

Holistic Chiropractic: your Road to Wellness

First, let's talk about chiropractic:

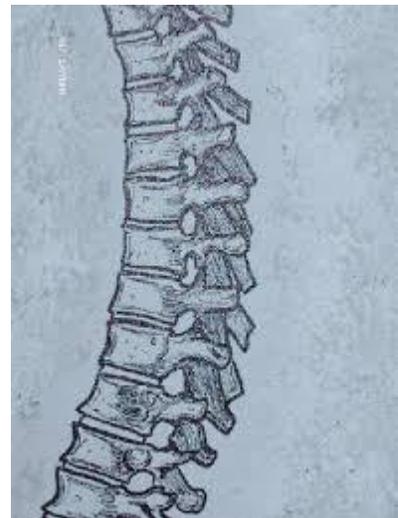
Chiropractic care was discovered by DD Palmer, and spread by his son, BJ Palmer, in American in the late 19th century. Daniel David Palmer found that when he removed interference from the nervous system, that health was restored to the individual seeking care.

Think of it this way: nerves work like garden hoses, bringing information to and from all parts of the body so that everything works correctly, just like a hose brings water to the garden so it can grow. Without the water, the vegetables will not grow. Without the appropriate information, we cannot flourish either.

When there is a “kink” in the nerve (or hose), it disrupts the flow of information. This disturbance is known as **interference**. Kinks are caused by the lack of proper motion of ligaments, bones, muscles, and discs in the spine. Lack of movement comes from stress: either physical (an injury or overuse of part of the body), chemical (the food, drink, and air we breathe) and emotional (the thoughts we think, the way we respond to relationships as they change, etc.).

The body has ONE way of dealing with stress: to protect itself by STOPPING proper movement.

So with the chiropractic adjustment, we reignite the proper movement, and thus the proper function, of that joint. We release interference from the nerve, and it can function well again. **Thus the body heals itself.**



Now, let's talk about that "Holistic" word:

Since stress can come from anywhere in our lives, and symptoms can occur anywhere in the body, holistic practitioners look at the *entire* body/mind system in order to restore balance and health.

We look at the **food you are eating, the scar tissue that has formed, your lifestyle and daily habits, how you move your body, and how your energy is moving.** Instead of interference coming ONLY from the nervous system, in our world, it can come from ANY system of the body.

If an alcoholic has liver disease, I can adjust the level of the spine innervating the liver every day if I want to. If I don't tell the alcoholic to stop drinking, the liver will never heal. In this case, the alcohol presents a major source of interference in the body's ability to heal.

Other forms of interference can be a lack of the appropriate nutrient, or a food sensitivity; it can be scar tissue that prevents blood flow and proper biomechanics. The bones of the skull can stop moving (especially from dental and orthodontic work, or head trauma), thus diminishing the flow of nutrients to the brain, and causing issues with everything below the level of the skull (aka your entire body). There can be an imbalance in your energy, or Chi, caused by old trauma or not processing a life experience fully. Interference even exists in how we think of our healing process: if we think we will always be in pain, or that healing is impossible, then that is what our life will become.

Dr. Robin has studied Chiropractic, Applied Kinesiology, Reiki, and Yoga for over 10 years, gathering tools to help you determine where the interference lies, and how to remove it as quickly and efficiently as possible, that you may heal. Each healing process is different, and Dr. Robin can help lead you through, no matter where you are beginning.

Dr. Robin is ready to help! Call today to schedule a consultation before starting care, or to learn more about Dr. Robin's life coaching program.

978-751-3548

Also, take a look at these resources:

Thebalancedsoul.wordpress.com

www.icakusa.com

en.wikipedia.org/wiki/Reiki

