

## HOW NEGATIVE CAN TURN INTO POSITIVE

We sometimes get the wrong impressions of the chiropractic office procedures as we always want to compare something new to something we already know. I believe that when entering a new world, we should try to think in new terms and not allow prejudiced ideas guide our judgment.

" He never chats when I am laying on the table "

When I adjust the spine I need maximum concentration and I can't concentrate if I talk.

" He talks too much "

Often people expect a crisis therapy from the chiropractor when they are in pain when not even cortisone has had an effect on them; so they come to me for the wrong reason as chiropractic is not an alternative to pain killer. That is when the principle of practice has to be thoroughly understood; then all becomes much easier.

" He does not explain the origin of my symptoms "

Symptoms are signs that the body is not working as usual. Symptoms can be normal or abnormal. It is not for me to discriminate.

" His obsession is Vertebral Subluxation "

That is precisely the realm of chiropractic: get rid of the interference and watch the living body return toward normality, on its own.

" He does not spend a lot of time with me during adjustment visits "

The more and the longer is not always the better. If concentration is high it does not take more than a couple of minutes to adjust someone's spine and the busier I get the better adjuster I am. When the visit is over we can have a coffee, why not!

" I am pregnant. I shouldn't have manipulations of the spine "

Manipulations: NO, a chiropractic adjustment: YES.

We have an excellent record of happy mothers who did really well during their pregnancies, and babies who came into the world in perfect shape. The logical reason is simple: as the vertebral subluxation is being corrected, the mother's body functions better and as a result the developing tiny little baby in the womb is developing better. Both have a better chance to perform well during the delicate moment of birth and possibly for the rest of their life. These few first months of development of the baby determine the health capital of the individual. It may be therefore a sane idea for pregnant women to have regular chiropractic spinal check ups.

" Chiropractic care is expensive "

Hmmm! not really if you compare it to other professional services. Other things are expensive as well and we have to set priorities. For some it is more important to be able to go overseas for vacation or to buy the new toy in trend than to be healthy. People sometimes find that out the hard way. What costs a lot to the individual and to the nation is sickness. Health care does not cost. It actually pays because you are productive and energetic.

"After months of care I don't seem to be progressing "

It could be that the body stamina is low for some other reason than spinal dysfunctions, like an irritative focus: scars which have not healed, a bad tooth, hygienic faults, alimentation, poisoning (mercury, lead, fluor, pesticides), etc... The person needs to detoxify; the sooner the better.

" After one week of care I don't seem to be any better "

You are talking about what you feel and pain never put someone in a good mood. But don't ever forget that

my purpose is correcting vertebral subluxations. The pain leaves naturally only when the body has started to sort out its problems. Perhaps you are not very fair with your body, not giving it a chance to heal (exertion, healing time, etc). In any case even if the symptoms which decided you to have chiropractic care are still there, neither of us is wasting their time: in the worst of cases where the pain does not leave, the body is necessarily working better globally as a result of the correction of the mental impulse interference.

"I am getting worse than when I started"

You are experiencing symptoms that you didn't have when you started. The symptoms can be entirely new to you; in that case your spine is changing its shape and a lot of work is being done within. It is like moving into an old house that has never been maintained. Before you improve it, you first have to get rid of all the junk. This is exactly what your body may be doing. In the process you may feel very tired, irritable, headachy, nauseated and you may be vomiting, you may feel a strong pulling sensation in the back, and not less disagreeable sensation in the arms and legs. The symptoms could be old ones (10-20 years old) which are returning. This is what is called "retracing". Your body is tracing back to the origin. These symptoms may have been suppressed by local therapies and you thought it was all over, actually they were only covered up. Now the body is starting to heal itself and you are on your way toward Health. But that period of time could be filled with misery for a little while. It is for you to decide whether you are courageous enough to let it happen. If so, you might not be far from a better level of Health. [More here](#)

Conclusion:

As we can see the negative comments come from actual observation of facts but the reasoning becomes distorted by our preconceived ideas and we draw the wrong conclusions. Fortunately the negative becomes positive when looking at the very same facts from a different viewpoint. Is this the alchemy of perception? ;)