC CARE

WHAT ARE SOME CONDITIONS CHIROPRACTORS TREAT?

Many people know that chiropractic care has an excellent reputation in the treatment of low back, neck pain, headaches, pain between the shoulders, arms, wrists, hip, knee, leg, and ankle pain. Chiropractic in effect treats the whole body for a number of functional problems, symptoms, and conditions. When chiropractic care is clearly not indicated as the form of appropriate care, the chiropractor will make the appropriate referral to another health care practitioner. Some conditions treatable by chiropractic but not limited to, include some of the following.

- ◆ Allergies
- ◆ Ankle swelling
- ◆ Arm and shoulder pain
- ◆ Arthritis
- ◆ Asthma
- ◆ Backaches
- ◆ Bed Wetting
- ◆ Blood pressure (high and low)
- ◆ Bronchial conditions
- ◆ Bursitis
- ◆ Circulation, poor
- ◆ Colitis
- ◆ Colon, spastic
- ◆ Cough, chronic
- ◆ Constipation
- ◆ Diarrhea
- ◆ Disc problems
- ◆ Dizziness (vertigo)
- ◆ Emphysema
- ◆ Fatigue, chronic
- ◆ Feet, cold extremities
- ◆ Feminine problems
- ◆ Gall bladder disorders
- ◆ Gas
- ◆ Glandular problems
- ◆ Hay fever

- ◆ Headaches
- ◆ Hiccoughs
- ◆ Hip pain
- ◆ Impotence
- ◆ Indigestion
- ◆ Injuries— auto, home, sports, work
- ◆ Insomnia
- ◆ Joint pain
- ◆ Kidney problems
- ◆ Knee pain
- ◆ Leg pain, cramps, tingling, numbness
- ◆ Liver problems
- ◆ Neck, stiffness, pain
- ◆ Nervousness
- ◆ Neuralgia
- ◆ Pleurisy
- ◆ Prostate trouble
- ◆ Rheumatism
- ◆ Sciatica
- ◆ Shoulder pain
- ◆ Sinus trouble
- ◆ Sports injuries
- ◆ Stomach problems
- ◆ Throat, sore
- ◆ Whiplash

Note: State laws vary from state to state regarding what each healing profession may or may not do. Therefore, it could be a possibility that some of the above listed conditions may not fall within the scope of chiropractic practice for your particular state.

WHY SHOULD I SEE A CHIROPRACTOR?

Some of the reasons to see your chiropractor is when you are injured, when you are ill or in pain, have headaches, neck pain, back pain, shoulder pain, leg pain, allergies, arthritis, don't feel well, lack energy, to enhance the natural healing powers of the body, during pregnancy, feeling unbalanced, wanting better relaxation, being under emotional stress, doing repetitive stress activities like typing or keyboarding, or post-surgical rehabilitation.

WHY SHOULD I CONSIDER SEEING A CHIROPRACTOR NOW?

The purpose of seeing a chiropractor is to uncover the underlying cause of your health care condition, and not to mask the symptoms. Some of the reasons to see your chiropractor now is because you want to treat your injury, ache, or pain in a natural way versus invasive procedures or with prescription medication. Chiropractic is a part of a wellness lifestyle. Getting spinal adjustments are like maintaining your car. It is very typical to change the oil in your car every 3000 miles on a regular basis for the length of time you own your car. You wouldn't let the engine of your car fall out before you did some routine maintenance on it. Your spine is the same way. "An ounce of prevention is worth a pound of cure!"

WHO GOES TO THE CHIROPRACTOR?

Women and men, young and old, children, athletes, pregnant women, infants, office workers, blue collar workers, students, the elderly, families, anyone injured in an automobile accident, work injury, or sports injury. Anyone desiring a natural approach to their health or to maintain the quality of their life, should see a chiropractor on a routine basis. Chiropractors will remove the cause of their symptoms and further instruct them on diet, nutrition, exercise, and healthy lifestyles. Chiropractors are wellness experts. Some chiropractors can help with weight loss and smoking cessation programs.

CHIROPRACTIC CREDENTIALS - ARE CHIROPRACTORS DOCTORS?

Doctors of Chiropractic (DC), that is the official title once education and clinical training is completed, receive just about as much classroom education in anatomy and physiology and in biology and other sciences as medical doctors.

A student attending an accredited chiropractic college starts out with an average of four years of college level course work in a pre-medical, scientific field. Upon entering the college curriculum, the student begins the journey of another minimum 4,200 hours of classroom, laboratory and clinical training. The majority of this time is spent in a clinical

setting. It is very difficult to learn to adjust the spine and master the necessary amount of pressure and delicate balance of touch without hands-on experience.

Once the classroom training has allowed the student to become knowledgeable on the functions and form of the body, the clinical experience prepares them to make accurate and precise adjustments. This kind of training also ranks Doctors of Chiropractic among the highest trained health care professionals. Here is a good comparison of the hours spent in training by a chiropractor and a medical student. There are many different numbers out there that vary from one medical school or chiropractic college to the next, so this chart summarizes the averages of several sources.

Subjects	Class Hours Chiropractic Students	Class Hours Medical Students
Anatomy	540	510
Chemistry	165	325
Diagnosis	630	325
Microbiology	120	115
Neurology	320	110
Obstetrics	60	150
Orthopedics	210	155
Pathology	360	400
Physiology	240	325
Psychiatry	60	145
Radiology	360	150
HOURS	3,065	2,710
	ADDITIONALLY RE- QUIRED STUDIES	
Chiropractic School	Spinal Manipulation Nutrition Physiotherapy Advanced Radiology	
Medical School	Pharmacology Immunology General Surgery	

Colleges of chiropractic that are accredited have obtained the approval of the Council on Chiropractic Education. This governing board is also recognized by the Secretary of the United States Department of Education. There are currently 22 accredited colleges of chiropractic and/or programs within the institutions around the world today. Those outside of the United States are also accredited by the local governing boards of the educational accreditation organizations for those countries.

Chapter 3

WHAT SHOULD YOU LOOK FOR IN A CHIROPRACTOR?

There is no question that who you choose as a chiropractor is just as personal as selecting a medical doctor. It is the same type of scrutiny you would give a new dentist or obstetrician when you look for someone to be an integral part of your overall wellness plan. You may choose to look at a chiropractor that is skilled in removing all interferences in the body to restore health. These interferences or causative factors include structural interference to the integrity of the musculoskeletal system, emotional stress, nutritional deficiencies, toxicity levels, and allergies and sensitivities.

Since Doctors of Chiropractic are required to complete more than 4,200 hours of classroom, laboratory and clinical training, most come away from that training well prepared and qualified to care for you and your family. So the deciding factor for you may be more based on such subjective criteria as location, personality traits, gender, and practice policies. Most insurance companies today are recognizing the importance of preventative healthcare as well as the role of chiropractic. Most U.S. workers with health insurance are covered to some degree for chiropractic visits. They pay their co-pays and visit the chiropractor as they would with any visit to a medical doctor. So cost is not usually a deciding factor in which chiropractor is right for you.

There are now more than 69,000 Doctors of Chiropractic world-wide and the numbers are quickly growing. Finding one close to home is also not a problem in most locales. The problem then becomes, deciding which of your neighborhood chiropractic offices meets your needs.

TYPES OF CHIROPRACTORS

Not all chiropractors are the same. There are in fact two general types of chiropractors with slightly differing views on how chiropractic fits into a plan for health and wellness.

There are some who view chiropractic as the only form of healthcare necessary for good health and in the treatment of all ailments. This group performs procedures to remove subluxations of the nerves in an effort to free the nerve signal to allow the body to heal itself by sending the proper information to the corresponding parts of the body. This type of chiropractor is referred to as a “straight chiropractor.”

The second type of chiropractor is called a “mixer.” In their practices they combine traditional straight chiropractic with other forms of natural healthcare. For example, mixers may employ practices such as electrical muscle stimulation, intersegmental traction, diathermy, massage, or hot-and-cold therapies to relieve pain and stimulate the body to heal and recuperate. A big part of this type chiropractor’s view on health is nutrition and exercise and their roles in maintaining a healthy spine and nervous system.

There are different types of chiropractors just like there are different types of medical doctors. In the medical field there are doctors who specialize in pediatrics, neurology or endocrinology. The same is true for chiropractors, but with some subtle differences.

All chiropractors receive the same general chiropractic education and training for the specialty of chiropractic – regardless of what other course of study they may have pursued before entering the specialized and rigorous chiropractic college curriculum. It is very similar to a general medical practitioner gaining an education in all systems of the body. Therefore, they need to have a general knowledge of all functions of the body, so when something is wrong they know who to refer to.

Throughout the history of time, there has been “alternative” methods of health care. Ancient Chinese medicine, though in ancient times considered the only medicine, is now one alternative even many of those who frequent medical doctors also turn to. For some practitioners of chiropractic, the chiropractic form of health care is used instead of any other type of intervention. It is considered complete on its own. This is probably the most extreme and is the philosophy of “straight” chiropractors.

CHIROPRACTIC PHILOSOPHY: INNATE INTELLIGENCE

“Innate intelligence” simply means that the human body is completely self-sufficient in how it functions. The body automatically functions. You don’t tell the lungs to take a breath...it does it on its own. When you face danger, your heart rate increases...it does it on its own. When you eat food, the stomach digests what you have eaten...it does it on its own without you thinking about it.

It sends a signal when the body requires food or water. Likewise, the body responds to a virus or bacterial infection by heating up in the form of a fever to burn away the foreign invader. It does this because the brain automatically sends signals without you thinking about it or by some external intervention.

The brain and nervous system functions whether we are awake or asleep. It knows what is needed 100% of the time. The miracle of life is that we are all born with innate intelligence. Interference can begin during the birthing process and can get in the way of the free flow of the intelligence needed to make the body perform at its optimum.

WHAT IS SUBLUXATION?

Since every organ in the body depends on innate intelligence to function, the interference of the free flow results in problems. It may show up as pain, muscle spasms, tension, tightness, inflammation, or aches – more signals that something is not right. This can appear over time as sickness and may progress to a disease process. This blockage

of flow is called a “subluxation” or nerve interference. The subluxation is synonymous with “dis-ease”. This means there is a lack of complete and proper function due to the blocked flow through the nerves.

The spinal column’s primary purpose is to protect the spinal cord and the nerves. If it is in perfect form and alignment, the messages go about the body unencumbered. Rarely does the body stay in a perfect state. We misalign our backbone doing numerous everyday activities. It may take months or years before any dis-ease is noticeable, unless there is some major trauma to the spinal column. These misalignments are subluxations. The cure or solution is to remove the misalignments so that channels open up and lets the signals flow freely. This is what chiropractic is.

To correct a subluxation, a chiropractic adjustment is what is performed by the chiropractor. Chiropractors are thoroughly trained in removing the nerve interference through the gentle application of force to specific areas of the spine.

CHIROPRACTIC CARE FOR SUBLUXATION

The role of chiropractic is to find and correct subluxations. There are different ways that chiropractors correct subluxations. The typical way is still one of the best ways to detect a misalignment of the spine. This is done with a hands-on approach by touching the spine. This is called palpation, that is, feeling for misaligned vertebrae that block signals.

This sense of touch is highly developed in the chiropractor through years of hand-on clinical training. However, even as well developed as this special sense of touch is, chiropractors also rely on many other medical devices and tools to help create a more complete picture of what is happening within the body.

Another method of creating an image of the spine is through radiographic X-rays. Each chiropractic college has extensive course work and labs in interpreting an X-ray for

possible subluxations. The palpation and analyzing of X-rays give the Doctor of Chiropractic a good overall picture of the spinal condition that the patient has.

Dr. R.L. Hartman developed a spinal nerve chart that shows the effects of specific vertebral subluxations on various systems and organs in the body. The table summarizes and outlines some of the conditions or ailments that may arise from pinched nerves or subluxations. It is a good tool for examining which nerves may be affected by spinal changes. It helps the chiropractor know where to start after listening to the complete history by the patient including any symptoms they are experiencing.

CORRESPONDING VERTEBRAE AND NERVES TO SYMPTOMS AND CONDITIONS*

Vertebra	Parts of the Body Related to Corresponding Nerves	Symptoms or Conditions Possibly Resulting from Subluxation
Cervical Spine		
C1	head, brain, face, pituitary gland, inner and middle ear, blood flow to this region	headaches, mental conditions, nervousness, dizziness, high blood pressure
C2	eyes, sinuses, auditory and optical nerves, tongue, forehead	sinus and allergy problems, deafness, blindness
C3	face bones, teeth	acne, eczema
C4	nose, mouth, mucous membranes	hay fever, post nasal drip, infections in adenoids
C5	neck glands and vocal cords	sore throats and laryngitis
C6	muscles and glands in the neck, tonsils	tonsillitis, cough, croup, pain in neck and upper arm
C7	thyroid gland, elbows	bursitis, tendonitis, over or under active thyroid

*

(Table is a only partial listing and summarization of items contained on Dr. Hartman's Spinal Nerve Chart)

Thoracic Spine		
T1	forearms, wrists, hands, fingers	pain in these regions and breathing problems, asthma
T2	heart valves and coronary arteries	heart conditions and chest pain
T3	lungs, chest, breast	bronchitis, pneumonia, congestion
T4	gal bladder	all conditions of gal bladder including jaundice, shingles
T5	liver, blood	liver conditions, low blood pressure, arthritis, anemia
T6	stomach	gastrointestinal problems, heart burn, indigestion
T7	pancreas	diabetes and hypoglycemia
T8	spleen and diaphragm	serious infections and hic-ups
T9	adrenal glands	anemia, hair loss, obesity, allergies
T10	kidneys	fatigue, kidney malfunction
T11	kidneys and urethras	skin conditions
T12	lymph nodes, fallopi-an tubes, small intes-tines	rheumatism, infertility, gas pains
Lumbar Spine		
L1	large intestines, colon	diarrhea, constipation, hernias, colitis
L2	appendix, upper leg	appendicitis, varicose veins
L3	ovaries, uterus, testicles, bladder, knee	menstrual problems, impotence, bed wetting, knee pain
L4	prostate, lower back, sciatic nerve	painful or frequent urination, sciatica, backaches
L5	lower legs, ankles, feet, toes	poor circulation, leg cramps, foot and ankle swelling and pain
Sacrum	hips, buttocks	spinal curvatures
* Coccyx	rectum, anus	hemorrhoids, pain while sitting

(Table is a only partial listing and summarization of items contained on Dr. Hartman's Spinal Nerve Chart)

Chapter 4

SPINAL MANIPULATIONS AND ADJUSTMENT

After consultation, examination, and any necessary X-rays, the treatment phase of patient care begins with the primary care being spinal adjustments. This is the hands-on physical part of the chiropractic visit. There is one final diagnostic stage that takes place before any actual spinal adjustment. That is spinal palpation. This is a hands-on procedure that uses the doctor's skilled touch to determine changes or irregularities in the tissue tone between the vertebrae and along the entire spine from the neck down to the lower back.

ADJUSTMENTS TO REMOVE SUBLUXATION

Adjusting the spine through small and gentle movement of the vertebrae is the most effective way of eliminating spinal misalignments. These subluxations prevent the nerves from sending a clear, unimpeded signal from the spinal column to the muscles and organs, which potentially over time, leads to illness and or disease.

Chiropractically, the term disease is actually broken down as dis-ease. This implies that there is sub-optimal wellness, instead of the medical term that means more of a chronic or life-threatening illness. With chiropractic treatment, the overall wellness and wholeness of the body are central to allowing the body to express itself as it was designed to naturally be. This state of wellness and balance is called homeostasis."

THE SPINE

The spinal column is a row of bones that surround and protect the spinal cord. The spinal cord is the central component of the central nervous system. It transmits signals

throughout the entire body allowing it to function as it was designed. Some people assume that the spinal cord and nerves only transmit messages about sensations and pain.

The nerves signal the brain when you touch something hot. The pain then registers in the brain and you quickly remove your hand from the hot source. It is known that every area of the body is supplied with information that comes from the spinal cord and peripheral nerves. When there is no irritation of those nerves, every organ functions at its optimal capacity. The number one purpose of chiropractic is to remove the static or irritation from the message signals, by opening the channels so the body can heal on its own through innate intelligence.

REGIONS OF THE SPINE

The spine can be broken down into three key regions. There is the cervical spine (neck), thoracic spine (middle back), and lumbar spine (low back). There is also a fourth and fifth area referred to as the sacral and coccyx (tailbone) regions. The spine plus the sacral and coccyx comprises the entire spinal column.

Within the spine, the vertebrae all have assigned numbers. When there is a misalignment in a particular vertebra, the doctor of chiropractic may explain to the patient that there is a subluxation caused by the misalignment of one or more specific vertebrae. If C4 was misaligned, this would mean the 4th vertebra from the top, or the 4th vertebra in the cervical spine, was misaligned.

A patient who has a blockage or misalignment in the C4 vertebra could actually be seeing the doctor about their hay fever and not necessarily neck pain. That is because the nerves that extend from the C4 vertebra are responsible for sending messages to the nose, lips, mouth, eustachian tube, and mucous membranes. A misalignment at this level may manifest itself as hay fever, postnasal drip, adenoid infections, or other upper

respiratory symptoms. There may even be problems with hearing due to a misalignment of the C4 vertebra.

Each sensory nerve that projects from the spinal cord through the spinal bones is responsible for an organ, function, or performance of some body part. This includes the sensations of touch, vibration, and temperature differences.

MISALIGNED VERTEBRAE

Every nerve in the body that comes off the spinal cord supplies vital information to the area of the body for which it is responsible. In the medical arena, a patient visiting their physician for indigestion or heartburn will more than probably be prescribed some kind of antacid to ease the discomforting symptoms. For some, this kind of quick fix may be what they are looking for—relief now. After all, we all want to get rid of pain and discomfort as quickly as possible. The problem with this type treatment is that it doesn't address the cause nor cures the problem. How can the body ever hope to heal itself if potentially toxic medications are momentarily suppressing the symptoms?

Symptoms are good—they are an alarm. The body, in its innate wisdom, has to let the brain know something just isn't right. If we just quiet that inner voice with a medication, it's like telling someone to cut the wires to the fire alarm so the loud noise can be quieted, while the fire still rages throughout the room, house, or building. The alarm goes away, but not the fire. You end up dealing eventually with a much larger problem.

When there are symptoms related to the stomach, it can often be traced back to the T6 vertebra (thoracic number 6 vertebra). It is from this area that the stomach problems may come from. Also it is the body's ability to correct them transmit. The nerves in the T6 region can be irritated or experiencing some kind of interference. Removing that blockage through an adjustment of the spine at this specific T6 level, will open up the lines of communication to the stomach and allow proper function. This focuses on the cause and not just the symptoms.

This simplified lesson of spinal anatomy is meant to demonstrate the complex nature of the spinal column and the relationship to the central nervous system. It is, however, not quite as simple as explained here. There can be so many minor misalignments that can impact any one area of the body. Likewise, there are so many different ways in which symptoms manifest themselves that it isn't always easy to find the real problem.

As an example, back pain can often originate in the stomach and vice versa. Headaches can be the symptom for so many other ailments that may actually originate in another area of the body. The complexities of this whole system is what chiropractors study for years so that they can perform the right diagnostic testing and begin the correct treatment for any specific ailment.

THE SKELETAL SYSTEM

The skeletal system is made up of 206 bones and are designed to protect our internal organs. They allow us to walk upright.

There are many functions for the skeletal system not the least of which is the formation of red blood cells in the bone marrow. Complex movements are achieved within the skeletal system, and yet it is fully capable of functioning for 85 years or more without a problem. There is a great deal you can do preventively through diet, nutrition, and exercise that is necessary to maintain a healthy skeletal system. This is important in order to minimize any harmful spinal decay (arthritis) which can take place at any age if you fail to properly take care of and listen to your body.

It is much easier to prevent a disease process than to cure one. It 's a "no-brainer". If you can keep yourself healthy through diet, nutrition, exercise, rest, and controlling stress, you are much better off than having to deal with the dis-ease or conditions created through poor lifestyle or reckless choices.

Choosing to live a healthy lifestyle should be a relatively simple choice. No one wants to be sick and unhealthy. No one likes or wants pain. No one wants to be limited in

their movement or physical or mental capabilities. Everyone wants a good quality life, where you are able to do whatever your heart desires.

Sometimes it is only a matter of knowing what to do and how to do it. You know what you want the end results to be, but you are just not sure how to get from point A to point B. This is where I come in. As a chiropractor, personally and professionally, I have made a commitment to educate myself and others on how to get the most from their body and, in turn, get the most out of living a healthy, pain-free and illness-free life.

Now, we are not saying that if you always eat right, exercise, and lift safely and move properly you will never ever get sick or injured. All that we are saying is that you increase the likelihood that your body will be prepared to handle the external forces placed upon your body.

With good nutrition and exercise for example, you are naturally creating a stronger immune system against toxins in the air, viruses brought on and spread by others, and you are creating a strong defense against a myriad of diseases.

To build and protect yourself against injury, exercise and diet build strong bones and muscles. An impact-related injury then is less likely to damage them. A spine that is kept in alignment through preventative chiropractic care is then more easily corrected through a minor adjustment following an injury. Again, you are keeping the spine free from blockage or subluxation that can prevent the body from correcting that which is wrong and keeping itself healthy. An ounce of prevention is really worth a pound of cure. This has never been more true than when it comes to your health, well-being, and quality of life. The literature indicates that the best way to recover from injuries is a combination of chiropractic, acupuncture, yoga, exercise, and massage.

Chapter 5

HOW CAN CHIROPRACTIC CARE AFFECT YOUR HEALTH?

The biggest way chiropractic can help you is not focusing on symptoms, but on the body's ability to regain health. When you chase symptoms, you never regain your body's optimal health potential. It will be a matter of time until your next symptom. Your key focus will be on relieving those symptoms immediately.

Being under chiropractic care allows you to change your perception of going to your doctor only when there is a problem. You will go to your chiropractor because you do not want to have any problems in the future.

Where would we be if our health care system is where the doctors were only paid based on how healthy they keep their patients? Sound a bit bizzare? That's exactly what they do in Japan. The doctor's only get paid based on how healthy their patients are. It does not impress me whatsoever, when the medical physician says that it's a good thing that you came in because we just found some major problems in you.....we need to go into immediate surgery for a bypass, or something highly dangerous and invasive. Medical health problems just don't appear out of the clear blue. It takes several years for medical issues to develop and get to that medical urgency. The medical community has the technology that emphasizes early detection, but very little, if any, on prevention.

You cannot just blame the doctors. Everyone has the responsibility for their own health and to take healthy lifestyle modifications to prevent disease. It is also the responsibility of each parent to be role models of health so their children have a good chance of having a long good quality life and health through preventative care.

HOW CHIROPRACTIC CAN CHANGE YOUR LIFE

Here is a summary of the key factors needed to sustain health. The first aspect of the system involves beliefs. You must first create the mental construct that will allow you to filter a reality with which you want to be congruent. In other words, you must believe in things that you want to have happen. You can attract good or abundance in your life with healthy thoughts.

Next, is to understand the importance of movement and exercise. You must exercise. It is not an option, and you can't justify not exercising because you already work hard at work, you already chase the kids around the house, and you already work in the garden. All of these activities are a good start to movement, but do not constitute a real workout. You must have a cardiovascular workout for health – one that challenges and works your heart. Remember your heart is a muscle and it needs to pump a lot of blood through your entire body every day for a very long time. You must challenge it so it can be as strong as possible.

The third aspect of this equation is the importance of breathing correctly. You must provide oxygen to the tissues of the body. If you don't, you will have problems because they will suffocate. Oxygen supplies and nourishes not only the lungs, but every cell within the body. The lungs are just the clearinghouse.

The fourth important factor is drinking water. This is necessary in order to flush out toxins from the body. After all your body is 75% water; not 75% coffee, or tea, or soda. These drinks just give you an illusion of energy. There is no sustaining power behind any of them, even though the caffeine addict may object to this statement.

The next fundamental truth relates to greens. Most people do not understand the magnitude of the importance of greens. Eating enough green, leafy vegetables each week is one of the most powerful things you can do for yourself. Think about this, to understand why plants are so necessary to good health. When plants are outside, they

convert light into energy, in the process known as photosynthesis. Through this amazing process, we are able to literally consume energy through the plants.

Most importantly, you must consume some raw vegetables, or you are totally defeating the purpose. Raw plants contain the necessary enzymes that are often destroyed by over cooking. Enzymes are vital to good health.

The next nutrient that you need to have is antioxidants. Antioxidants allow you to minimize the ravaging effects of free radicals that are within us and increase in number as we age. Free radicals are produced in times of stress, during injury, or during chemical processes that are taking place due to the consumption of processed foods. Free radicals left to roam can cause damage right at the cellular level. Damaged cells lead to a lowered immune system and increase the likelihood of infection and disease.

The next dietary items you need to have are fats and oils. Fats are needed to assure that your body has sufficient levels of oil to make the cell membrane of the cell. This outer layer of the cell is made of a double layer called a biphospholipid layer.

The problem with fats and oils in the diet is that many of us consume too much or the wrong type of fats. According to researchers, the average person is deficient in correct oil consumption by up to 90%! That is staggering considering the connection between low levels of essential oils in our diets and cardiovascular disease and the resulting list of degenerative disorders. So, believe it or not, **healthy** oils are by far the best preventative measure that you can take.

The last pro-active step that you need to take is to maintain a healthy nervous system. Think about this for a moment. If you were consuming everything that we recommended, and yet your nervous system was not functioning properly, how would the brain tell the cells what to do with the nutrients it just received? How would the brain contact the cell to let it know when to remove waste?

Consider this research from a professor by the name of Professor Tzu. He claims that pressure put on a nerve with the weight of only a dime can interfere with normal transmission of impulse by up to 60%! It is staggering how little pressure it takes to reduce your body's own ability to send corrective, healing messages by so much.

MAKING CHIROPRACTIC PART OF YOUR WELLNESS PROGRAM

Ideally, chiropractic should be a part of everyone's health care efforts. It is by far the least invasive form of healthcare and is based on the principles that the body has innate intelligence and can take good care of itself if nothing else gets in the way.

The problem with the average healthy person's care is that there is not enough emphasis placed on preventative care. Many Health Maintenance Organizations (HMOs) pay for annual physicals and all of the well-baby care, often with no deductible or co-pay.

That is because they have figured out that if they can catch illness or disease early and prevent further damage to the body, it ends up costing them a lot less money than paying for frequent checkups.

Chiropractic is not by any means promoting wellness for the money, but still focuses its efforts on preventative care because it will create a better quality of life for the individual. Think about it: If you were to have fewer colds, less of a problem with allergies, more energy because you feel 100%, wouldn't the quality of your life be better? A routine of periodic chiropractic care can provide this.

Chiropractic checkups can do that for most generally healthy people. It isn't about back pain or orthopedic injuries. It is all about keeping the flow open in the messages the nerves are sending to the rest of the body so it can correct what isn't completely right.

Conclusion

Chiropractic is a way of life. We hope that was evident throughout this book. It involves emotional and physical aspects of life. Chiropractic is about being well and not just letting the numbers on a blood test tell you everything is okay, but feeling truly well and happy. Chiropractic is about diet, nutrition, and about exercise and proper movement.

Above all, chiropractic is about allowing the awesome majestic and intelligent body to perform all of the miracles of which it is innately capable of doing everyday of your life. Chiropractic used to be yesterday's last resort...Today, it is the first choice for natural care!

A SPECIAL OFFER FOR YOU...

Once again, we would like to thank you for reading this important information. Our goal is to help you not only understand these concepts, but truly live them in your daily life.

Let's face it: We are each faced with quite a challenge in being proactive about our health. We are here to help you face this challenge head on! If you are ready to experience a new level of health and wellness, one that is based on being pain and stress-free, full of energy, with optimal digestion and balanced sleep patterns.. One that will make you feel and look younger... Then we would like to formally invite you to call our office today at 407-522-5858 so we can set up a FREE initial exam and consult, where we will discuss the best approach to helping you reach your health goals. Given the popularity of this offer, we just ask that you call us within one week of reading this e-book to take full advantage of it. *

To your health,

Dr. Steven Harrison, D.C.

*Offer does not apply to Medicare or Medicaid recipients

About Our Practice

Dr. Harrison opened **Total Health & Rehab** in 1996 with a mission to bring pain relief and better health to the surrounding communities of Orlando, Windermere, Ocoee and Winter Garden. Initially his focus was on treating neck and back pain, headaches, sciatica and various other spinal problems. As his practice grew he found that adding the eyes and hands of a physical therapist and medical doctor provided his patients with a more well-rounded approach, and saw the patients respond faster. It truly is a multi-disciplinary practice. After some years in practice Dr. Harrison noticed the overall health of his patients in the community decline. They were gaining weight, as we have seen all across America, and stress levels were on the rise too. Processed foods, GMO's and a more toxic environment combined with the stresses of life in the 2000's were taking a toll. The result, patients just weren't responding like they used to. Dr. Harrison dove into studying how to manage nutrition, diet and stress for his patients. In addition, he became a certified acupuncturist which is an excellent tool for treating pain and stress as well as other conditions in the office. Dr. Harrison's practice now provides Physical Medicine (chiropractic, physical therapy and medical care), Functional Nutrition (nutritional evaluation, testing, detoxification and counseling), Acupuncture (stress, pain relief and more), and Spinal Decompression for non-surgical treatment of serious disc problems. The mission of the practice is to educate and assist our patients back to health and maintain the health of the families of Orange and West Orange County.

About The Authors

Dr. Steven Harrison was born in Oakville, Ontario and raised in Northville, Michigan a small suburb of Detroit. From the early age of 12 he knew he wanted to be a chiropractor. He discovered his interest when his father took him along to an appointment with his chiropractor. Dr. Harrison was amazed what the chiropractor could do to help someone merely using their hands. From that point forward he was on a mission to become a chiropractor as soon as possible. He entered Michigan State University at the age of 17 studying pre-medicine in the College of Natural Science, fulfilling his pre-chiropractic requirements at the age of 20. He was accepted into Logan College of Chiropractic (endorsed by his fathers chiropractor) and began studying there in January of 1986. In 1987 he was awarded his Bachelors Degree in Human Biology and graduated in 1989 with his Doctorate of Chiropractic at the young age of 23. He has practiced in Central Florida for over 20 years with a great passion for chiropractic and nutrition. In addition to his chiropractic practice he now enjoys a growing functional medicine practice helping people regain and maintain their health through lifestyle modification and nutrition. In his free time Dr. Harrison enjoys golf, travel and spending time with his friends, family and two children, Zachary and Samantha.

Dr. James E. Hicks is a licensed chiropractic physician in Ohio and Kansas. He received his Bachelor's Degree (BS) from the United States Military Academy at West Point. He served in the U.S. Army as a commissioned officer and tours of duty in the U.S. Army Reserves. He received his doctorate of chiropractic (DC) degree with cum laude honors from Cleveland Chiropractic College.

Dr. Hicks also has a naturopathic medical doctor (NMD) degree from the American Naturopathic Medical Institute. He is a contributing author of two books (101 Great Ways to Improve Your Health, and Neck Pain, Neck Pain..You Don't Need It), is a certified disability examiner, holds a diplomate status with the American Academy of Pain Management, is national board certified in acupuncture with the National Board of Chiropractic Examiners, is a chiropractor certified by the chiropractic state board to practice acupuncture in Ohio, and is a Fellow and Diplomate with the International Academy of Medical Acupuncture and with the International Academy of Chiropractic Acupuncture. He is a Family Herbalist with The School of Natural Healing. Dr. Hicks is a graduate of The Energetix Interna-

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