Newsletter and Information Resource of the Palmetto State Chiropractic Association

TONE

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www.pscaonline.com

tone /ton/ - 1. general character; attitude 2. giving greater strength 3. harmonize

SURVIVAL VALUES

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Positive survival value is the value your body, you, gains whenever you adapt to something. That makes it a good experience. Think of a good night's sleep, clean fresh air, and natural foods. All these resources must be adapted if they are to contribute to our health and life. Of course, a healthy nerve system facilitates adaptation, and adaptation is a sign of life. In short, when our subluxations are adjusted, we are better equipped to adapt. We can accumulate more positive survival values.

"As a Doctor of Chiropractic, do you choose to teach about survival value and adaptation or not?"

Negative survival value is the value your body, you, gains whenever you are not able to adapt to something. That makes it a harmful experience. A sedentary lifestyle, riding in city traffic, eating food with pesticides on it, chemicals in the drinking water, and radiation in the environment

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TELLING THE STORY

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This week I had a 79-year-old woman shuffle into my office with her cane in one hand and a tattered manila envelope in the other. During the consultation she disclosed that she had received previous chiropractic care, but it had been years ago. She was pleased and had great results, but she just stopped care. She couldn't remember why. In the meantime, over the course of the years, she developed spinal stenosis, had spinal injections, had a stimulator implanted, had physical therapy, was prescribed a list of medications, etc. Way back in the beginning of the year someone in her church was talking about

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"The chiropractic adjustment releases the subluxation, allowing the system to begin the process of restoration back to a state of ease. This is a process and not an event." Sue Brown, *Subluxation and Chaos Theory*

NEW WEBSITE AND IGNITE SERIES – COMING SOON!

WHAT DOES CHIROPRACTIC HAVE TO DO WITH ARISTOTLE AND SOCRATES?

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Treasurer
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Often students at Sherman College of Chiropractic, in their course evaluations of philosophy classes, remark that "this isn't philosophy class at all!" Is it what we think philosophy is—the study of Aristotle or Socrates? No, it most certainly is not. So, why is chiropractic philosophy important?

Philosophy is the **why** that we as chiropractors, or anyone else for that matter, do what we do daily. It is our chiropractic philosophy that keeps us separate and distinct from other professions. Some people may even say they do not have or subscribe to any philosophy. Guess what? Not having a philosophy is, indeed, a philosophy itself!

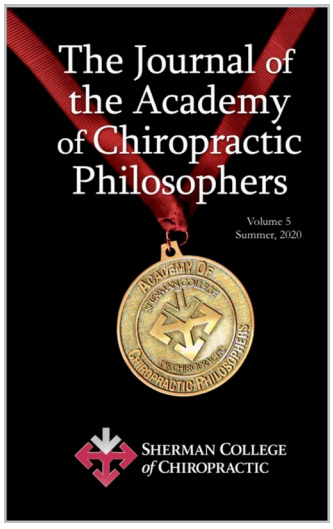
There are 5 branches of philosophy: namely, metaphysics, epistemology, politics, ethics, and aesthetics. Metaphysics deals with how we understand how the universe works. Chiropractors must ask themselves how the universe works. The 33 chiropractic principles state, in principle 1, that the universe is an organized place. The cause of this organization is Universal Intelligence. A person would be hard pressed to call himself or herself a chiropractor if there is no cause of organization. It is the concept of organization that is truly where the work of the chiropractor lies. If the universe is organized, it follows that the human body, as a part of the universe, must have organization also. In the human, organization comes from Innate Intelligence, and only when that intelligence is expressed without nerve interference can that human be the best version of himself or herself.

Epistemology deals with how we know what we know. There is a big call for being evidenced based in the profession. The rub, especially in chiropractic, is the question of what evidence is acceptable. Random clinic trials are looked at as the gold standard, but is that really the case? Random clinical trials have their strengths and weaknesses, just as any criteria of truth. Inductive science uses random clinical trials often. The conflict is that chiropractic is a deductive science, and as such, random clinical trials do not present the best evidentiary basis for our paradigm. Chiropractic is a deductive science that relies on deductive reasoning through observational evidence to reach its conclusions. In deduction, the major premise, or a priori statement, must be correct for the principles that come after to be taken as true.

Politics deals with how people relate to people. It certainly encompasses what is legal for the chiropractor to do under state statutes, but politics also covers how chiropractors relate to staff, their patients, and simply meeting others in the community. Ethics follows along the same line of politics but is concerned with "Is it morally right?" Just because a political law may say something is OK or may not specifically prohibit something, chiropractors have to ask, "But is it right?"

Aesthetics in philosophy deals with how the world looks. In the chiropractor's office it may be open/closed adjusting, pictures on the walls, paint on the walls, how does the chiropractor dress, how does the staff dress, and so many other factors. It is through aesthetics that people get the feel of a chiropractic office and if they want to do business there.

This article scratched the surface of philosophy in chiropractic. Does chiropractic philosophy have to do with Aristotle and Socrates? No, it is so much more. It is what defines chiropractic as a separate and distinct profession.



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by Tim Shakespeare, Australia
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by Loula Papadimitriou, Greece
"Getting the Big Idea"
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A QUICK REMINDER: THE KEY IS THE SPINE AND NERVOUS SYSTEM!

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Houston, TX
www.purelifefamilywellness.com

As chiropractors, we need to understand there might be other aspects of health that affect our patients, but the key for us is always in the spine and nervous system. This particular element of optimal health is probably the least understood key when it comes to public knowledge. Most people try to take great care of every other part of their body but totally neglect their spine. Allow me to use this illustration, one that I share with my patients often:

Why do we brush our teeth? That's a pretty dumb question, isn't it? Prevention of cavities, getting rid of bad breath, because our moms told us to—those are all reasons why we brush, every day, twice a day. We go to the dentist for regular cleanings. Any time we have a cavity filled, we get a lecture on how we need to be taking better care of our teeth. I think it's funny that we take such precautions with our teeth but neglect to take care of our spines.

Sometimes at screenings I ask people when the last time was that they had their spine checked. Almost universally, the response is, "What? I've never had my spine checked." So I tell them, "Why not? Your spine and nervous system (including your brain) is the most important part of your entire body. You can live just fine without a couple of teeth. You can even get fake teeth if you need to, but you cannot live one second without your nervous system. You can't get a fake spine."

In chiropractic school we learn that the nervous system consists of the brain, spinal cord, and all the nerves that branch off the spinal cord to every cell in the body. The brain communicates with all the cells via these nerves. If the spine is in poor shape, there can be interference with the messages that are being sent to and from the brain. (We refer to this as a vertebral subluxation.) If these messages being sent to and from the brain are not getting where they need to go, there is no way the body can function at its best. Countless people come into my office confused about this. They don't understand why they're not healthy if they're eating right and exercising properly. When I check their spine and discover that it's a wreck, I can give them the answer as to why they're sick and in pain.

We know exactly what causes interference to the spine and nervous system: the vertebral subluxation. There are three stresses that can result in a vertebral subluxation. Those three stresses are also known as the three T's: traumas, toxins, and thoughts.

Physical traumas are very common. They include slips and falls, car accidents, and work or sports injuries. When explained, patients easily understand how these types of phenomena can lead to vertebral subluxations. There is not a single person on this planet that hasn't experienced a trauma like this. Think about all the times you fell down while roller skating or riding your bike. Traumas happen to everyone. They affect everyone's spine. That is why it is so important that everyone gets their spine checked by a chiropractor regularly throughout their life.

If the spine and nervous system are not free of vertebral subluxations, the body cannot express optimal health. It is as simple as that. If a person does everything else right, but their nervous system—the master system of the body—isn't functioning properly, they'll never achieve optimal health. The bottom line: you must have a functioning nervous system and a spine free from the limiting effects of vertebral subluxation to express optimal health!

The second type of stressor is chemical, or toxic stress. This is another very important subject to explain to your patients. It's a great topic for workshops or even short table talk discussions. Reducing or eliminating toxins in their life could lead to a huge change in their health. Chemicals we ingest, breathe, or have other contact with can reside in our tissues and joints, causing problems, degeneration and vertebral subluxation.

The third type of stress that will cause subluxation and other problems in the body is mental stress—our thoughts. It may be hard for patients to understand how mental stress (bad thoughts, worry, and anxiety) can cause problems in the spine, but truthfully, mental stress causes problems in every part of the body. Even though mental stress seems so intangible, it can lead to very tangible problems. When we're under mounds of stress and our thoughts are running wild with all the worst possible outcomes, our muscles become tense. That tension forces the muscles in and around the spine to tighten up. Those muscles pull and strain the bones that run up and down the spine, and that's just one simple explanation of how stressful thoughts can lead to vertebral subluxation.

As chiropractors, it's important for us to never forget the ultimate goal is a spine and nervous system free from the effects of vertebral subluxation—free from interference to the transmission of the mental impulse.

Check out A BETTER WAY today!

Over the last two years, Dr. Tabor Smith has been working on a feature-length health documentary titled *A Better Way*. This documentary exposes the corruption in our current health care system and shares true stories of people who have changed their lives and found a better way to get and stay healthy! Learn how you can support this project and watch the movie at www.ABetterWayFilm.com/chiro

Survival Values
Continued from page 1

must be adapted if we are to maintain life. A healthy nerve system makes adaptation optimal, whereas a vertebral subluxation causes interference. When adaptation is compromised we accumulate negative survival values.

When you lose a night's sleep, you can never get it back. If you live for thirty years with subluxation, you can never undo that experience.

Your wellbeing is the sum of all your survival values. So, by the same token, all the good things you have experienced leave permanently their positive survival value. The goal is to accumulate more positives than negatives.

The blessing is, aside from unexpected trauma, we get to choose which survival values we accumulate.

- Do you choose to eat healthy, pure foods and drink, or polluted foods and drink?
- Do you choose to be fit or inactive?
- Do you choose regular chiropractic care or a spine with subluxations?
- As a Doctor of Chiropractic, do you choose to teach about survival value and adaptation or not?

How are You Telling the Story?

"There is clear evidence that chiropractic care has an effect on health and wellness by exerting this effect through the supersystems of the human body – the nervous, immune, and endocrine systems."

www.vertebralsubluxationresearch.com

Matthew McCoy, DC, MPH
Anthony Carrino, DC, FICPA
Wellness & the Chiropractic Lifestyle

Telling the Story
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chiropractic care, and she heard my name. Last week she decided to call me. Said she didn't know what else to do.

When I reviewed my notes that night to prepare a Plan of Care, I opened her envelope and found decades of notes and records. Buried in the mix were the notes from her first chiropractor in May, 1969. I was struck by the fact that I could have used the majority of his paperwork today. The principles and truths we know about the body and how it heals haven't changed. Some details and options have changed, but the chiropractic story has not changed.

I was reminded how important it is that I continue to Tell the Story every day and to every patient. My purpose to deliver care is equal to my purpose of sharing the information and knowledge of how the body works and why chiropractic care is so important to healing and how we express Life. Patients don't always follow through the way we think is best; others become life-long practice partners. Either way, I am responsible to Tell the Story!

In this quarter's edition, we are sharing others' stories. We hope they remind you of what you need to continue or what you need to update or begin. When we Tell the Story, others will also begin to Tell the Story. Who would like to share their story with us? Email me at **doc@drshellyjones.com**. We would love to hear your version!

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