

## **Ask the Chiropractor**

### **Healing has much to do with doctor's intent**

**Question:** I have been a patient of a few different chiropractors and I find that even though they give similar treatments only one really makes me feel great. Why does this occur?

**Answer:** Chiropractic has evolved over the last 100 years to utilize many different means, yet to satisfy the same ends. The chiropractor's primary goal is to remove interference from the nervous system to allow the body to express itself as close to 100 percent as possible. Your body always does the healing, not the doctor. That's right, your body has the ability to heal itself. As human beings we tend to challenge our bodies by exposing it to various undue stress. Overtaxing stress can come from a physical, mental or chemical source. It can come from family, friends, jobs or simple life itself. We adapt to change daily, even second to second. Interruption of our nervous system that controls all other systems including our immune system, endocrine system (hormone balance), digestive system etc., alters the perfection of function in our body. Chiropractors work with the protective coverings of the nervous system the skull, spinal column, pelvis and extremities along with their surrounding connective tissues, muscles, ligaments and cartilage to restore homeostasis.

Since the final goal, neurological balance, hasn't changed nor the correction of neurological dysfunction (vertebral subluxations) then the

techniques must be the new variable. Chiropractic has a multitude of techniques to accomplish corrections. I cannot name all of them but here are a few of the most common ones:

Activator, the hand-held spring device that varies in depth and force;

Sacro-ocipital technique (SOT), a technique of balancing the upper and lower ends of the spine utilizing pelvic blocking, cranial balancing, and light adjusting;

Pierce, Diversified and Gonstead, hands on techniques that specifically correct subluxations based on postural distortions and diagnostic procedures; and

Upper cervical/toggle techniques, specific adjustments using quick reflex adjusting of the upper cervical region.

There are many more and all work.

The answer to your question regarding why two different chiropractors using the same techniques get different results is theoretically one of these reasons. You are more receptive to the chiropractor giving the positive result or the chiropractor giving the negative result may not have appropriate intent. Intention and focus of any type of doctor while administering treatment is the key element to success with his or her patient. A friend of mine once said the majority of people are touched in society for only two reasons, to be made love to or to be harmed. When a patient is touched by his or her chiropractor, that doctor should be focusing on only the benefit and correction that patient will receive. The patient should have total confidence in the chiropractor that he or she will detect and correct their vertebral subluxations to the best of their ability with their best intention. When the giver and receiver are in harmony healing

occurs. Many times, it is not so much the technique used by chiropractors but their intent. When you and your chiropractor have this relationship it is a great idea to stick with them.

**Quote of the week:** “Vitality shows not only in the ability to persist but in the ability to start over.” – F. Scott Fitzgerald