

## **Well patient need not get an adjustment**

**Question:** I recently went to my Chiropractor because I was feeling sick with a fever, runny nose and congestion. After he analyzed my spine he didn't adjust me at all and said I was balanced and clear. Why would he do this?

**Answer:** Congratulations! You demonstrated just how self-healing the human body could be. The confusion you are having is in your definition of sickness. The beginning of symptoms, what we have always called "sickness," is really your body getting well. Traditional medical thinking calls the presence of symptoms "sickness." The truth is you are sick before the onset of your symptoms. The symptoms are really an indication that your body has accurately recognized an invader or toxin and is actively responding to it by creating a fever, mucous cough, diarrhea, vomiting etc., to eliminate it from your body. A symptom is a protective mechanism of the body to alert it something is out of control. It is the last line of protection to show up and the first to go away. Covering up symptoms with medication can interrupt natural functions of healing.

Did you ever ask yourself why a fever occurs in the body? One of the main reasons is to create an environment that kills bacteria or viruses. The brilliant innate intelligence of the human body is built to be perfect. Being conscious of our body's directives and having faith in your ability to heal allows a person to accept that many common symptoms that you call "sickness" are welcome healthy functions of the body.

When your Chiropractor decided not to adjust you he/she was acknowledging the wisdom of the body and supporting wellness rather than

sickness. Sacrificing temporary relief to feel better using medications is discarding the big picture, which is allowing the body to naturally function through natural elimination and self-healing. Your Chiropractor trusted that your balanced nervous system, which controls all other tissue healing directly and indirectly, could satisfy the task of maintaining your wellness.

There is a difference between getting sick and getting well. Know to trust your body and allow the natural process of healing to occur when it needs it. And finally, make sure you continue to live your life in a way that not only prevents sickness, but also creates health, happiness and wholeness.

**Quote of the week:** *“Trusting our intuition often saves us from disaster.”* - Anne

Wilson Shaef