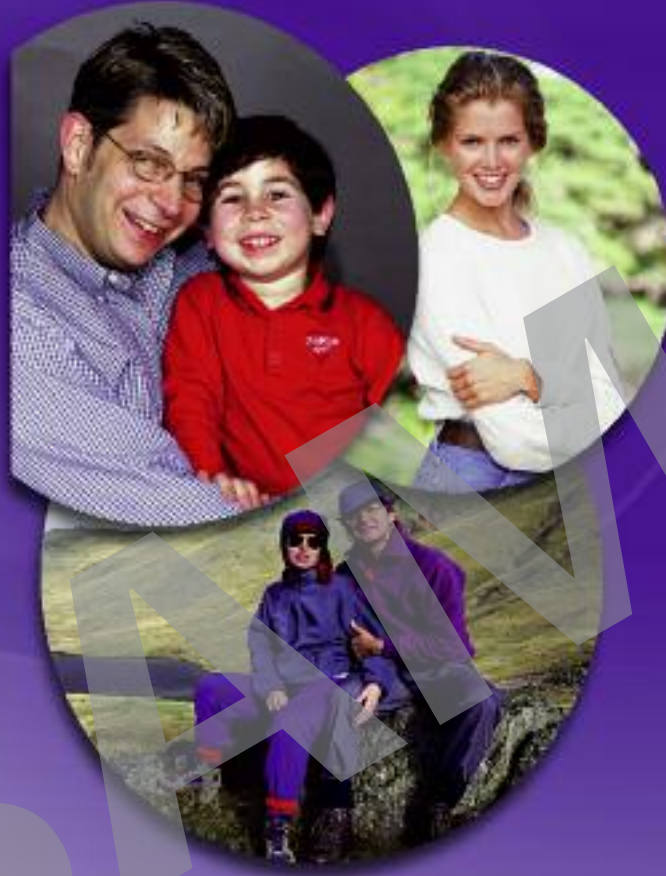


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Natural Healing From Within



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Natural Healing From Within



Treating Symptoms Or Correcting Cause

People are healed by many different kinds of healers and systems because the real healer is within. The various healing modalities are merely different ways of activating that inner healer.¹

Fever, rash, swelling, nausea, pain, inflammation, discharge, sweating, sneezing, coughing—these and other uncomfortable symptoms occasionally befall us; what are we to do about them?

For thousands of years healers have answered that question one of two ways, depending on whether they followed the philosophies of the Mechanists (mechanism) or Vitalists (vitalism).

Mechanists regard symptoms as bad and try to suppress them while Vitalists regard symptoms as part of the healing process and encourage their expression.

The Mechanist (Or Rationalist) Approach

Orthodox MDs, also known as allopaths, follow a mechanist philosophy that believes that symptoms are bad and must be suppressed. For example, fevers are suppressed with aspirin, Tylenol™ or other antipyretics; vomiting is suppressed with antinauseants and antiemetics while pain is suppressed with painkillers (analgesics). Symptoms such as high blood pressure, anxiety, depression, diarrhea and hyperactivity are all treated by allopaths with drugs that create the opposite condition.

Chiropractic helps your body's natural self-healing ability so it may fully express its symptoms to eliminate toxins, cleanse, rejuvenate and heal.

The Vitalist (Or Empirical) Approach

Vitalist healers include chiropractors, classical homeopaths, traditional osteopaths, naturopaths and practitioners of Chinese and Indian medicine among others. Medical historian Harris Coulter, PhD, in his classic work *Divided Legacy*, observes that Vitalists view symptoms as part of the healing process.²

For example, a fever is seen as the body's mechanism of warding off or neutralizing infection; vomiting and diarrhea cleanse your digestive system and rashes prevent poison from spreading to internal organs: *The body often externalizes or rids itself of the morbidic cause through natural discharges: urine, stool, perspiration, and especially skin disorders and eruptions. Suppression of these manifestations has long been known to generate serious systemic disorders.*³

Vitalists have long observed that suppressing symptoms may cause the disease to linger or to spread deeper into the body leading to chronic illness which is much more difficult to treat. For example, the suppression of eczema with steroids or the use of antibiotics for infants has been linked to the development of asthma in childhood. In addition, the suppression of certain acute infections with drugs has been linked to rheumatic disease and arthritis years later.

Researchers have found that permitting the body to express sickness is good for the heart. *Having 2 childhood viral infections reduced the coronary risk by 40%; 4 infections was associated with a 60% decreased risk; and 6 infections lowered the risk of heart disease by 90%.*⁴

Protection From Cancer

Permitting the body to experience cleansing "diseases" has been found to be protective against cancer. In one study febrile infectious childhood diseases were associated with a lower cancer risk in adulthood.⁵ While in another study a history of common colds or influenza was associated with a decreased risk of stomach, colon, rectum and ovarian cancer.⁶

Speaking of the flu, suppressing flu symptoms, for example, actually prolongs one's suffering from it. According to researchers at the University of Maryland, taking aspirin or Tylenol™ for the flu actually could prolong your illness by up to three days. Fever is the body's natural way of fighting an infection and taking aspirin or acetaminophen (Tylenol™) may interfere with that process.⁷

Should You Suffer?

Vitalists are not against compassionate care to help minimize discomfort.

To someone living with intractable pain or other life-disrupting symptoms, relief is a blessing.

But what about grandma who takes a dozen aspirin a day for her arthritis? Or the asthmatic living on

inhalants? What about the person who can't function without

an antidepressant or can't sleep without a drug?
Or the chronic headache sufferer popping pills?
Suppressing symptoms does not create health but that is the way millions upon millions are living today.

Correct The Cause Or Treat The Symptoms?

Symptoms communicate with you—telling you something is wrong. Suppressing symptoms with drugs doesn't remove their cause.

Although "curing" may remove the symptoms of a disease from the outside, so to speak, it usually leaves the underlying causes of the symptoms untouched.⁸ Drugs lie to you, telling you that you are "healthy" just because you can't feel your symptoms. Does an antibiotic correct the lowered resistance that permitted the bacteria to grow in the first place? Does an antidepressant correct the cause of unhealthy brain chemistry? Does chemotherapy correct the metabolic or physiological disturbance that permitted the cancer to develop in the first place? Of course not!

Doctor Of Cause

Chiropractors spend thousands of hours studying how to locate and correct a major cause of stress and body malfunction (or dis-ease): the subluxation.

Subluxations are areas of stress inside your spine and body structure that interfere with proper body and nervous system function causing body/mind disharmony. Subluxations lead to lowered resistance to disease, inefficient body function, altered chemistry,



Fever is one of your body's most powerful mechanisms to combat and fully heal infection.



A properly balanced spine is essential for proper health expression.

distorted posture and balance, accelerated aging and premature death.

Only a chiropractor is trained to locate and correct subluxations using specialized techniques referred to as chiropractic adjustments. Without subluxations your natural healing wisdom, your innate intelligence or inner healer, can function more efficiently. The initials DC stand for Doctor of Chiropractic, but to many they also stand for "Doctor of Cause."

Improve Communications With The Healer Within

Do not silence your inner voice, rather increase your sensitivity to it. It is constantly whispering to your every cell leading you toward greater wholeness, fulfillment and healing so you may enjoy a long, healthy, happy, loving life.

See your chiropractor regularly.

Chiropractic for children helps keep their immune systems healthy.



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Symptoms are seen as a necessary part of healing.

