

# LET HEALTH HAPPEN



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## Why Do I Do It?

It has occurred to me that after a year of writing this column and ten years or private practice in this community, I've never really shared with anyone why I do what I do. Even 115 years after its inception, there's still a great deal of misconception involving chiropractic and like most people, I thought chiropractic care was simply an alternative for back and neck pain. But, after receiving almost immediate relief of my own routine headaches, sinus problems, and allergies I knew I needed to learn more.

What really attracted me to chiropractic was the simplicity of its principles. You see, chiropractic is built on the premise that there is an inborn or innate intelligence in the body – this is the same intelligence that allowed us to develop from just two individual cells from our parents and into who we are today. This same intelligence is what allows us to organize, regulate and heal our body naturally. You don't think about digesting lunch, or regulating hormones. When you cut your finger or break your arm, it's not the band-aid or cast that heals. The body does this automatically. How does it? It is the communication between the brain and the

body through the nervous system that allows everything to coordinate and function properly. The spinal cord and nerve branches that communicate with most every cell, tissue, and organ in the body travel through the 24 moveable vertebrae that make up the spinal column. If, from various stresses, one or more of these moveable vertebrae should misalign, that can create pressure on the spinal cord or nerve branches and interfere with the communication between the brain and the body much like trying to talk on a phone with static on the line. This interference and miscommunication can disrupt the body's ability to coordinate which can result in our inability to heal right, feel right, or function right. A chiropractor's job is to locate this interference and remove the pressure or stress from the nervous system so that the body can function and regulate as it was designed through its own intelligence. It's that simple!

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