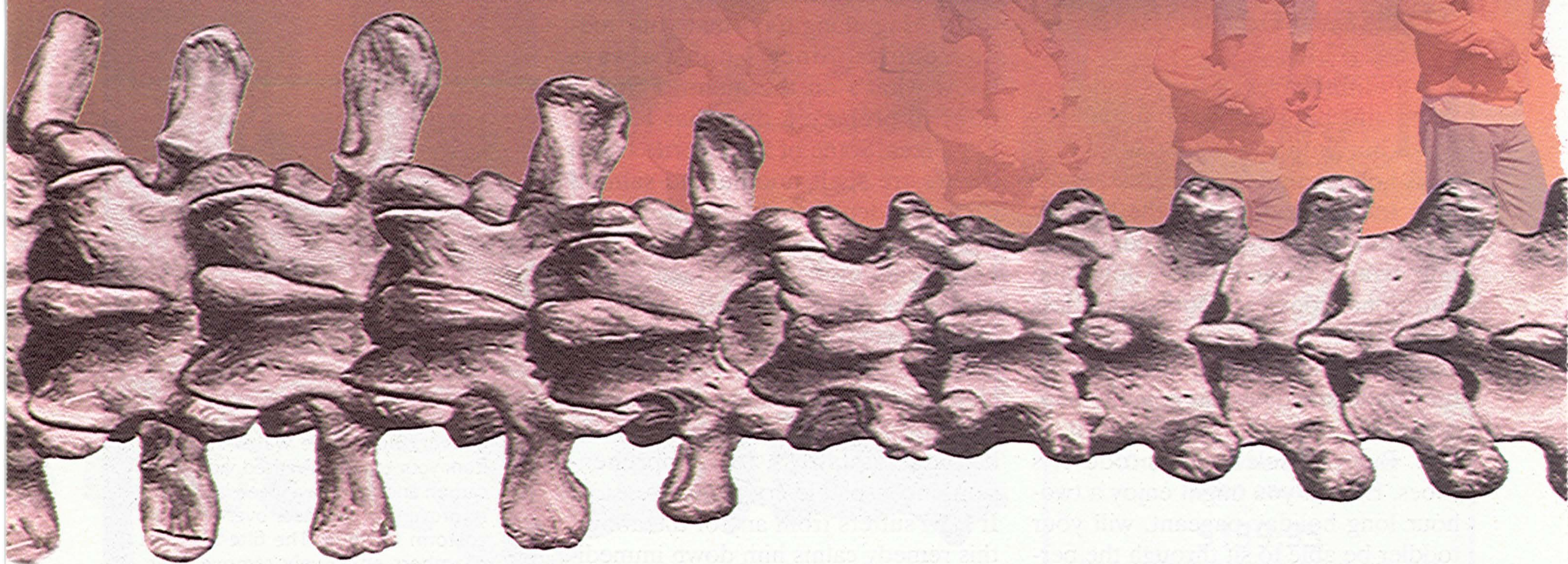


# Chiropractic: Health Care of the Future

by Ogi Ressel, DC



Chiropractic was first practiced by Hippocrates, the so-called father of modern medicine. It was quite common in those days but was later abandoned, then re-discovered in 1895 by D.D. Palmer from Port Perry, Ontario.

Mr Harvey Lillard, a janitor who had been deaf for some 17 years, approached Palmer for a possible cure for his deafness. Palmer adjusted his spine, Lillard's hearing was restored and the rest is history. Out of that seemingly simple procedure, a whole profession developed and is sweeping the globe at an unprecedented rate. The name of our profession comes from Greek: "Chiro" means "hand," and "praktikos" means "to do." In other words, to do by hand!

Chiropractic is essentially founded on three basic principles:

1. That the body is a self-healing, self-regulating organism.
2. That the nervous system is the master controller of the body.
3. Any interference to the func-

tion of the nervous system would then cause the body to malfunction. Chiropractic eliminates this interference.

## What is Health?

Most people have become conditioned to think of health in terms of "feeling good." Have you ever considered someone who just had a heart attack but felt "good" prior to it? Or someone who had recently learned of a serious health problem but has felt "OK?"

Health is not just "feeling good." It is much more than that. It is functioning optimally: physically, mentally and emotionally. Health really has little to do with how you feel and everything to do with how you are!

Marvel at the function of your body for a moment. All your red blood cells are replaced every four months, your liver cells replaced every month, cancer cells killed every second. Your immune system moves white blood cells to the site of infection, damaged tissues are repaired,

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## The Silver Solution

by Betty Norton

**D**id you know that our great-grandmothers used to put silver dollars in their milk to keep it fresh at room temperature? They knew that silver has natural antibacterial properties. Doctors knew this too and commonly used a silver solution as an antibiotic, as well as for many other medical conditions.

With the introduction of new 'wonder drugs' like penicillin around 1940, silver was left behind. But with growing antibiotic-resistance to many diseases, and with new 'super bugs' developing worldwide, the interest in silver for safe therapeutic use has returned.

### Immune Function

Silver is one of the trace minerals that plays an important role in the body. We use these trace amounts of silver to fight disease and aid in healing. Some researchers believe that silver could be the key to the proper functioning of the immune system and that a silver deficiency may be responsible for some modern diseases. Silver helps the immune system destroy viruses, bacteria and fungi.

There's a long list of diseases and disorders that respond to silver: arthritis, athlete's foot, bladder inflammation, boils, candida, cystitis, eczema, parasites, and staph and strep infections are just a few of them. Colloidal silver also helps to stimulate the healing of injured tissue. Burn patients especially may notice a degree of rapid healing. Cuts, scrapes, open sores, warts, eczema and mosquito bites all heal more quickly when colloidal silver is applied topically.

### Colloids: The Keys

Today, as in the past, silver is available in a very safe form called colloidal silver. 'Colloidal' refers to a substance of very fine particles which are suspended in a liquid medium. Due to their very small size, these silver colloids are easily absorbed by the cells of the body. Silver in colloidal form is non-toxic.

Silver works because it disables a certain enzyme that all one-celled bacteria, fungi and viruses use for their oxygen metabolism. In a sense, silver suffocates them! For this reason, colloidal silver is also an effective treatment for parasites, whose eggs are one-celled and therefore terminated.

Colloidal silver is available at your local health food store. In my own practice, I use a silver product manufactured here in Canada by Organika. As antibiotics quickly lose their effectiveness against new strains of bacteria, it's good to know we're taking a look back to the wise ways of our great-grandmothers! ■

*Betty Norton is a practising clinical herbalist in Victoria, BC.*

the vegetables you had for lunch are turned into muscles, tendons and bone and thousands of chemical reactions take place every second, all under the perfect guidance of your nervous system—all 120,000 miles of it. It all takes place while you're watching the ball game, sleeping, reading or driving your car!

### Your Innate Intelligence

Have you considered what is responsible for this amazing activity of your body? Intelligence!

Deepak Chopra, MD states "Intelligence is present everywhere in our bodies...our own inner intelligence is far superior to any we can try to substitute from the outside."

That inborn intelligence is intimately united with your nervous system: the brain, spinal cord and billions of nerves that send messages and life to every cell, organ and tissue of your body. Every nook and cranny of you is controlled by your nervous system and your innate intelligence. This vast communication system is used to alter the way you digest a tomato sandwich, the speed with which your body heals a cut or the manner in which your body fights an infection.

Health occurs when your innate intelligence can communicate with all parts of your body without interference or "static." A complete break in that communication results in death. A partial break results in the general deterioration of health or "dis-ease"—you are less alive and less able to cope with life. Eventually, a diseased state turns into diseased conditions with myriads of complications.

### Enter Vertebral Subluxation

In most simple terms, a vertebral subluxation is a "misalignment" of some of the spinal bones called vertebrae. These vertebral subluxations are most often painless but do cause an interference in the manner in which your nervous system transmits information. A distortion in the function and alignment of your spine will cause your body to malfunction, eventually producing a state of dis-ease. Some of the most common examples of malfunction I see

### Education

Many people are surprised at the extent of chiropractic education. Most don't realize that an applicant must complete three years of university education prior to applying to chiropractic college. Once accepted, the curriculum is rigorous and consists of four years with two years of clinic internship. At present there are two chiropractic colleges in Canada and competition for acceptance is fierce. The doctor of chiropractic degree is conferred upon graduation and a new doctor must pass both Canadian and provincial examinations before starting practice. Following graduation there are a number of courses and specialty programs available so that a practitioner can upgrade or acquire new skills. These include such areas as pediatrics, radiology, sports and nutrition. Many authorities feel that the chiropractic curriculum is clinically more intense than medical school.

are tingling in the hands and/or feet, headaches, dizziness, stomach and bowel problems, heartburn, asthma, attention deficit hyperactive disorder (ADHD), spinal stiffness, ear infection, bed-wetting and colitis.

Chiropractic doctors spend years learning how to locate and correct these vertebral subluxations, allowing your nervous system to function optimally—essentially reconnecting you with your innate intelligence. All without drugs and surgery!

Approximately three weeks ago a young couple brought their four-week-old baby to my office. They told me that one and a half hours after she was born in the local hospital, their baby girl stopped breathing and needed to be resuscitated. She was hospitalized and a 24-hour breathing monitor was attached to her. The monitor would go off every 20 minutes or so indicating apnea (cessation of breathing).

A pediatric neurologist was consulted but could find no reason for this problem. Eventually the baby was sent home with the parents and the breathing monitor. This device would sound its alarm every 20 minutes. Imagine the mental state of the parents! I examined this little girl and found a vertebral subluxation in her spine affecting the nerves that control breathing. I corrected this subluxation and the breathing monitor has not gone off in over three weeks!

How does one get these vertebral subluxations? Most of the problems I see in adults actually have their start in childhood. The most common cause of vertebral subluxations is actually the process of delivery. Birth! Birth trauma accounts for approximately 85 to 95 per cent of vertebral subluxations a chiropractor sees, even in adults!

There are many other causes of vertebral subluxations: falls, poor posture, emotional stress, chemical intervention or sports. The list is endless. Birth, however, is number one! It is for this reason that chiropractors place much emphasis on children. We feel it is imperative for parents to have children checked for subluxations at an early age to ensure optimal health and development.

## Politics

You have most likely noticed a considerable difference between the chiropractic and the medical approach to health. The reason for this diversity is actually based in the philosophy of life and health. Medicine, it seems, is primarily concerned with symptom attenuation, altering body chemistry through medication and/or surgical intervention. This allopathic approach is based on treating and eradicating disease. Chiropractic, on the other hand, is primarily concerned with the restoration and maintenance of health.

A recent study found that there are approximately 100 million more office visits per year made to chiropractors and other holistic doctors than to physicians. Chiropractic is no longer thought of as "alternative medicine." It is the mainstream! Medical associations and drug manufacturers are well aware and are concerned about this new emerging paradigm. They are simply losing their market share. But the consumer likes the chiropractic approach to health

care because it is safe and different. It defies and even stands in the way of allopathic domination.

My suggestion to you is this: If you have been procrastinating about seeing a chiropractor, now is the time to go! It may change your life! ■

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