

Education of patients is essential to healing

Question: Why do chiropractors take so much time to explain the problem and how to fix it?

Answer: Chiropractic philosophy and the natural approach to health care are unfortunately still new concepts to the vast majority of the population. Due to mass marketing of drugs utilizing all forms of media the pharmaceutical companies penetrate proper belief systems and infect naïve minds to actually believe we have too many organs and not enough chemicals in our bodies and that we need these drugs to survive. Western culture has succumbed to the repetitive brainwashing and it is not until the average person finally gets fed up with the medical model that they wake up one day and say to themselves, “This is bull_____!” That is very often the day I see that patient. People are sick and tired of being sick and tired. Deep in their souls they hunger for an alternative to their drug infested lives and low quality of health.

An honest explanation of how the body works and why it malfunctions is enough to raise an eyebrow of a person stuck in the medical circus of health care. Chiropractic makes sense because it is a truth. The major premise that makes it a truth is “the body has the ability to heal itself”. Once interruption to the nervous system is eliminated and the innate intelligence of the body is freely flowing to all its tissues healing and maintenance of quality health can be accomplished.

Chiropractors balance the nervous system by adjusting the vertebra of the spine, allowing nerve flow to assist all the other systems in the body, including the immune system, hormonal system, and musculo-skeletal system.

Transitioning a person's fixed perception of a patterned concept (wait until you're sick before you try to correct a health problem: medical model), to prevention and maintenance of health prior to symptoms (Chiropractic wellness model) does not occur in an instant. People can be open minded to new ideas and concepts but due to the medical conditioning it takes proof to make a change to a stubborn belief system. Therefore it takes some time on the initial and 2nd visit to your chiropractor to set the new concepts in motion.

As the body improves, heals and feels better – without the assistance of medications and surgeries – patients' newfound confidence soars and they can make a paradigm shift in thinking and action in their lives. Chiropractic works because it is a natural truth and works with our god given resources. You were born with everything you require to be healthy and chiropractors make sure all those resources are working up to their maximal potential.

Quote of the week: *"You've got to get up every morning with a smile on your face, and show the world all the love in your heart."* – Carol King