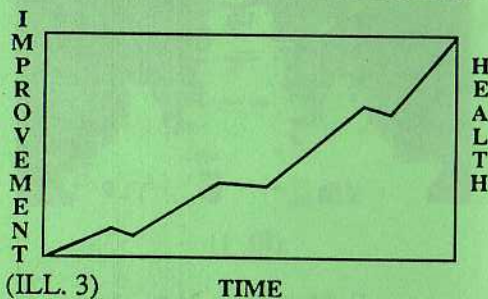


the inflammation subside, and the nerve must heal before normal nerve supply is restored. Once the nerve supply is normal then the tissue served by this nerve must heal and return to normal function before symptoms begin to disappear.

After the adjustment the vertebral joint is not stable and must be checked to see if it needs another adjustment. The nerves and tissues are still vulnerable and weak and may elicit some re-occurring symptoms and occasional bouts of the original problem. Healing takes time and health usually returns in cycles, in other words it has its ups and downs. A return to complete normal function and strength sometimes takes months and in severe cases years. The miracle of our body took nine months of creation in the womb and another 18 years to become fully grown. "Rome wasn't built in a day" and "Healing Takes Time."

HEALTH RETURNS IN CYCLES



(ILL. 3) TIME

After the first chiropractic adjustment the reaction of patients will vary. Some will say, "I definitely felt better", others may state, "I felt somewhat worse", some may relate they felt exhausted... "I went home and slept for hours", is a common response. After a few visits most patients relate that they feel definitely better. Then occasionally they say that they have had a recurrence of symptoms, a little "set back" so to speak. Yes, "Health Returns in Cycles" and a patient must be patient with their

body's gradual attempt to restore health.

Healing is an Innate (in born) capacity of every living creature. As Dr. Andrew Weil, M.D., states:²

"You are born with the power to heal because healing is an innate capacity of every person, as it is of every animal and plant, and I suspect of every created thing".

Yes healing is your property, the "Innate", inborn, natural function, of every created thing. Reflect just a moment and you will realize that even a landscape heals. The bulldozers, trucks and back hoes may leave their marks of destruction, but given time the landscape heals. Let us listen to the words of Dr. B.J. Palmer, Developer of Chiropractic and long time President of the Palmer School of chiropractic, as he answers the common question asked by patients:³

"HOW LONG WILL IT TAKE ME TO GET WELL?"

"There is no way of honestly answering this question. We must reasonably assure ourselves that the odds are more in our favor than against us, and, given time, results are more reasonably assured. I am in constant communication with thousands of cases being taken care of by our graduates. Human nature is the same the world over. Geography remains the same. I understand too well that every patient who comes to us with a chronic condition has been the rounds of doctors of all kinds; has tried everything. Every Chiropractor is a human being. He aims to tell the patient the truth by telling him honestly that he would like to know "How long it will take to get well". The healing process is an effort of Innate and we cannot dictate to her how long she must

take. The Chiropractor, by adjustment, opens the door which was closed against the healing process, and then Innate goes to work. The time she takes depends upon the amount of repairing that has to be done. The forces within your body necessarily govern the process of getting well."

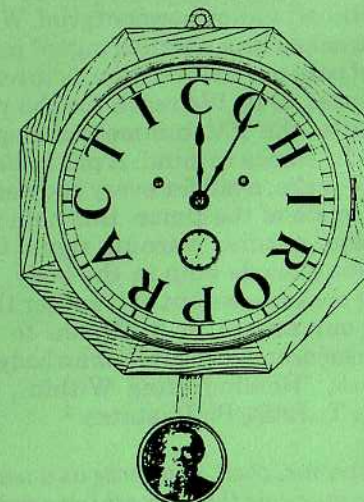
So again, "Be A Patient, Patient." Enjoying the benefits of renewed health and vigor takes time. There is no "quick fix" and it cannot be found in a pill bottle, this is as useless as seeking the proverbial Fountain of Youth. Only the body truly heals and chiropractic care endeavors to bring the body back to its full healing potential. Within the constructive and destructive survival values that exist in your own body you will find your own level of health enhanced through chiropractic care. We offer no panacea, no quick fix, but a way to improve health naturally. If your spine is subluxated and a reduction of the subluxation is possible through chiropractic adjustments, chiropractic care will be of benefit to you. Come, try the drugless alternative to medical care and experience improved health chiropractically.

1. Healing From Within D.T. Jaffe, PhD, Simon & Schuster, N.Y.
2. Health and Healing Andrew Weil, M.D., Houghton Mifflin Co.
3. Chiropractic Principle and Practice B.J. Palmer, D.C., (out of print)

The opinions of Dr. Barge have been gleaned from over four decades of active chiropractic practice, he has published seven books on chiropractic science and philosophy. His text books are used as curricular texts in leading chiropractic colleges.

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HEALING TAKES TIME BE A PATIENT, PATIENT



"There is no process that does not require time"

R. W. Stephenson, D.C.

TIME

"There is no process that does not require time"! No happening or process, no matter if it takes only a moment, does not require a unit of time. And healing, is no exception. Yet, in this society of throw away rather than fix, recycle rather than repair, people want immediate relief from pain. We have a quick fix attitude. We want to eliminate the process of time. Instant gratification or relief is the goal. When a time of grief comes upon us we pop a pill, a mind altering drug, rather than put up with the natural healing power of grief. When nature sends us a warning signal in the form of pain our first reaction is to numb our senses to it. We reach for the pain pill bottle, the T.V. commercial slogan, "Nupe It" comes to mind. A pill to sleep, a pill to wake, a pill for every body ache, is the mode of the times. But pain is a symptom, natures warning signal that something needs help in the body. We should make sense out of it rather than numb our senses to it. Listen to the Innate messenger of our human body. In his book, "Healing From Within", Dr. Dennis T. Jaffe, Ph.D. states: ¹

"Symptoms, then, can serve as a warning or a message that something needs to be explored or changed in ones life. And because illness is a message, if we treat only its physical manifestations, it can linger on or recur until the message is heeded."

Yes, if we treat only the pain, the problem will continue on, resulting in tissue damage and advancement of the disease process. Dr. Jaffe goes on to say:

"If you become sick, you very often need to rejuvenate your innate abilities to heal yourself and preserve your future health."

This is exactly where chiropractic care comes in. If you think that a chiropractic adjustment is just a quick fix treatment for pain, you are entirely mistaken. A chiropractic adjustment endeavors to restore a vertebral joint to its normal position. This restores the nerve opening between the vertebrae to its normal size. This reduces pressure upon the nerve therein, which then allows normal nerve force to begin the process of repair. As Dr. Jaffe stated, you must " . . . *rejuvenate your bodies innate abilities to heal yourself.*"

Chiropractic science does not offer a quick fix, it works with nature to restore normalcy. Nature takes time, healing takes time and there is really no way to speed up this normal process. Doctors can remove obstacles to healing thus facilitating it but truly only the body heals, so "Be A Patient, Patient!"

CONSTRUCTIVE & DESTRUCTIVE SURVIVAL VALUES

Many things determine the speed of healing, in chiropractic we refer to these determining factors as Constructive and Destructive Survival Values. In explanation of these terms, we must understand that all of the forces in the human body are geared towards survival, survival of the species, so to speak. But factors enter into the ability of the body to overcome the ordeal it is going through.

Some of these factors are:

1. Age of the patient.
2. Relative health of the patient.

3. Length of time they have had the condition.
4. Willingness of the patient to rest and comply with health care needs.
5. The environment in which the patient works.

So, as we look at any given condition we look at the pluses (constructive survival values) and minuses (destructive survival values) of each individual and their body. As one can easily see, no two people are exactly alike. Some individuals take fine care of themselves, they eat right, watch their weight, exercise in moderation, etc. Others abuse their bodies with smoke, alcohol, excessive caffeine, abusive exercise, constant use of over the counter drugs, they become overweight, etc. All of these variables enter into how slowly or how rapidly a body can return to a relative state of health and freedom from symptoms.

You see chiropractic care does not really treat the disease that you have, it corrects a spinal misalignment (subluxation) that causes nerve interference. Restoration of normal nerve flow restores normal function and thus the body provides its own treatment, and this takes time!

SUBLUXATIONS

Thirty one pair of nerves emit from the spine, they communicate with every organ and tissue in the human body. When a vertebra is out of line for a period of time, distortion of its supporting structures occurs. The tendons, ligaments, discs, muscles, all must adapt to the malposition. Inflammation sets into the tissues of the vertebral joints, chemical products of inflammation, swollen tissues and bony malposition, all contribute to nerve interference.

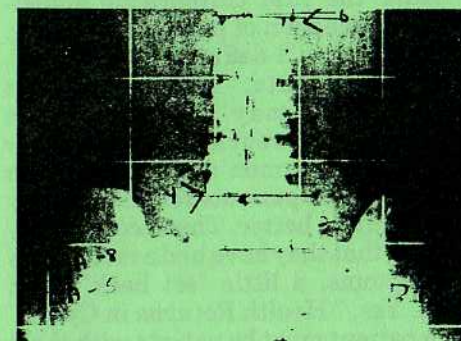
Now, if the vertebral joints of the spine were ball and socket joints, they would either be located correctly or dislocated. For instance, your shoulder is a ball and socket type joint, but the joints of the spine are gliding articulations. If a vertebral joint dislocates the results are disastrous, paralysis can ensue. Fortunately, this does not happen without severe trauma. What commonly happens is that these joints subluxate, (Ill. 1) become misaligned. When a chiropractor adjusts the joint it often takes repeated adjustments to get the joint to assume a better position. (Ill. 2) Once this is achieved, the joint must stabilize,

Subluxation - Before



(Ill. 1)

Subluxation - After



(Ill. 2)