



Chiropractic Newsletter

Discover Chiropractic

What is Chiropractic?

Chiropractic Is The Purest, Unadulterated Form of Healthcare

As chiropractors, we put nothing in and take nothing out. We only use what the body has, remove interference in the master healing system of the body, and allow you to perform, heal, and operate at your full potential.

The purpose of chiropractic care is not the treatment of conditions or disease, but the restoration of normal body function. Chiropractors work with the nervous system through gentle spinal adjustments that help to reduce stress-related interference to the nervous system, thereby enhancing overall body function.

Every single system of the body—circulatory, hormonal, reproductive, glandular, digestive, eliminatory, immunological, muscular, respiratory, and skeletal—depends on the optimal function of the nervous system. Without it, we cannot function and express life in the most optimal way, despite regular exercise, a nutrient-dense diet, and minimal daily stress.

Chiropractic Is Designed On The Concept Of Vitalism

Chiropractors believe that the body has an innate intelligence to healing, and disease occurs when the body's natural ability to adapt to life's forces (stress, environmental toxins, traumatic events) is interrupted. The thing that disrupts this communication pathway is called a subluxation, which interferes with the normal function of the nervous system. Once a subluxation is removed through a very specific, safe, and controlled force applied to a joint, the interference disappears and the body's nervous system is able to function optimally.

In essence, true healing comes from within the body rather



than from the adjustment itself.

Generally speaking, conventional medicine is founded on an outside-in approach, where healing comes from something being added to the body, such as medicine or surgery. Chiropractic is based on an inside-out approach, where healing occurs when the body's own healing powers are activated.

Furthermore, the conventional healthcare system is mechanistic, in that it views the body broken down into its distinct mechanical parts, and there's a specialist responsible for caring for each individual system. A healing model based on vitalism, however, believes that the body is a dynamic, ever-changing organism, continuously adapting to its needs and desires. Vitalism also assumes that there is an intelligence and order within the organism that is designed to heal the body, and every system in the body coordinates functions with each other system.

What is a Subluxation?

Vertebral subluxation is one of the most overlooked forms of neurological dysfunction affecting society today. Subluxation robs individuals of health, function, and well-being, yet most people have never heard the term.

According to the World Health Organization, a chiropractic vertebral subluxation is "a lesion or dysfunction in a joint

or motion segment in which alignment, movement integrity, and/or physiological function are altered, although contact between joint surfaces remains intact. It is essentially a functional entity, which may influence biomechanical and neural integrity.”

Who is Chiropractic for?

We believe that everyone should be under regular chiropractic care. Regardless of age or history, the chiropractic approach will improve a person’s inherent ability to function and thrive. A community full of

individuals and families functioning at an optimal level is our goal.

—Chad Schleiger, DC

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