

Letter to the new comer to our office

As you understand it better now, chiropractic does not treat diseases or symptoms of any kind: instead it detects and corrects Vertebral Subluxation which in themselves are deterrent to Health.

Health is Wholeness, every part functioning in harmony with the rest, under the perfect coordinating management of the Innate Intelligence of Life. That power of life utilizes the nervous system (brain, spinal cord and nerves) as its communication network. Any interference with that network will cause a lack of function and in time, symptoms will show up. The elimination of the interference will give the intelligent living body a chance to make the proper adaptation.

I take care of the most common interference: The Vertebral Subluxation.

Once the Vertebral Subluxation has been corrected symptoms of any kind may disappear completely, partially or not at all, depending entirely upon the ability of the body to heal itself. Some people react better and faster than others; that depend upon their vitality, the age and extent of the subluxation and most importantly TIME ... It takes time to get sick; it takes time to get back to health. That amount of time could be days, weeks, months or even years!

Another point I wanted to cover at this stage is the relation between symptoms and health. Feeling fine is terrific, but it doesn't mean necessarily health; and feeling sick is terrible but it doesn't mean necessarily lack of health.

For example often the first symptom of heart failure is death and it can take five years of insidious development of internal cancer before it can be detected. On the other hand if you have had food poisoning, you feel very sick with diarrhea and vomiting but these symptoms show that your body is getting rid of the poisons, the fastest way it can. In the first example one feels fine but is actually very sick, in the second, one feels sick but is actually very healthy. That is why if you ask me: "Why do I feel this way?" or on the other hand "Why should I have spinal check-ups when I feel fine?" then just remember that a I do not comment conditions (or lack of them). Instead, I work on the Vertebral Subluxation through specific adjustment thereby giving the body a better chance to do its job properly ... which is normally to be healthy. That is why principled chiropractors often say: "Nature needs no help, just no interference".

This truth applies to anyone, young or not so young, feeling fine or not so fine. Doesn't it make sense to check out subluxations of all people's spines regardless of their age and condition? When should you stop? Only when you don't want the very best out of life any more. Once you attain a stable neuro-vertebral state I may recommend a monthly maintenance visit.

Healing is a journey which requires patience and commitment, and I trust you will show both of this quality.

Yours in Health,

JJ