

Why Chiropractic?

Eric C. Epstein, Ms.T., D.C., C.C.P.

Your body has an innate capacity to heal. If it didn't you would never get over a cut, a cold, the flu, a fracture or many of the other maladies by which we are confronted in life. Let's call that innate capacity the Physician Within. We all have one and we decide how effective that physician is.

Structure and Function

It is well established that structure and function are directly related. When the architecture of the body (skeleton, muscles, ligaments, tendons, fascia) is disrupted whether by injury, illness, repetitive stress, poor posture and/or faulty nutrition, the function of the organs, including the brain begins to suffer, and if this suffering is profound and prolonged, disease will develop and progress.

Wolfe's and Davis' Laws

The good news is that we have a very powerful tool that helps to reestablish better structure and therefore, better function! Wolfe's and Davis' Laws state that bone and connective tissues (cartilage, fascia, ligaments and tendons) remodel (change their shape, function and strength) based on forces applied to them over time. Think of it this way: if a man slouches all day, the forces that are acting on his back are shaping the bone and connective tissues that allow him to slouch; in effect, he is training them to be good at slouching! So when he tries to do yardwork, play basketball or golf, wrestle with his kids or work under the hood of his car, he comes away with back pain...or a headache...or neck pain...insomnia...digestive distress! Do you see how his structure is affecting his function?

Many people that experience the kind of scenario above rely on pain killers. They often become more sedentary, which only accelerates the progression of the degeneration they have begun just because of lack of activity!

What Your Body Wants

The good news is that by using Wolfe's and Davis' laws, we can restructure how connective tissues behave.

There are sensory nerve endings all over your body that send signals to your brain and that you interpret as touch, tickle, vision, vibration, balance, pressure and more. When these nerve endings are stimulated in a variety of different ways every day, they give information to the brain that allows the brain to develop body stability in a variety of activities. For example, the fellow we discussed above spends most of his time activating pressure nerve endings from sitting and slouching. By activating those nerve endings

so frequently, the brain is not given information about any other kinds of activities. So the parts of the body that are needed to do a variety of activities don't develop, and our friend gets hurt! The brain demands frequent, complicated signals from all parts of your body, so it can help those parts of the body develop better! When those signals aren't sent frequently, we call it disafferentation: the absence of a variety of sensory stimulation that affects normal communication between the brain and body.

By engaging Wolfe's and Davis' laws, you can corrective structural problems that are limiting function and interfering with the effectiveness of the Physician Within.

What Can You Do?

First, make the decision to be the captain of your ship! Your health is your ship, and if you take responsibility for it, then you are the captain. Professionals such as myself that you engage to help are engineers intended to help set your sails straight...we aren't meant to stay on board all the time!

To help yourself, you have to build your healing team. This team should include:

A chiropractor with skill in correction that is specified to your particular need. The chiropractic approach delivers a competently applied adjustment combined with synergistic therapies that helps to reset structural architecture, and give the brain powerful sensory information that helps it work better!

A massage therapist that can communicate with your chiropractor and vice versa. Massage helps to assure that the new structural patterns are more easily 'learned' by your body to help make them more permanent.

A competent medical doctor who listens to your concerns and gives you the time you deserve. A good MD/DO/NMD is open minded to healing approaches he/she is both aware of, and also to those about which he/she is unfamiliar. A good medical provider will take your desires into consideration.

An exercise professional who can help you effectively apply the exercise your chiropractor will prescribe. Exercise also helps to make structural changes more permanent.

You may also want to use the services of an acupuncturist, craniosacral therapist, rolfar, or other body worker who can work along with your team.

With the help of your team, you will learn to develop goals and habits that will allow you to achieve the highest level of therapeutic success. You will learn to 'listen to your body' to the Physician Within, so you will know which therapeutic direction will serve you the best in times of crisis. You will have become the Captain of your Ship!