



"Do you get it?"

THE EVOLUTION OF THE CHIROPRACTIC PATIENT

Pain is a wonderful motivator. The primary reason that people come in to see a chiropractor for the first time is the presence of some sort of back pain. This is the cubbyhole that medicine has been striving to push us into for as long as the profession can remember. Few people realize that the theory of chiropractic and the development of its philosophy began with the correction of a hearing problem, not back pain.

Chiropractic achieves somewhere in the neighborhood of 80% success regarding the resolution of back pain. Many people are satisfied with that. However, pain is the last thing to show up in a condition affecting the body. Pain is only one expression of a problem, not the problem itself. It is your body's last ditch effort to wake up the brain to a problem. Painkillers simply mask the pain without changing the problem, somewhat like clipping the wire to the oil light on your dashboard when your engine needs a top-up. Seems ridiculous doesn't it? Many life threatening conditions do not even present with pain until it is too late, for example heart attacks and cancer. In fact, some devastating things such as a stroke are painless. Pain is not the yardstick with which to measure your health.

Once pain has been relieved, many patients begin to experience a sense of heightened well being and health. Stress levels are reduced; sleep is more restful and improved; your body is at ease. Your body is beginning to win the battle against the traumas and habits (physical, biochemical, emotional) that you place in its path every day. Functions are occurring when they should, not as a result of irritation in the control system.

Your spine is your lifeline. The expression of who you are; your soul; your being; is expressed to the world through your nervous system. Your life experience, how you sense the world and adapt to your environment is wholly dependent on your nervous system. There is nothing that you experience or express in your lifetime that does not require your nervous system. If that lifeline, your spine, is not being adjusted regularly to remove nervous system interference and irritation, your life experience is being distorted. You are not expressing your abilities at the level of which you are capable. You are being mediocre.

**You don't see a chiropractor because you have back pain.
You see a chiropractor because you have a spine!**

The final advancement for the patients that understand this philosophy, is to a level of greater expectation for themselves. They get adjusted to improve who they are, and how they project that to the world. They get adjusted to improve how they do things, and what they are able to accomplish. They seek to optimize how they perceive their environment, how they receive input to their senses. It is a quest for the ultimate life experience. It is a projection of their full potential. It is not settling for anything less than their best. It is part of self-actualization. Who you are is how you are.

Pain is a wonderful motivator.

Change what motivates you.