

SPECIAL EDITION * CHIROPRACTIC

pathways

to family wellness™

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Life
expresses
intelligence

welcome to the *chiropractic highlight edition*



*Children’s health
begins in
pregnancy
and birth.*

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FEATURE

Healing Birth

BY JEANNE OHM, D.C.

Anyone exploring the worldwide movement of chiropractic care for pregnancy and birth is sure to discover the inspired life and work of Dr. Jeanne Ohm. Chiropractic is a paradigm shift for many families, revealing an inherent trust and respect for normal physiology. Full of power and hope, Jeanne’s story shows us that we can grow a remarkable family life by following what we know and love.

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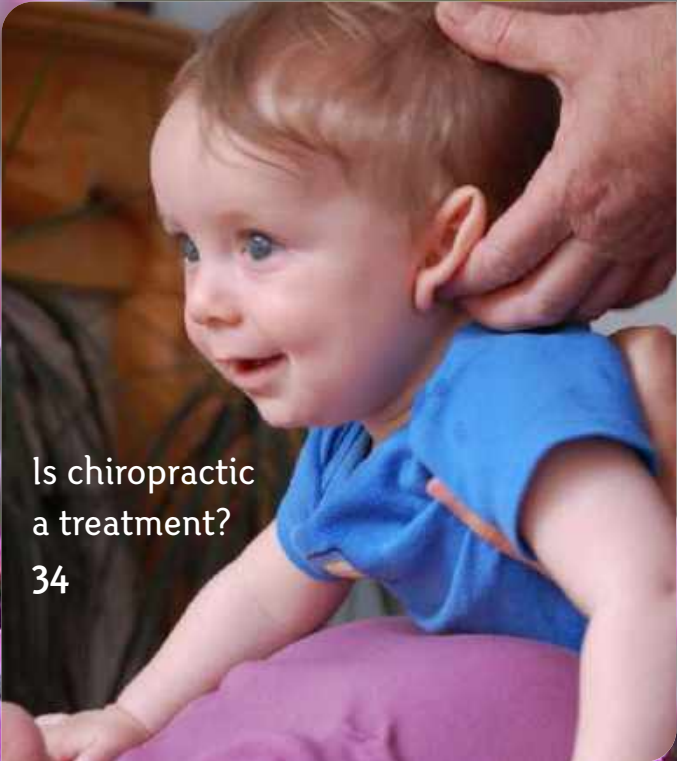
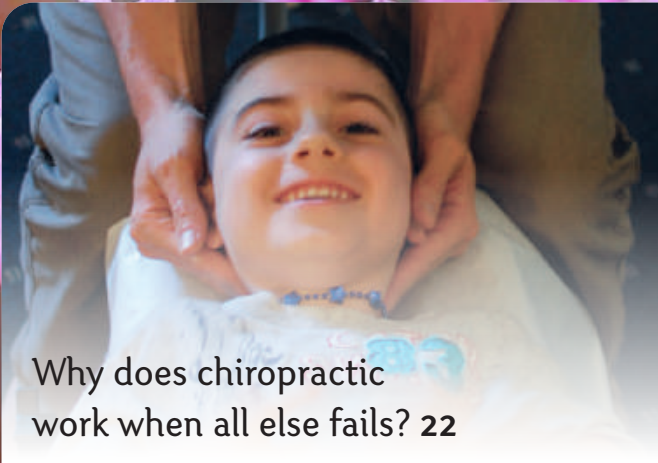
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pathways to family wellness™

INSPIRED BY
Jeanne Ohm, D.C.

EXECUTIVE EDITOR AND DIRECTOR OF PUBLISHING

John Ohm
editor@pathwaystofamilywellness.org

COPY CHIEF
Robert Staeger

ART DIRECTOR, DESIGN & LAYOUT
Tina Aitala Engblom

PATHWAYS COORDINATOR
Tia Ohm

DIGITAL INTEGRATION
Gabe Small

WEB EDITOR
Jamie Dougan

ADVISORY BOARD
pathwaystofamilywellness.org/advisory

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The individual articles and links to healthcare information in PATHWAYS TO FAMILY WELLNESS are based on the opinions and perspectives of their respective authors.

The information provided is not intended to replace a one-on-one relationship with a qualified healthcare professional and is not intended as medical advice. It is presented as a sharing of knowledge and information.

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CONTACT

PATHWAYS TO FAMILY WELLNESS
327 N. Middletown Rd.
Media, PA 19063
Telephone: 610-565-2360
Website: pathwaystofamilywellness.org
info@pathwaystofamilywellness.org

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We love to hear from you.

If you have stories and photos to share about pregnancy, birth, family wellness lifestyle choices, or healthy recipes and nutrition ideas, please send an e-mail to our editor at: editor@pathwaystofamilywellness.org.



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*What if there were
an organization that recognized
your own unique expression
and human potential?*

What if that same organization represented
the most highly trained practitioners who could provide
specific, gentle care so that you could function at your greatest capacity?
What if this organization of practitioners knew how to care for children
by honoring women throughout their pregnancy and motherhood?

Imagine if doctors truly supported a woman's innate right
to make informed choices for her own family.

Imagine if a safe community of empowered parents existed
to support a mother's inner guidance and desire to grow.

These are the principles and promises of the ICPA and
its community of 6,000 doctors of chiropractic. These 6,000 ICPA
members have come together to serve families. Family is the heart and
home of our human potential. The loving and gentle care of chiropractic
for each individual strengthens the family, strengthens the community,
and opens the possibility for a greater tomorrow.

Welcome to
PATHWAYS TO FAMILY WELLNESS...
our avenue for bringing
chiropractic principles into practice
for a more purposeful and fulfilling family life.



LETTER FROM THE EDITOR

THE HOME OF *Well-being*

In 1910, B.J. Palmer wrote about chiropractic, saying, “The principles of chiropractic should be known and utilized in the growth of the infant and continue as a safeguard throughout life.” We are finally catching up to this wisdom, thanks to visionaries like Larry Webster and Jeanne Ohm, as well as other authors you’ll find in this issue. The International Chiropractic Pediatric Association, the organization dedicated to advancing the chiropractic family wellness lifestyle, is nothing short of a dream come true. Larry Webster and Jeanne Ohm shared and poured their hearts and souls into that dream, to manifest and grow the ICPA for the betterment of the world. It is now one of the largest organizations in the history of the profession.

To really understand chiropractic care for infants and children, it is important to realize that chiropractic is not a treatment for specific conditions that a child may have. As Jeanne would often say, “Whether or not you choose to treat the symptoms, doesn’t it make sense to have your child functioning at his fullest capacity for healing?” The power of chiropractic is in its global effect on the nervous system. Infants who care not at all about the idea of a “placebo effect” show us the brilliance of chiropractic when their spinal subluxations are checked and corrected. You can see them experience greater physiological activity, range of motion, loss of tension, increased social engagement, and a newfound expression of vitality—sometimes immediately. Seeing is believing!

Chiropractic works with the delicate nervous system, opening people up to a greater state of function. This is what people resonate with most, even more than the alleviation of symptoms. People recognize that symptoms are part of the body’s innate intelligence working through an underlying problem. Chiropractic honors the intuition that it is best not to suppress or overpower this living intelligence, but to complement it. This is especially true early in life. It is not an exaggeration to say that chiropractic principles will lead the way toward a much-needed new paradigm in health, owing to its paramount focus on the nervous system. Psychoneuroimmunology—the idea that emotions, neurology, and disease are all intricately connected—represents the horizon ahead of us. Great advances have already been made, including notable discoveries relating to the brain (see pg. 53) that scientifically prove the correct emphasis on emotions. No longer is disease simply a matter of “catching a bug,” or hoping that we don’t have “faulty genes.”

At the heart of an optimistic understanding of well-being, there is no better focus to have than the one placed on the nervous system. The nervous system balances all aspects of our being: mind, emotions, neurology, physiology, and the microbiome. The truism that the brain and nervous system control all functions in the body, including cellular and microbial activity, should reveal how important chiropractic is—not only for supporting well-being at a deeper level, but also for helping us understand the intelligent, cutting-edge perspective of disease processes. Exploring the

Jeanne Ohm loved communicating and dancing to celebrate the bigger premise that life expresses intelligence. Recognizing the wisdom in others, she inspired people to find their own path and make their choices from a place of trust. Her life’s work included teaching and training thousands of chiropractors in the Webster Technique, which has helped change the lives of hundreds of thousands of families around the world. She was the fire-dancer of a generation, aligned and in sync with her life’s song.

Larry Webster’s innate purpose was to advance and develop chiropractic care for families and children. Known as the Grandfather of Pediatric Chiropractic, Larry created vast ripples in the world with his brilliant insights and Webster Technique. He was, as chiropractor and friend Tony Carrino affirms, one of the most influential chiropractors to ever live.

infinitely complex, self-adjusting, and self-healing activity of the brain and nervous system stirs a genuine connection to causal roots. It cultivates the possibility for a conscious, holistic, responsible (and less fear-ridden) course of action that humanity is quite ready for, and in need of today.

Chiropractors have a gift of gravitating to the heart of the issue when deducing from the major premise that life expresses intelligence. It is this premise that allows them to reveal the deeper nature of physiological expression, helping us to find the unique source of our well-being. Working from this major premise, they become present and equipped to help others reach their potential for increased adaptability and self-discovery. It is no surprise then that the visionaries who began the ICPA saw these principles with clarity, and thereby inspired a bigger mission in chiropractic which is now defining the century. Jeanne Ohm and Larry Webster navigated a pathway that brings chiropractic globally to a sacred place, where mothers, fathers, and children are born. They knew this place was, and always will be, the heart and home of family well-being. What an amazing gift it is for everyone involved, to see families supported through pregnancy, birth, and parenting, so they can entrust themselves to freedom and to the bigger premise that life expresses intelligence.

With love, we dedicate this issue to these two beloved and be-loving individuals, who have shaped the profession and brought it to the home that inspires our innate mission to change the world. 🌀



John Ohm is a champion of the chiropractic lifestyle and way of mind. He believes people can collectively align with each other in ecstatic ways when they are connected to the innate intelligence in their bodies, hearts, and minds. He serves the ICPA and PATHWAYS magazine to help families realize their greater freedom and innate potential.



The Hummingbird

By Kacie Flegel, D.C.

When I was a new student in chiropractic college, I was eager to absorb everything I could. Through my eagerness, however, I questioned everything I was learning. I wanted so much to believe the stories of miracles that occurred in the offices of my educators and mentors, yet I would have to see it and live it first.

During my first year, one of my professors spoke of the many times he had adjusted birds who had flown into the front window of his home. If, after impact, the birds were still alive, he would check them for spinal fixation and dysfunction (in the chiropractic realm, these are known as spinal subluxations). More often than not, he explained, the birds would respond well to the adjustment and fly off unscathed.

I finished school, and opened my first practice a few months later. I was still fresh, but I was educated and skilled enough to care for people in my community. I felt confident seeing pregnant mothers, babies, and children because of my additional training with the International Chiropractic Pediatric Association.

Years later, while I was pregnant with my second son, my family and I moved to Ashland, Oregon, where I opened my second family practice.

We rented an old white house in the country, with a large front window that faced the mountains. Within two weeks of settling into our new living space, I was cleaning the living room when I heard a loud thud on the window. I was sure that my oldest son had thrown his plastic ball at

it. But when I looked outside, I noticed a robin in the dirt below the windowsill, flapping its wings in distress.

That was the first of many birds I adjusted while living at that house. I adjusted robins, blue jays, sparrows, and, once, even a crow (although I would be lying if I didn't say that my heart rate elevated a bit during that adjustment). And just as my professor described years ago, most of the birds flew away moments after.

I was now on the path of not just believing in, but knowing the power of the chiropractic adjustment. Through my work with babies, kids, and pregnant mamas, I witnessed miracles every day. Adjusting birds became par for the course.

Recently, my family took a vacation with two other families to Puerto Viejo, Costa Rica. We rented a two-story open-air house, right across the road from the beautiful Caribbean ocean. We all settled in for 10 days of rest, relaxation, and time to soak up the lush environment that was bursting with life.

During our trip, many creatures were gracious enough to allow us to cohabitate peacefully with them for a time. We had 4 a.m. wake-up calls each morning from the howler monkeys, heard the nasal squeaks of baby sloths in the trees above, watched the rummaging of the capybaras in the nearby shrubbery, slept with huge, bright-green crickets at night, and admired the multitudes of parrots, toucans, and other tropical birds.

One bright morning, as I was cleaning up our humble jungle abode, I heard a faint knock on the large front

window that faced the swimming pool. It was a familiar sound to me, reminiscent of past experiences, but a little softer. As I looked outside on the ground, I saw a bird who, unbeknownst to itself, cleverly chose to fly into the window of a vacationing chiropractor. This time, the injured party was the tiniest of hummingbirds. Its iridescent blue and green feathers shone in the sun like the turquoise sea. Its little head was bent to the left. It was stunned, barely moving.

I hurried outside to see if I could help. I gently picked up the hummingbird. It was breathing hard, and licking the air furiously with its long, needle-like tongue. As I cradled its warm little body in my hands, I could feel the race of its heartbeat like a ticking wristwatch in my palm. It was surely in pain, and had a droplet of blood coming out of its right eye. I did what any mother would do with a baby experiencing angst: I gently shushed it, and whispered, "It's okay, little one, I am here."

I cupped the bird's body into my left hand, with its tiny feet underneath it, and with my right index finger and thumb, I gently stroked the sides of its beak and face, to let it know that I was a friend.

I placed those same fingers, one on either side of its small neck, and gently palpated its spinal movement. Its cervical spine was clearly stuck and subluxated from the impact, so I began the gentle process of adjusting. With tiny movements and precise specificity, I made subtle corrections to the bird's delicate spine. I was able to move its head back to neutral, and as I did, I felt the tiniest "click." In that moment, I knew that I had adjusted and freed its spine and nervous system.

The hummingbird closed its eyes. Its breathing slowed, and I no longer felt the thumping of its tiny heart. I held the bird gently while it went inward, integrating the experience—moving from trauma through adaptation, and into restoration.


I began to sing softly my favorite Bob Marley song as we held space together: "Don't worry/ 'bout a thing/ 'cause every little thing/ gonna be alright."

After a few minutes, the bird took a big, life-filling breath. I felt the tiny muscles in its breast and legs contract in my hands, and it shook its head. The hummingbird then turned its head up and to the right and looked right into my eyes, as if to say, "Thank you."

And then it flew away.

As a pediatric chiropractor, I am often asked why a baby or small child would need a chiropractic adjustment. I speak about trauma during the birth process, and how children fall often when learning to walk. I talk about how those experiences can create tension in a child's tender spine and nervous system. I explain that the nervous system is the first system to develop in utero, and that it coordinates all other systems in the body.

As I describe how the spine must be free for the nervous system to function optimally, people begin to understand. The follow-up question I usually get is: "How do you adjust a baby or a child?"

Currently, my most recent answer: "Have I told you the story of when I adjusted a hummingbird?" 

APPEARED IN PATHWAYS ISSUE 61



Dr. Kacie Flegal is a family chiropractor certified in prenatal care and pediatrics through the ICPA. She has been in practice since 2009, and serves based on the philosophy that we have the innate ability to heal and be healthy when we are given the right tools to do so.

Her approach to chiropractic is gentle and holistic, and she honors each individual as an individual. She is currently practicing in Ashland, Oregon, and is a mother to two amazing boys. Visit her at elementsofbeing.com. View article resources and author information here: pathwaystofamilywellness.org/references.html.

Healing Birth

By Jeanne Ohm, D.C.

During our first home birth, I can remember reaching a state I had never been in before. In spite of the many intense experiences I'd had in my life up to that time, this experience brought me to a new edge. I looked over to my husband, Tom, for assurance. I was entering into the transition stage of labor, the stage that necessitates letting go. My fear of the unknown made me clench onto control even harder. I blurted out, "I don't know if I can do this!"

For Tom, the decision to birth at home was a logical conclusion that respected normal physiology. For me it was a desire to own that confidence, coupled with a fear of the hospital, a lack of trust in their interventions, and an intellectual pinch of downright rebellion against needing their system to accomplish a normal body function like birth.

In theory I respected the body's ability to function. In reality, unlike Tom, my upbringing and previous experiences were being challenged. For me, this first home birth was a paradigm shift.

In his usual matter-of-fact way, Tom said, "Of course you can do this. You're in a woman's body and that's what they're designed for. You're doing just fine!"

I retorted, "How do you know I'm doing fine? You've never been to a birth before!"

In response, he put his hand on my shoulder, and looked me in the eyes. "Yeah," he said, "but I know you, and you are being you, and that means you are doing just fine."

Those reassuring words soothed my anxiety. A physiological state of ease ensued. My intellect loosened its tight grip to the intelligence of the heart. Labor progressed normally, and Justin was born shortly after.

Such resounding trust in normal, natural physiology does not always come easy, but it comes with experience. Tom had grown up in a family who trusted in the body's ability to function. This was in stark contrast to my upbringing. I had undergone three major surgeries by the time I was 6 years old. The traumas of separation and estrangement that followed hammered home in me the belief that healing happened with medicine and surgery.

Together we had been introduced to the chiropractic principle that life expresses intelligence, and that our

body's own innate intelligence knew what the body needed at every given moment. Chiropractors recognize that the nervous system is the conduit for this intelligence, and that a nervous system free of interference leads to the expression of normal physiology. Chiropractic was the beginning of the biggest paradigm shift in my life—moving away from learned fears into inherent trust and respect.


So when we decided to have our unattended home births, in theory it seemed consistent with this philosophy. But as Joseph Chilton Pearce so nicely implies, theory is not real or worth talking about unless it has been experienced.

Back then I really knew very little about birth and did not realize the major impact birthing has on the future of human potential. My experiences of all six of our home births taught me it is all about the baby. My continuous observation of perinatal women has proven that the greatest, most effective evidence-based science is that of normal physiology. Thirty-five years working with pregnant moms in preparation for birth has shown me that perinatal chiropractic care leads to safer, easier births for both mothers and babies. And most important, I now know that if we are to heal the world (and heal our species), we must first heal birth.

All About the Baby

Our pregnancy and birthing choices were made from the perspective that it's all about the baby. We knew that the baby would be exposed to all of my chemical input, so I knew to avoid all toxic substances. Additionally, I knew that procedures like epidurals may appear to help the mother, but would have potential side effects for my baby—so they were not an option. When I was first offered ultrasound in my fourth pregnancy, my antennae immediately went up. There was no convincing information that said it wasn't harmful, and for me to make an informed choice on this matter depended on that information. So I stuck with the tried-and-true, non-invasive fetoscope and measuring tape for all of my pregnancies. To "see" my baby, I simply got quiet, closed my eyes, and connected.

I was also very cognizant that this baby inside of me was aware of my emotional state, although this thinking was not promoted at the time. Without knowing the actual



hormonal exchanges that were happening, I knew that this little one was a living, conscious being sharing all of my experiences. Talking with my baby in utero and avoiding stress were two ways of acknowledging his sensitivities. I had read Ina May Gaskin's book, *Spiritual Midwifery*, and it was clear to me that a mother's emotions in labor had a profound impact on its progress. I figured the same was true in pregnancy.

Normal Physiology Is the Greatest Science

The science of chiropractic emphasizes that it's crucial to respect normal physiology. This translated easily to pregnancy and birth. Of course the intelligence that Guyton's *Physiology* refers to as "that mysterious something" knew just what my baby and I needed at any given moment. I optimized my body's function with regular chiropractic adjustments. I ditched the due-date theory after my first pregnancy. Although I had feelings similar to all women at the end of pregnancy—"Are we there yet?"—I also knew that any interference to the baby's timeline in coming out could negatively affect my birth and baby. Induction in any form, even the "natural" suggestions like castor oil, were a violation of normal physiology, and therefore a potential harm to my baby.

Labor proceeded with me calling the shots—or, rather, me listening to my body's cues. This was different for each of my six labors. My positions, and my need for nourishment, rest, or movement, were all personalized to each particular birth. There were no schedules to adhere to, no threatening policies, no prodding strangers to tolerate, and no negative energy. There was a caring family, close friends, and sometimes an amazing midwife. Always supportive, always confident, and all loving.

Until recently, there was not too much knowledge about the hormones of birth. Pioneers in the natural birthing world like Michel Odent, M.D., and Kerstin Uvnäs-Moberg, Ph.D., have introduced us to the powerful hormone, oxytocin, and how the medicalization of birth may be altering the expression of human potential, individually and as a

THERE WERE NO SCHEDULES TO ADHERE TO, NO THREATENING POLICIES, NO PRODDING STRANGERS TO TOLERATE, AND NO NEGATIVE ENERGY. THERE WAS A CARING FAMILY, CLOSE FRIENDS, AND SOMETIMES AN AMAZING MIDWIFE. ALWAYS SUPPORTIVE, ALWAYS CONFIDENT, AND ALL LOVING.

species. In other words, the technocratic procedures that mothers are told will make birth safer actually impede its natural process. Rushing to the hospital, vaginal exams in labor, fasting, insensitive or disempowering phrases by hospital staff—all put mothers into a fear-based, sympathetic fight-or-flight mode, which is counterintuitive to the progression of labor. Add mandatory fetal monitoring, restrictive and forced positions, induction or augmentation of labor, and epidurals and other invasive chemicals, and we radically alter normal physiology and hormonal production. What is sacrificed? The release of oxytocin and a safer, easier birth for both mother and child.

Chiropractic in Pregnancy for Safer, Easier Births

Upon my introduction to chiropractic in 1976, I heard that women under chiropractic care had easier and faster births than most. When I became an instructor for the ICPA Diplomate program in 1999, teaching the module Perinatal Care, I wanted an explanation of what I, too, had found in practice with pregnant moms for almost 20 years. In those years I observed that there were three causes of neurological upset that lead to dystocia (difficult labor): physiological/neuro-biomechanical causes, emotional causes, and technocratic/medical causes. I sought to discover the potential relationship between the chiropractic adjustment and the prevention of these three causes. Here is what I found:

Physiological and Neuro-Biomechanical

Causes: Williams Obstetrics lists three components as causes for dystocia: power (inadequate nerve function); passage (unbalanced, misaligned pelvic bones); and passenger (suboptimal baby positioning). Simply put, this is how the adjustment relates to these three causes:

POWER: The chiropractic adjustment reduces interference to the nervous system, allowing for greater physiological function and performance.


PASSAGE: The adjustment creates balance in the pelvic bones, muscles, and ligaments.

PASSENGER: This balanced pelvis contributes to optimal baby positioning in birth.

Emotional Causes: Fear is the greatest enemy of a mother in labor. Understanding the autonomic nervous system (ANS), we realize that if we can establish a state of ease and overcome sympathetic override (fight-or-flight) in pregnancy and labor, the production and effects of oxytocin are maximized. Chiropractic adjustments affect the ANS via the vagus nerve. By impacting the ANS, we are building resilience to sympathetic override and strengthening the function of the ANS's social branch. Additionally, the vagus nerve is responsible for oxytocin release. Care up to and during birth may have a significant effect in the release of this important hormone.

What's more, when a pregnant mother is surrounded with the hope and ease offered by the chiropractic philosophy ("Life expresses intelligence"), her social vagus is further activated, and she approaches birth in a stable, assured, trusting manner.

Technocratic Causes: The typical technological birth comes from the premise that pregnancy and birth are a disorder to be monitored and controlled. Somehow we



WHEN A PREGNANT MOTHER IS SURROUNDED WITH THE HOPE AND EASE OFFERED BY THE CHIROPRACTIC PHILOSOPHY, HER SOCIAL VAGUS IS FURTHER ACTIVATED, AND SHE APPROACHES BIRTH IN A STABLE, ASSURED, TRUSTING MANNER.

have allowed the mystique of technology to overcome our practical understanding of normal physiology. Technological intervention can be lifesaving at times. However, when every pregnancy and birth is approached from the fear-based premise of what can go wrong, we create problems that do not even exist. It then becomes easy to justify needless and invasive interventions, which have been shown to lead to further intervention. Although a woman may be led to believe that these interventions are better for her and her baby, she is frequently unaware of the potential harm these interventions can create.

Chiropractors have been a steady support for informed, conscious choice for over 100 years. Their greatest desire is that parents make evidence-informed decisions on all of their family's healthcare needs. This means reading all

evidence of interventions, and not depending solely on the one-sided, popular, technocratic perspective. I have known many chiropractors who are more knowledgeable of peer-reviewed literature on birth practices than many birth practitioners. And let's remember that chiropractors deduce from the greatest evidence-informed practice there is: the science of normal physiology.

To Heal the Earth, We Must First Heal Birth

The virtue of humility appears to be devolving. If you burden yourself with watching the news, if you are on any social media pages, or if you are simply observant, you may notice the hostility and aberrant behaviors so prevalent today. Where is the love? Why is it so hard for us to show respect and consideration to each other, or even to ourselves?

As my esteemed colleague Chris Kent, D.C., says, "Everything we experience is processed through our nervous system. If our nervous system is not functioning to its optimal level, our perception of the world is distorted and our ability to respond appropriately is compromised. This not only affects our physical health, but also our emotional and psychological function as well."

I propose that our nervous systems are being reprogrammed throughout pregnancy and especially at birth due to physiological, emotional, and technocratic causes. Modern lifestyle habits and technocratic birthing procedures have contributed to a deficit of our neurological function. The physical and emotional traumas to both the mother and baby in these widely accepted birthing practices have a direct effect on the healthy development of the infant's social vagal branch. As stated before, this nerve is responsible for the release of oxytocin, the "hormone of love." By depriving children of the proper development of this nerve function from birth, we are directly affecting the social well-being of generations to come. The consequences of this may impact the human potential in an immeasurable and insidious way.

Imagine during pregnancy, instead of relying on ultrasound to "see" our babies, we learn to be still and feel our babies' presence as they communicate with us. Imagine gently talking with them, conscious that they hear our words and feel our attention. Now imagine this quiet communication evolving into a powerful trust so strong that ordinary "hunches" emerge as vivid signals pointing us directly to our best course of action in birth.

Now feel how wonderful it would be to experience encouragement, respect, and support in pregnancy while approaching labor. Imagine the nervous system being strengthened and building resilience to the sympathetic overload we are exposed to daily. As we approach the time for birth, we allow labor to initiate on its own. We choose our birthing place based on comfort and safety—parameters that we choose from confidence, not fear. Instead of an

atmosphere of procedures or interventions, there is an ambiance of support and trust. The mother's choice for movement or rest is respected. Since there are no artificial chemicals interfering with natural hormonal production, the body's hormones are performing their amazing feats, and labor progresses just as it should.

When the baby's head appears, no physical force is applied to the baby's fragile neck and spine. There are no cuts to the mother's perineum, and so both mom and baby are in a state of awe. They are given as much time as desired to look into each other's eyes, activating the social vagus and priming it for its important lifelong role of loving, human expression. With no rush to whisk the baby away, to cut the cord, or examine or weigh her, we take a birth pause, and in that moment silently celebrate a new, unique human life.

Then, when we are both ready, following each other's cues, we bring our little treasure to our breast and together, from inside ourselves, with ease and assurance, we relax into the most comfortable position and continue the nurturing of our babies that happened so effortlessly in the womb. Mom is purring, baby is making those sweet suckling sighs. The vagus is communicating. Oxytocin is surging.

I will leave you with these wise words by Christiane Northrup, from the documentary *Giving Birth*:

The way babies are meant to be is with their mothers, skin to skin, between their breasts, the outer womb. They've just been in the inner womb for nine months, but we think somehow we have evolved technologically where we are beyond that, and so we lose instinctual wisdom.

Birth is a magical time of bringing a new human consciousness into the world. The baby's brain is ripe for the first impressions of what it's like to be on earth. How it's done affects that baby for the rest of its life. A child needs to be greeted with gentleness, with calmness, with love, and with a sense of, "It's OK, you can relax now. You're here." 🍷

APPEARED IN PATHWAYS ISSUE 51



Dr. Jeanne Ohm dedicated her life to teaching and inspiring others. Her passions included training chiropractors for wellness care in pregnancy, birth, and infancy; forming alliances for chiropractors with like-spirited practitioners; empowering mothers to make informed, conscious choices; and developing pertinent educational materials. View article resources and author information here: pathwaystofamilywellness.org/references.html.



The Power an Adjustment Can Release

By Mallory Josh

I first came to Dr. Lacey when I was three weeks pregnant. As a chiropractic student, I understand the importance of maintaining proper biomechanics within the pelvis and reducing and removing interference to the nervous system; what most surprised me is the power of an adjustment during labor. When those two faint, perfect pink lines showed up on that pregnancy test, my first thought was that I couldn't wait to tell my husband...but my second thought was that I needed a rock-star chiropractor on my birthing team. Dr. Lacey meant much more to me than a weekly adjustment. She created a safe space that allowed me to be vulnerable and express my true potential.

I was checked twice a week throughout my pregnancy, and the few times I only went once a week, I could feel the disconnect within my system. How the disconnection manifested was different every time, spanning anywhere from the typical low back pain all the way to restless leg. The adjustment indeed helped with the discomfort pregnancy can bring, but more important, it increased my connection with our unborn baby. I remember vividly lying down on Dr. Lacey's adjusting table; during the adjustment I felt the connection between our baby and myself deepen. This would stay true throughout my pregnancy and with each adjustment, especially during labor.

When that big question mark of a day finally arrived, I went into labor and immediately asked Dr. Lacey to come over and adjust me. As soon as she did, labor progressed and the contractions got closer together and increased in intensity. A little further into labor, she adjusted me again, and again labor progressed. Looking back at it now, I have a new appreciation for the adjustment. Without Dr. Lacey and her adjustments throughout my pregnancy and labor, my journey to motherhood would not have unfolded with as much beauty and ease as it did. I almost hesitate to use the word ease, because my labor was not without digging





deep and doing the work that was asked of me. Through chiropractic, my body, mind, spirit, and daughter were fully connected, allowing the birthing process to unfold exactly as it was designed to. And so, yes, my baby was birthed with ease. It is my vision and hope that every mom has a chiropractor on her birth team to deepen the connection between herself and her baby, so each family can experience a fully connected birth just as it was designed by our creator.

A Chiropractor's Story of Birth

By Lacey Wilson, D.C.

7:11 a.m. I woke up to a text message from Mallory telling me that she wasn't going to school and that she was having "intense Braxton Hicks [false contractions] for a while now." She asked me to come over whenever I wanted and that she and her husband, Ian, "would just be hanging out." I immediately had a feeling that today was the day, but from the tone of Mallory's text message, I figured we had some time. "I'll come over; going to take quick shower and I will head that way," I replied. I rolled out of bed and into my morning routine.

8:40 a.m. I was grabbing coffee from downstairs when I received another text message: "Just so you know, I am in labor and just had some bloody show and contractions are getting more intense." Butterflies immediately set in, and, without hesitation, I sprinted to the car. *That baby's coming fast, I thought.* Thankfully Mallory and Ian lived only 10 minutes away.

8:54 a.m. I arrived at Mallory and Ian's place. When I walked into their home I immediately could feel the energy in the room. This full-moon baby was definitely coming Earthside today, possibly early that afternoon. Ian was reading birth affirmations as Mallory was grabbing on to her birthing ball. We managed to get Mallory in a position so that I could check and adjust her. After a sacral adjustment, she immediately had a contraction, which she mentioned was much stronger than the rest. Ian made eye contact and quietly mouthed, "Are we good?" I nodded,

and we managed to get Mallory on her side on the table. She had another strong contraction only six minutes from the one after her first adjustment. After I checked and adjusted her atlas, Mallory's contractions kept coming, stronger and stronger.

9:53 a.m. I called Mallory's doula, Nicole, and told her that she might want to come because the contractions were stronger and getting closer together. Ian was on the phone with their midwife, Kim, at the same time. Kim told Ian that Mallory's contractions needed to be lasting around 60 seconds before we moved her to the birthing center. I relayed the message to Nicole, and said I would call her when we were getting closer.

10:59 a.m. Mallory's water broke in the bathroom, and we knew it was go time. Ian and I tried to get Mallory to stand up from all fours in the bathroom, but she was not interested. She told Ian to call Kim and ask her what to do. The birthing center was a 40-minute drive and the sky was pouring down rain.

Over the phone, Kim told Ian to check to see what he could feel. "I feel something really hard, like a baseball," he said. Mallory had another strong surge. This time, Kim told Ian to put her on speaker phone and told Mallory that if she couldn't get into the car right now, she was going to have to talk us through a delivery over the phone. With that conversation, we finally got in the car around 11:15, and the baby started crowning within 10 minutes of our drive. Can you imagine Ian's face when I told him he needed to be prepared to catch?

11:45 a.m. We pulled up to Grapevine Birthing Center and got Mallory upstairs and into the tub. A beautiful baby girl, Henley Aurora was out within four pushes at a minute after noon. This was Mallory's first baby, and both her midwife and doula approached me after and asked about her chiropractic care. Mallory was checked twice a week throughout her entire pregnancy, mostly because she felt more connected to herself and her baby after each adjustment. The people at the birthing center were amazed at how quickly the baby came, and how calm mama was. I am so thankful to have been a part of Henley Aurora's birth story and for prenatal chiropractic care.

A Midwife's Perspective

By Kim Daly, C.P.M.

Chiropractic care in pregnancy and labor, and more specifically the Webster Technique, has been a game changer in my midwifery and birthing-center practice. I was able to experience this appreciation firsthand long before I became a midwife. When I was a first-time pregnant mom, I suddenly went from a perfect second-trimester pregnancy to a pain level of 10 while getting in and out of bed at 20 weeks. Thankfully, a friend



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recommended a Webster-certified chiropractor who was able to take me to a pain level of 0 in two adjustments. From then on, I was sold.

When I began my midwifery training I knew that chiropractic would be an integral piece to the success and health of my practice. Thankfully, I have been able to work alongside many Webster chiropractors in my years of practice, and the benefits never cease to amaze me. I now have a well-established birthing center in Grapevine, Texas, and have had a Webster-certified chiropractor on staff since day one. Thanks to chiropractic care, we get to see not only pregnancies transformed, but also labors shortened, and stalled labors start again without intervention. Not to mention that newborn babies' breastfeeding issues vanish. (I really could go on!)

At Grapevine Birthing Center, we love that we get to see many chiropractic school students come through our doors as patients. I enjoyed seeing the fruits of Mallory's long-term and frequent chiropractic adjustments that she had over the years, as well as the benefits she received from her chiropractor's Webster Technique adjustments. By all accounts, Mallory was a star patient. When combined with a healthy diet and lifestyle, chiropractic care in pregnancy and labor can be an integral ingredient to an amazing labor and birth. 🍓

APPEARED IN PATHWAYS ISSUE 57

After this story was published, **Mallory Josh** graduated from Parker University in Dallas with her doctorate of chiropractic. She now practices at Meraki Chiropractic in Asheville, North Carolina, working with pregnant moms and others in the community.

Lacey Wilson, D.C., a graduate of University of Oklahoma and Parker Chiropractic School, is on the journey of birthing her vitalistic family practice, Free Spirit Chiropractic, in Tulsa, Oklahoma. Her life's purpose is to serve children and families with an abundance of love, using chiropractic as a portal for deep connection and understanding. Dr. Lacey understands the disconnect in the world and strives to help little ones thrive right from the start of life so that they can express their full potential. Dr. Lacey is an active member of the International Chiropractic Pediatric Association and is Webster-certified. Visit her online at freespirit chiropractic.com.

Kim Daly, C.P.M., L.M., has been passionate about natural birth even before becoming pregnant with her first son 11 years ago. Years later, she recognized that her early passion was a calling. After "catching" her own baby in the water at home, she soon felt the tug on her heart to help other women experience the gentle care and beautiful birth like the one that changed her life. She hopes to see more and more women educated about their options in childbirth and being given the opportunity to have a peaceful, intervention-free birth. View article resources and author information here: pathwaystofamilywellness.org/references.html.



Chiropractic Care for Children: *Safe, Gentle, Effective*

More parents are discovering the many benefits associated with chiropractic care throughout childhood. Our doctors provide special care for infants, children, and pregnant mothers.



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ADJUSTING to a New Life

Parents often ask why a newborn baby should be checked by a chiropractor. Adjustments help alleviate spinal subluxations (misalignments of the vertebrae) caused by intrauterine constraint, abnormal positioning in the uterus, and spinal distress from the journey through the birth canal or during the delivery process itself. Ideally, babies should be checked and adjusted as soon as possible after birth.

Incidence of Need

M.S. Gottlieb, a well-published researcher, reviewed the effects of the birth process and concluded, "The trauma from the birth process remains an under-publicized, and therefore significantly under-treated, problem."

"Survival of the newborn is governed mainly by the integrity and function of the vital centers in the brain stem," writes Andrew Towbin, a prominent researcher on birth trauma. "Yet paradoxically, the importance of injury at birth to the brain stem and spinal cord are matters which have generally escaped lasting attention."

Another published researcher, G. Gutmann, documented a study of more than one thousand infants. He found that approximately 80 percent of all newborns had some form of nerve dysfunction. Gutmann concluded that many health problems can arise from misalignment of the first vertebrae in the neck, resulting in a greater incidence of conditions related to the ears, nose, and throat. He also noted, however, that even an adjustment using the lightest pressure of the index finger could normalize an infant's clinical picture.

His colleague, V. Fryman, examined 1,250 babies five days after birth and found that 95 percent of this group were not only misaligned, but also had cervical strain. He also noted that the infants responded to specific spinal adjustments with immediate muscular relaxation and a greater ability to sleep. Another renowned researcher and practitioner, Heiner Biedermann, has done numerous clinical studies relating upper cervical misalignment in the newborn to prolonged labor and the use of extraction devices. He, too, has recorded significant improvements in the health of infants who receive specific adjustments after birth.

Nerve dysfunction associated with birth trauma may result in problems such as breathing weakness, mood irritability, digestive disorders, difficulty with feeding and attachment, sleeping problems, immunity deficits, and neurological impairment. Left uncorrected, subluxations and their resulting nerve system dysfunction may develop into numerous health issues for the baby.

Proven Safe

Recently the International Chiropractic Pediatric Association published the preliminary results of its study in *Explore: The Journal of Science and Healing*, in an article entitled, "The Safety and Effectiveness of Pediatric Chiropractic: A Survey of Chiropractors and Parents in a Practice-Based Research Network." The preliminary data

Increasingly, scientific research is supporting the clinical experience of chiropractors.

Chiropractic care is recognized as a viable necessity for newborns.

confirms what chiropractors have known for over 100 years: Chiropractic care for children is safe and effective.

On the issue of safety, out of 5,438 office visits, there were only three adverse events reported from the adjustments—a .00055 percent chance of negative reaction. Demonstrating a risk factor well below 1 percent, this study shows that children have a greater than 99 percent chance of suffering no problems when receiving chiropractic care. Furthermore, the three adverse events reported in the study were minor discomfort following the adjustment. Each was readily resolved with continued adjustments.

In the study, over 90 percent of the chiropractors and parents reported an adjustment-related improvement with respect to the children's presenting complaints. Even more interesting is the discovery of benefits unrelated to the initial problems. Both parents and doctors reported better sleeping patterns, improved behavior, and more robust immune system function while under chiropractic care.

Increasingly, scientific research is supporting the clinical experience of chiropractors. Chiropractic care is growing in acceptance as a viable necessity for newborns.

A Crucial Difference

The following pages present three viewpoints of a newborn life-saving collaboration, offering us a vitalistic perspective of chiropractic in practice. In this story of home birth, the attending midwife is not only present throughout the entire labor and birth, she is also the provider who offers the first follow-up well baby visit. Additionally, a home-birth midwife's understanding of biomechanics in birth is generally superior to her obstetric peers; therefore, her assessment of birth and her recognition of potential trauma to the infant are more acute as well.

When a woman gives birth in a hospital, she and her baby are usually released as healthy, at which point the obstetrician's role is generally complete. If a problem with the baby's health arises several days later, the birth team is not a part of the newborn examination. Rather, the mother goes to a


pediatrician or an emergency room, and there is an inherent disconnect between the baby's birth and the baby's condition. An added disadvantage is that the treating doctors are seldom qualified to consider a potential neuro-musculo-skeletal cause resulting from birth, which is often an integral part of the health status. Such problems are often easily remedied with a trip to the chiropractor, if only the obstetrician were informed to make that call.

Finally, within the usual obstetric paradigm of birth, a mother's intuition is not often considered. This story, therefore, demonstrates the power of a holistic, integrative team of providers who recognize each other's specialty and acknowledge the mother's intuition, as well.

Chiropractic Adjustments for Babies

Chiropractic adjustments for newborns differ significantly from those performed on adults. Often the chiropractor

will use light fingertip pressure on the baby's back or neck. Chiropractors sometimes also lightly massage the muscles on either side of the baby's spine and other relevant areas of the body. Infant adjustments are very gentle, and typically a baby will be soothed by an adjustment, or even sleep through the process!

It is important to note that 65 percent of neurological development (i.e., development of the brain and nervous system) occurs in your child's first year. It is therefore imperative to ensure your baby has every opportunity to maximize his or her nerve function during this critical period. 

—Jeanne Ohm

Article contributions from a lay midwife, mother, attending chiropractor, and a chiropractic author.

APPEARED IN PATHWAYS ISSUE 24

A CHIROPRACTOR'S EXPERTISE

There is a remarkable story I'd like to share about one of my experiences as a chiropractor. I'm not seeking personal credit, nor do I believe this is a miracle above other miracles. It's simply a demonstration of what is supposed to happen when neural interference is removed and connectivity is restored. This is a story about healing, and a reminder that miracles should be the natural state.

On June 4, I received a call from Ellen, the midwife who assisted me during both of my home births. She was calling from the house of another client, whom I had referred to her. The mother, Shakira, had birthed a son, Abdullah, 36 hours prior. According to Ellen, Abdullah had a very slow and irregular heart rate of about 76 beats per minute—well below the normal newborn range of 120 to 140 bpm. He was also yellow, which raised added concern, given that jaundice typically doesn't set in so quickly after birth. He had nursed a few times, but was otherwise listless and unresponsive.

Ellen told me that during the birth, she had seen Abdullah's head clear in one direction and his shoulders clear more than 90 degrees in the other. She had not held the head or restricted the baby's movement in any way. During the postpartum visit, she felt intuitively that something was wrong, and that it was the odd presentation and potential neck trauma causing the problem. She asked if I could come to the home immediately, and I agreed.

When I arrived, I checked the baby's spine and cranium. My exam indicated that his occiput and atlas (the lower cranial bone in front of the upper neck vertebrae) were significantly out of alignment. I adjusted the baby and let him lie there for about 15 minutes, periodically checking his heart rate. I then checked him again.

The occiput was holding, so I slightly adjusted the atlas one more time, having found no other cranial or spinal misalignments. We waited another 15 minutes. Suddenly, some red splotching began to appear over his previously yellow body. As we listened to his heart rate, we witnessed the activation of his body's innate intelligence to re-regulate itself. Within minutes, his red splotching turned into an even, pink skin tone in front of our eyes. The yellow hue was gone! His rooting instinct kicked in and he nursed with a strong and healthy latch for ten minutes. I checked him once more to ensure the adjustments were holding. At this point, his reflexes seemed to come alive; he was alert and active. By the end of the hour, his heart rate had completely normalized to 120 to 130 bpm. Interestingly, his testicles had also descended within that hour. That may have been a coincidence, but it seems noteworthy given all the other healthy indicators we witnessed as a result of the adjustments.

Ellen and I left together. Once we were alone, she told me she believed Abdullah's adjustment saved his life. In her experience, his failure to thrive had made him a likely candidate for SIDS. It was staggering to process the magnitude of what had happened. Being a part of Abdullah's remarkable transformation has been one of the blessings and wonders of my life. And yet, what we had witnessed was no miracle; it was simply a reminder of how flawlessly the body responds when all its circuits are connected.

Abdullah continued to thrive and engage in all normal newborn activities. When I examined him during a follow-up visit, his heart rate remained in normal range, as did his skin tone and reflexes.

In retrospect, I realize none of this could have taken place had my midwife not recognized the need for chiropractic adjustments in the first place. How many other babies would benefit from having practitioners who understood the importance of chiropractic care?

Dr. Kathy, Chiropractor

A MIDWIFE'S INSIGHT

It was June 2; I was called to attend the home birth of a 32-year-old woman. It was her second planned home birth. I arrived at 11:30 p.m. Her first assessment showed her at 6 centimeters dilated and 85 percent effaced, with the baby at 0 station. The baby's position was ROT (Right Occiput Anterior) with good heart tones at 144 beats per minute. Her membranes spontaneously ruptured at 1:32 a.m. with clear fluids.

The baby's head came out facedown, showing a rotation to the mother's right thigh. But as the anterior shoulder was presenting, I realized it was the left shoulder! I quickly encouraged him to rotate to the mother's left leg, and he was born at 1:46 a.m. He cried immediately and was placed onto his mother's belly. At 2:17, he nursed successfully. Everyone looked healthy and I left at 3:30 that morning.

I returned for a postpartum visit on June 4 to find the baby very lethargic. He showed slight jaundice, had an irregular heartbeat of about 76 bpm, and his testicles were undescended. He had passed meconium three times. He had a newborn rash, was passing gas, and had a good Moro reflex. The mother said he had could latch successfully, but would not nurse for a long time. When he showed interest in nursing, his heart rate went to 108 bpm, but then settled back to a range of 60 to 84 bpm. The family said he was very quiet and didn't cry much.

I called Dr. Kathy, the chiropractor I work closely with, to come and check him, because I suspected something had happened in the upper neck during his uncustomary descent in the birth canal. She adjusted him twice, with one last follow-up to make sure he held the adjustment. She said there were definite, severe misalignments in the atlanto-occipital area of the spine, which she had corrected with the adjustments.

I reevaluated the baby after the second adjustment. His jaundice had cleared, his heart rate had increased to 120 to 132 bpm, and even his testicles had descended! When I talked to the mother the next day, she said he had a vigorous cry, was alert, and maintained good color.

I personally feel that we may have prevented a SIDS episode by having rechecked the baby's heart on the postpartum visit and getting him adjusted by a chiropractor to restore normal nerve function in the upper neck.

Ellen, CPM

three viewpoints

A MOTHER'S INTUITION

I listened to the midwife's words as she performed the postpartum checkup for my newborn son. "He's jaundiced already," she said, "and he's lost a full half pound."

I feared something was wrong.

My baby boy, only 36 hours old, was pale and relatively unresponsive. She told me his heartbeat was too slow. It was 76 beats per minute, and irregular. "Here, listen," she said, putting the stethoscope to my ear. I heard a very slow heartbeat with an unusual pause. She looked at me and said, "It's too slow. He needs a chiropractic adjustment—now."

Fortunately, our chiropractor friend was available to come immediately and check on him. For my midwife and me, time seemed to stand still. My four older children looked on, bewildered and concerned.

The chiropractor performed an assessment of heart tones, an exam of the spine and cranium, and a gentle and specific adjustment on his little body. We laid him down to see if his body would hold the adjustment; what we saw was nothing short of amazing. His near-lifeless body started to change. His pale white skin began to redden and my midwife scooped him up and rushed him to the window. "Look at him," she said. "The jaundice is gone!"

His reflexes awakened and my baby rooted to nurse as I held him to my breast. I nearly cried as he suckled like a normal, healthy baby. His heart rate came within normal range, and we all sighed with relief.

The next day I spoke with my midwife and I told her that my baby boy was completely red. She said, "It's called blood flow!" and we laughed. Then her tone changed. "Had we not gotten him adjusted, I fear that in a few days you would have lost him," she said. The gravity of her statement made me feel very, very grateful.

We saw our dear chiropractor for a follow-up, and we said to each other, "Thank God! It's truly just amazing!" She told me that in her ten years of practice, she had never seen such a severe upper-neck misalignment in a newborn.

Throughout my entire pregnancy, I had expressed to my midwife and others that something was different, but I just couldn't put my finger on it. It wasn't necessarily anything bad, but maybe something I wasn't prepared for. We are all blessed with intuition. My midwife said that perhaps what I sensed may have been a heads-up, so to speak. I am eternally grateful I had people around me who were blessed with the foresight to recognize the real problem and the skill to correct it. Now my baby boy is thriving. My other children have, in my chiropractor friend's words, their *new*, new baby brother.

Sharika, Mother of Abdullah



Chiropractic Today for a Better World Tomorrow

By Larry L. Webster, D.C.

Many chiropractors are saying that all babies need to have their spines checked to determine if vertebral subluxations are present. Subluxations may exist at birth, or they might even be produced by the birth process. New studies now indicate that many newborns have spinal nerve involvement that could threaten their health and, in some cases, their lives.

Abraham Towbin, M.D., a Harvard University pathologist, found evidence of spinal injury as a result of the birthing process. He called it “precipitous delivery techniques,” meaning excessive intervention—both mechanically and physically. Modern obstetrics seems to emphasize speed of delivery.

Dr. Towbin further states that he found evidence of spinal injury in many cases of unexplained crib deaths and respiratory conditions. He quotes an earlier study by Mathew Duncan, who discovered that it took 90 to 140 pounds of pull pressure on an infant to produce spinal damage.

Dr. Towbin states that this amount of pressure is not uncommon in the normal delivery process. According to his work, the birth process, under even the best controlled conditions, is possibly a traumatic event for the newborn.

Robert Mendelsohn, M.D., states that obstetricians are trained to intervene, and adds that, in a substantial percentage of cases, this interference adversely affects the physical or intellectual capacity of the child for the rest of his or her life.

Can Chiropractic Help Children?

The effectiveness of chiropractic care for children has been a long-standing premise in our profession, and clinical results supporting this have been obtained for years. With the establishment of the Kentuckiana Children's Center by Lorraine Golden, D.C., in Louisville, Kentucky, clinical data became more organized and the cases more dramatic. The center accepted more serious cases for care, and achieved results.

Dr. Golden broke new ground in accepting serious cases—such as intellectual disability, cerebral palsy, Down syndrome,

etc.—on a regular basis and getting positive results. She was chastised by the medical profession and, to some extent, even by the chiropractic profession.

Now, more than ever, both chiropractic and medical sources are using research to document both the need and the effectiveness of chiropractic care for children.

G. Gutmann, a German M.D., concluded in a paper published in 1987 in *Manuelle Medizin* that blocked nerve impulses at the atlas cause many clinical features, from central motor impairment to lower resistance of infections, especially in the ear, nose, and throat. He stated, “Chiropractic and radiological examinations are of decisive importance for diagnosis of the syndrome.” He further wrote that chiropractic can often bring about amazingly successful results.

Dr. Gutmann reported examination and adjustment of more than 1,000 infants with atlas blockages or subluxations, including three case reports. One report describes an 18-month-old boy with early relapsing tonsillitis, frequent enteritis, therapy-resistant conjunctivitis, frequent colds and earaches, and increasing sleeping problems—fear of lying down or sleeping, falling from exhaustion, screaming during the night. After the first specific adjustment of the atlas, the child demanded to be put to bed and slept peacefully until morning. The conjunctivitis cleared completely, and his previously disturbed appetite returned to normal.

From this and other German medical studies, Dr. Gutmann concluded that approximately 80 percent of all children are not in autonomic balance and that many have atlas blockages or subluxations. He has been “constantly amazed how, even with the lightest adjustment with the index finger, the clinical picture normalizes, sometimes gradually, but often immediately.”

He reported that his colleague, Viola Frymann, examined a random group of 1,250 babies five days postpartum and found that 211 suffered from vomiting, hyperactivity, and sleeplessness. Manual examination revealed cervical



IT IS NO LONGER CONJECTURE WHETHER CHILDREN CAN BE HELPED UNDER CHIROPRACTIC CARE. CHIROPRACTIC CAN CHANGE LIVES.

strain in 95 percent of them. Release of this strain by specific manipulation “frequently resulted in immediate quieting, cessation of crying, muscular relaxation, and sleepiness.”

Dr. Gutmann’s highly significant conclusions are:

1. “Observations of motor development and manual control of the occipito-atlanto-axial joint complex should be obligatory after every difficult birth.”
2. With any developmental impairment, this joint complex should be examined and, if required, specifically adjusted. “The success of adjustment overshadows every other type of treatment.”

Dr. Towbin, in his paper “Latent Spinal Cord and Brain Stem Injury in Newborn Infants,” writes, “...forceful longitudinal traction during delivery when combined with flexion and torsion of the vertebral axis is thought to be the most important cause of neonatal spinal injury.” It is evident that a close relationship exists between the traction stress applied and the occurrence of subluxations. He further states, “These injuries occur often during the birth process, but frequently escape diagnosis.” Modern techniques of obstetrics seem to emphasize the speed of completion of a birth, often at great cost to the newborn’s cranial and cervical biomechanics.



When All Else Fails ...

In my own personal experience, chiropractic was the solution to my health problem. As a 3-year-old child, I had chronic asthma and pneumonia complications on a regular basis. After being dismissed from the hospital with a poor prognosis for my life, my father took me to a chiropractor as a last resort. After a brief period of care, my asthma disappeared and the complications ceased.

I can relate case after case in which chiropractic was successful after all else had been tried. Consider the following examples:

1. A 7-year-old boy who was never supposed to develop beyond the mental age of 3 had six months of chiropractic care. Afterward, the child was enrolled in school in a normal curriculum.
2. A 6-year-old girl, whose IQ was measured at 40, had two months of chiropractic care. Then her IQ was measured at 80 by an independent agency that specialized in testing for intellectual disability.
3. A 4-year-old boy who had Down syndrome could not, upon entry, walk, dress himself, or vocalize. After two months of chiropractic care, he began to talk, and after four months of care, he began to dress himself. After six months of care, he said his first words. My ego wanted the words to be "chiropractic" or "Dr. Webster," but it was not to be so. His first words were to request his favorite food; prior to that, he could only grunt and point.

Chiropractors all over the world are caring for these cases and others like them, often obtaining dramatic results. The statement "you haven't tried everything until you've tried chiropractic" is unquestionably true.

It is no longer conjecture whether children can be helped under chiropractic care. Chiropractic can change lives.

Just think of the thousands of lives it has changed. No longer are children suffering.

What about the burdens being lifted from parents who searched and searched for answers and found them in chiropractic?

My life was changed through chiropractic, and there is a need for every child's spine to be checked on a regular basis.

Research proves it! 🍷

APPEARED IN PATHWAYS ISSUE 60



Dr. Larry Webster was a visionary, an inventor, a technique developer, and a teacher when it came to chiropractic and children. He fostered an unmatched understanding of the necessity of chiropractic care for children. His natural love and ability to connect with children was felt by anyone who watched him adjust.

Dr. Larry founded the International Chiropractic Pediatric Association to teach chiropractors advanced adjusting skills relevant to infants and children. View article resources and author information here: pathwaystofamilywellness.org/references.html.

The Difference an Adjustment Makes

By Danielle Drobbin, D.C.

Hi Dr. Drobbin. I am so sorry to contact you so late, and on Facebook of all things. But this is the only way I could think of to get in touch with you personally, and I just have to tell you this. This will probably seem so insignificant, but I cannot even describe how much it meant to me. After dinner tonight, the boys were in their playroom with Matt, and I was in the kitchen cleaning up. I constantly look over to check on them, and one of those times, Wesley must have seen me peer in. He looked me square in the face, with the widest and brightest eyes, and said with excitement, "Hi!" Just thinking of it brings me to tears. The eyes that looked at me tonight were the same eyes I saw months and months ago, that I've been afraid I'd never see again. Filled with light and hope and curiosity. He brimmed with a smile and his cheeks just looked so full and bright. And he spoke the simplest, most inviting word, "Hi!" It's like he's telling me he's still in there and he's been listening this whole time.

I've always felt he must see us and hear us, but ever since the injury, he never responds. It's just like they say, "the child regresses into his own world." But he must have been seeing and hearing us; he communicated with me tonight, from across the room, a word I've never heard from his mouth before, but one that he must hear all the time. Our sweet boy was taken from us after those vaccines. Their early delivery, experiencing the NICU, all of their developmental challenges, and then the hardest blow, the sign of autism, overwhelms me with guilt and dire yearning to help them every single day.

I know I must be the most frazzled, frantic mom to come into your office, and I'm so sorry we bring so much chaos to your serene space. But I need you to know what you did for Wesley today did something. I don't know how or why, but I am seeing a glimmer of our precious baby again. You have given me so much hope that there are still ways we can help him. From the bottom of my heart, I thank you with all the gratitude I have in me. I am seeing Wesley again. —Katie

Some things in life can't be explained. The love that a mother has for her child is one of those many things. Unless you have a child of your own, there is no way to describe the maternal instincts to protect and care for a child. Being a mother, I know that feeling myself, but I was instantly reminded of the intensity of the bond between mother and child as soon as Katie walked into my chiropractic office.

Katie is the mother of two beautiful twin boys, Wesley and William. She brought her sons to me because they were having issues with chronic ear infections and fluid in their ears. I felt an intense pull toward Katie as soon as we met. We began a normal consultation in my practice, but it quickly turned into an emotional and honest conversation of the struggles Katie and her family had been faced with in the short time since her children's birth.

As I listened to Katie's story about Wesley and William, I learned that the boys were born at only 24 weeks gestation. For many agonizing weeks, the boys lived in the NICU, fighting to stay alive. As the boys grew, Wesley began advancing ahead of William in both gross and motor skills. This changed at 18 months, when the boys were administered their next round of vaccines. Katie saw drastic changes in Wesley's demeanor, behavior, and his gross and motor skills. He started banging his head against the wall and flailing his arms around.

He became uncommunicative, and suddenly was extremely irritable and disconnected from those around him.


Wesley suffered from a severe vaccine reaction and now has the diagnosis of autism. His parents began seeking any possible way to bring their son back. They immediately took Wesley to Jacksonville, Florida, to visit a functional medicine doctor who specializes in vaccine injuries. The doctor began a process of natural and holistic practices to reverse the injury. They tried chelation

“We chiropractors work with the subtle substance of the soul. We release the imprisoned impulse, the tiny rivulet of force that emanates from the mind and flows over the nerves, to the cells and stirs them into LIFE.” –B.J. PALMER

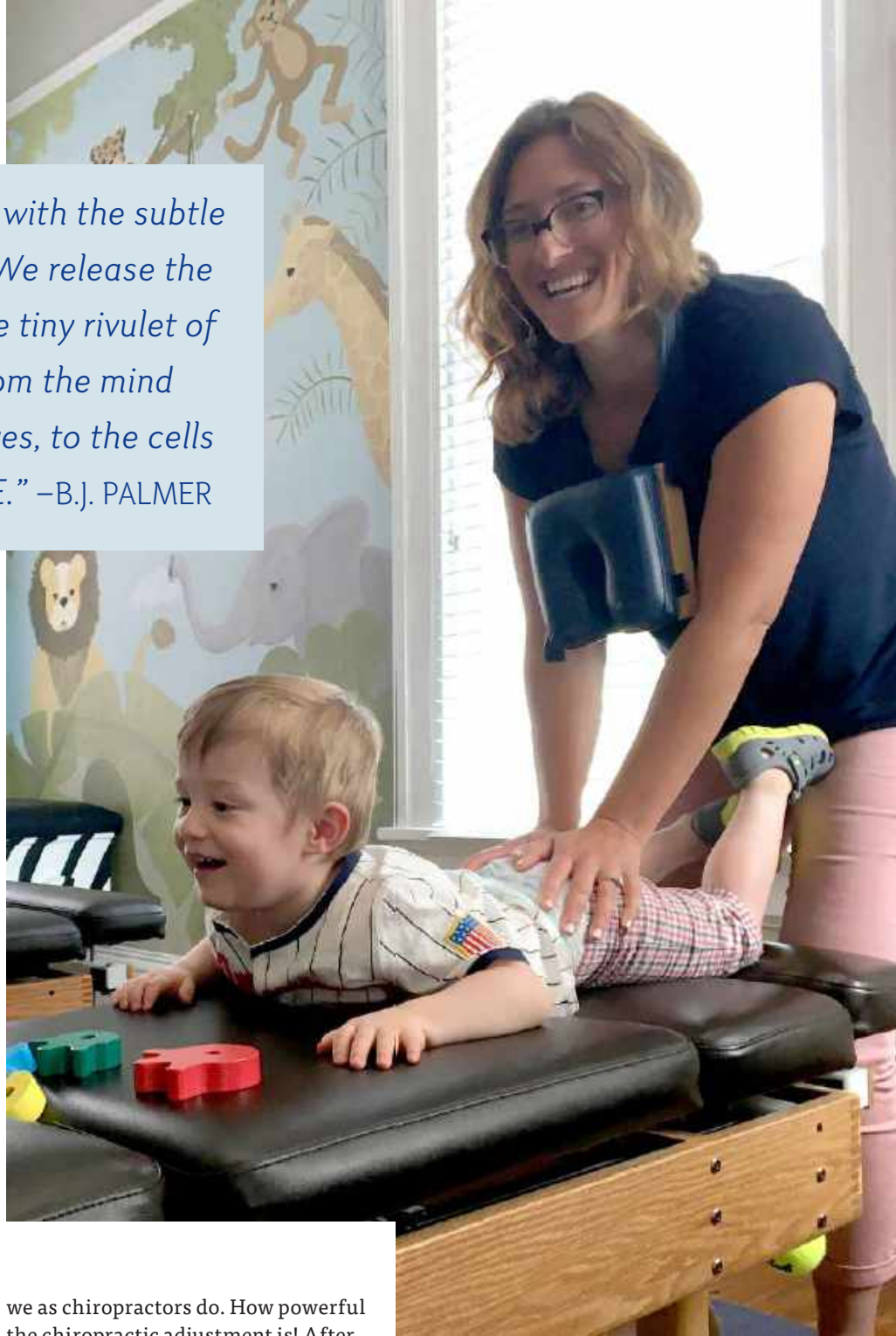
therapy, which eliminates heavy metals within the body, and they even tried a hyperbaric chamber that allows the body to inhale pure oxygen into the system for natural healing. Despite all of their efforts and some minor progress with Wesley, Katie felt as if they were at a standstill.

William and Wesley began chiropractic care with me and received their first adjustments at 2 years old. After Wesley’s second adjustment, I received Katie’s amazing, heartfelt Facebook message (seen at left). On Wesley’s next visit, he began talking. He immediately went into the playroom and began pointing out and naming the colors on the blocks in the room. His communication skills and spatial awareness began to return, and he had started to touch Katie’s face and would run his fingers through her hair. Katie said he was actually looking at her and really seeing her, as if a cloud had been lifted from his precious little eyes. He not only saw his mother again, but he noticed their family dog for the first time as well. Wesley would watch the dog, touch, and interact with him like he had never done before. If there was ever a time I had more faith in a single specific chiropractic adjustment, this was that time. Wesley’s communication skills are steadily growing and he is talking more and more every day.

I want to make it clear that this article is about the greatness of what

we as chiropractors do. How powerful the chiropractic adjustment is! After eight years in practice, I feel laser-focused and more fired up than when I first started. Wesley had a setback in his life, but his body and his mind are back on the right track to give him the full potential he was meant to have from the beginning. I cannot wait to watch as he grows and develops into the life he was designed to live. 

APPEARED IN PATHWAYS ISSUE 55



Danielle Drobbin, D.C., grew up in Long Island, New York, as a “chiropractic kid.” She received a B.A. in psychology from the University at Buffalo. She then

received her doctorate of chiropractic from Life University Chiropractic, as well as her C.A.C.C.P. and D.A.C.C.P. from the Academy of Chiropractic Family Practice. View article resources and author information here: pathwaystofamilywellness.org/references.html.

THOUGHTS, TRAUMA, AND TOXINS

Three causes of subluxation

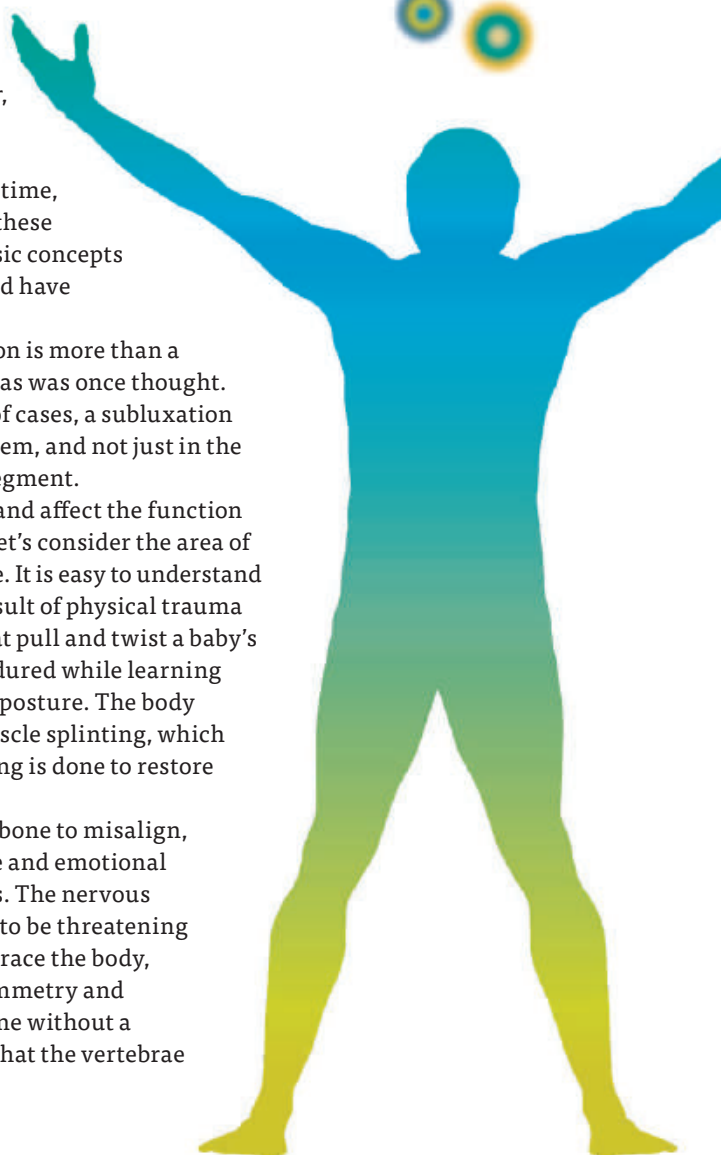
By David Gustitus, D.C.

In his 1910 text, *The Chiropractor's Adjuster*, D.D. Palmer identified the causes of vertebral subluxation as the Three T's—thoughts, trauma, and toxins. Since that time, we have expanded our understanding of how these factors impact our body's function, but the basic concepts Palmer laid down for the profession he founded have survived the test of time.


What we understand now is that subluxation is more than a spinal bone out of place and pinching a nerve, as was once thought. While this may be true in a small percentage of cases, a subluxation involves changes throughout the nervous system, and not just in the nerves exiting at the level of the misaligned segment.

So how do the Three T's cause subluxation and affect the function of the nervous system as a whole? First of all, let's consider the area of trauma, specifically physical trauma, as a cause. It is easy to understand how a vertebra can become misaligned as a result of physical trauma to the spine—forceful birthing procedures that pull and twist a baby's head to expedite the delivery process, falls endured while learning how to walk, playground injuries, or even bad posture. The body will logically try to stabilize this area with muscle splinting, which will heal in this configuration unless something is done to restore integrity to the area.

However, apart from direct force causing a bone to misalign, the body can be affected by chemical exposure and emotional stresses in such a way as to cause subluxations. The nervous system perceives these non-physical stressors to be threatening and directs the muscles to react, defend, and brace the body, holding bones in positions that can cause asymmetry and imbalance in the spine. No muscle moves a bone without a nerve purposefully telling it to do so. Realize that the vertebrae



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never move without a muscle pulling them. Along with the spinal shaping influence of daily posture, these misalignments are also the result of the internal, neurological response to the overwhelming presence of the Three T's.

Keeping Signals Clear

When our brain senses harm, either from a traumatic injury, stressful thought, or exposure to a toxin, it shifts into protection mode—the fight-or-flight response. The brain notes the body's level of harm and determines whether we should be in fight-or-flight mode or if we have the “all clear” and can invest energy in growth and repair. Our entire body is hardwired neurologically to respond to these signals one way or another: We cannot be both in growth and protection at the same time. The signals that inform the brain of our status are our “thoughts,” both from our mind *and* our body. While stressful mental activity includes negative, angry, fearful, or depressed thoughts, physical traumas and toxic exposures represent negative “body thoughts,” influencing the same centers of the brain as these mental thoughts do.

These harm signals reach four key areas in the brain, of which three are subconscious and one is conscious. As you can imagine, we can be consciously aware of being angry, feeling nauseous from something we smell, or feeling pain from an injury, but an abundance of subconscious signals from these same circumstances reach the following key areas of the brain: the hippocampus (the center for learning), the amygdala (the stress and anxiety center), and the hypothalamus (the neuroendocrine control center, which initiates a cascade of events preparing us for fight or flight).

To give you an idea of the amount of signals detected by our brain each second, according to Bruce Lipton, Ph.D., we are able to perceive 40 bits of information consciously each second. In that time, 20,000,000 (yes, 20 million!) bits reach the brain subconsciously. Being that the majority of this input is subconscious, by definition you are not aware of it! Clearly, then, the quality of this abundant information profoundly influences the brain's function. Chiropractic adjustments and whole-body exercise, purity, and sufficiency of our daily nutrient intake, and positive and loving thoughts contribute to creating high-quality input to the nervous system. This constructive input enhances healing, growth, and balanced function. Health really boils down to homeostasis (balanced function) at the cellular level. To create a lifetime of health that can survive like D.D. Palmer's principles, we must provide our bodies with optimal input throughout our lives. 📌

APPEARED IN PATHWAYS ISSUE 38



David M. Gustitus, D.C., is the owner and clinic director of Rhythm of Life Chiropractic, a spinal correction and wellness center in Franklin, Wisconsin. He graduated with a B.A. from Colgate University and summa cum laude and salutatorian from Palmer College of Chiropractic in 2003. View article resources and author information here: pathwaystofamilywellness.org/references.html.



UNDERSTANDING THE POWER OF

CHIROPRACTIC

By John Minardi, D.C.

Why do so many women become pregnant under chiropractic care, when they were never able to become pregnant before? Why are so many women seeking out chiropractic care in pregnancy in preparation for safer, easier births? Why are so many birth care providers referring pregnant mothers to chiropractors? How is it that babies who cannot breastfeed or are experiencing symptoms of digestive distress undergo significant changes with feeding and digestion? What does the chiropractic adjustment do to restore normal physiology and improve function?

Chiropractors claim to have a direct influence on a person's nervous system through the chiropractic adjustment. We further claim that people who remain subluxated (having a misalignment in the spine which causes a distortion in the communication of the nervous system) will have some form of neurological dysfunction. However, most people are not aware of the global health changes that can occur under chiropractic care, nor do they understand the complex neurological changes that occur with adjustments. Many people who have been to a chiropractor understand chiropractic from the classic

“nerve pressure” theory. In a nutshell, the theory implies that a bone, or some other structure, moves from its normal position and places pressure on a neighboring nerve. The pressure leads to the nerve not functioning properly, which can result in a host of problems. People under chiropractic care visualize this explanation and can easily understand it. However, if this is the only explanation we give them, they will understand only a very small piece of the power of the chiropractic adjustment.

We know that chiropractic adjustments in the upper cervical spine (upper neck) significantly decrease an individual's hypertension. There is no peripheral nerve connection from the neck to the structure that controls blood pressure, so the nerve pressure theory cannot be the explanation, yet these changes still occur. I contend that the nerve pressure theory is a very small piece of what is taking place inside the body. In my opinion, the most powerful connection between a chiropractic adjustment and a person's global health changes is the direct effect the adjustment has on the brain and central nervous system.

So how does a spinal subluxation affect the brain and nervous system? The subluxation acts as both a physical

THE MOST POWERFUL CONNECTION
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stressor, due to the strain of the supporting structures connecting to that vertebra, and a chemical stressor, due to the accumulation of inflammation inside the joints. These physical and chemical stressors flood the brain with negative information from the body. The negative stress information is the neurological connection between the subluxation and the limbic system, which launches the stress response. The stress response activates two systems: The sympatho-adrenal system (SAS), and the hypothalamic pituitary adrenal axis (HPA). The SAS activates the sympathetic nervous system, which in turn releases hormones into the circulation. Once these hormones reach the adrenal glands, the adrenal glands release adrenaline into the bloodstream. Adrenaline supplies energy to the muscles and heart to prepare for the stress; however, it takes this energy from reproductive organs and the gastrointestinal tract.

The HPA axis activates the area of the brain that releases additional hormones into circulation. Once these hormones reach the adrenal glands, the adrenals release cortisol. Cortisol supplies energy to the muscles, but it takes this energy from reproductive organs and the immune system. This stress response is a normal response, provided the stressor is removed within a short period. However, when the stressor is not removed quickly, this chronic release of stress hormones negatively alters the immune, reproductive, and gastrointestinal systems, triggering a cascade of disease and illness. By removing the stressor (the subluxation) via chiropractic adjustment, we help stop the chronic stress response and allow energy to be reallocated to the centers that promote growth, expansion, and health.

In a nutshell, each time a chiropractor adjusts someone's spine, we replace the negative information that is flooding the brain with positive information. This recalibrates the brain to help stop the release of chronic stress hormones and allows overall health and healing to occur. Every time a person receives a chiropractic adjustment, it positively affects the brain and nervous system. This positive effect on the brain promotes a state of ease and well-being within the body.

Even this is a small piece of the puzzle, but it gives us better insight on how chiropractic adjustments have



a profound neurological effect on the central nervous system. Understanding this neurological effect can help us better identify how an adjustment changes the body's stress response patterns and restores a state of ease. This knowledge enhances our understanding of how a woman can become pregnant under chiropractic care when she was unable to do so in the past. It opens up an important dialogue about how pregnant women under regular chiropractic care may experience greater resilience to modern stressors and have easier pregnancies and births. It may also shed some light on how breastfeeding and digestion in infants improve under chiropractic care. As chiropractors, we do not claim to have a cure for infertility, colic, or any other ailment. What we do is assess and adjust spinal subluxations to help the brain and body adapt and heal. The adaptation and healing process is as unique to each person as their own brains are! 🧠

APPEARED IN PATHWAYS ISSUE 53



John Minardi, B.H.K., D.C., is the creator of Minardi Education, an innovative educational series that focuses on increasing certainty in the power of chiropractic, and the Thompson-Minardi Technique Systems, advancing chiropractic drop piece technique all over the world. For the past 20 years,

Dr. Minardi's primary interest has been to understand the neurology of the vertebral subluxation complex (VSC) and apply this information in a clinical setting for chiropractors and patients. Dr. Minardi blends passion, intensity, and excellent teaching skills in order to explain the segmental and global neurological effects of the VSC, and how they occur in the body. In addition to his busy lecture schedule, Dr. Minardi operates a full-time practice in Oakville, Ontario. He was named Chiropractor of the Year in 2011 by Parker Chiropractic Seminars, and then again in 2018 by the Alliance for Chiropractic. View article resources and author information here: pathwaystofamilywellness.org/references.html.



Colic and Chiropractic

We had an overwhelming response from PATHWAYS readers and friends writing about their experiences with colic. Many parents expressed frustration with the numerous ineffective approaches to colic, drug side effects, and the advice to stop nursing. The following is just a sampling of the comments we received from parents expressing their enthusiasm for the benefits of their children's chiropractic care.

Every Parent Should Know This!

Our third child was the first child with whom we experienced colic. We were caught off guard. It was a low point in parenting. We all felt helpless and tired. Our sweet 3-week-old baby girl transformed one evening into a crying, miserable, inconsolable child. It happened every night at the same time for the same length of time. We had resigned to walk the halls of our house with a screaming baby at night until she stopped. On her fourth-week pediatric visit, I mentioned the symptoms to her pediatrician, and she was easily diagnosed with colic, which I knew nothing about. The doctor matter-of-factly predicted it would last three to four months. Yikes!

The initial solutions online only made us more nervous, more frantic, and self-doubting. They included: a hundred-and-one ways to burp; upright bottle feeding; swaddle tighter; don't swaddle; massage techniques; food do's and don'ts for the breastfeeding mom; white noise; how to hold your baby; pacifiers; Mozart music; long baths; gas drops; and, as a last resort, just put them down and deal with tough love. It was so overwhelming! And to make matters worse, nothing helped. If anything, we were worse off than before, because we thought something might work. Every day we tried something different. It was all false hope. We are college-educated, rational parents, and felt that this shouldn't be so difficult to "fix." We wanted to help

her. We wanted her to be calm, happy, and rested. We needed sleep. We were desperate for a cure.

The great news is, there is a solution. We found it and it is one of the worst best-kept secrets. Every parent should know this! Have your baby adjusted. It's that simple. Two weeks later at my chiropractic appointment, my chiropractor overheard me at her office groaning about our situation and immediately adjusted our baby, who was with me. That first adjustment meant a good night's sleep for all of us for the first time in a long time. I quickly discovered how long the adjustment would last before the colic would return. I went back every three days for a couple of weeks. As she grew bigger, the effect of the adjustment would last longer, so we could go every four or five days until she outgrew the colic. What I would have given to have found out sooner. I had never considered adjusting my other children so young. Our baby responded so well to her adjustments. She was free from this horrible colic condition. My husband and I went on to have twins when she was 18 months old. I brought the two of them in to the chiropractor's office as soon as I could drive after the delivery. I wasn't taking any chance with two! Adjustments are the best preventative healthcare I can give my children.

Mother: G.W., in Texas

Chiropractor: Sandra Carrell Tremblay, D.C.

Completely Stopped All Medications

I have a 10-month-old baby girl. Starting at 3 months, she became very colicky. She spit up constantly. We took her for tests at our local hospital and they told us that she did not have reflux. At 6 months, with the problems only getting worse, the pediatrician decided to start her on a histamine-2 blocker, Zantac. When she continued to spit up every hour, they tried to change her medication to Prevacid. Initially we saw a small decrease in her reflux although it was still occurring every couple of hours. The next step was to double her dose of Prevacid. It was a dose not even recommended in babies her age! At no point in her short little life had she ever slept through the night. At this point, my husband and I decided to try another approach.

I spoke with one of my colleagues at the hospital and she recommended chiropractic. I was very hesitant to take my infant, now 8 months old, to a chiropractor. Neither my husband nor I had ever had chiropractic care. After her very first adjustment, she slept through the night! It was like we had a different baby. Right from the start, her signs and symptoms of reflux diminished. We took her three times a week for almost three weeks. By the end of the second visit, I completely stopped all of her meds. By the end of three weeks, she rarely spit up and she slept through the night consistently. Brooke is now 10 months old. She almost never spits up and is a very happy baby. Chiropractic care has made a huge difference in her.

Mother: L.W., in Michigan

Chiropractor: Andy Boesky, D.C.

She Sighed Out Loud in Relief

In May of 2006, we became first-time parents. Although my grandmother talked about this “colic” thing, I hadn’t paid much attention until we experienced the screaming pain and sleepless nights of our newborn for one month. We tried everything: warm baths, walking, swaddling, singing, bouncing, pacing, and praying.

We took her to the pediatrician, who confirmed she had colic. When he started to write the prescription for our 7-pound 2-ounce baby, I asked, “Does this cure the colic?”

“I wouldn’t say cure,” he responded, “but it might help a bit.” I left the office and tossed the scrip.

Three weeks more of colic and we were becoming delirious. Something told me to go to my chiropractor for help. I walked into her office, holding out my baby and sobbing. When my chiropractor gave my baby her first adjustment, I remember hearing my little 1-month-old baby sigh out loud in relief.

That night, for the first time ever, she slept for 12 hours straight. The inconsolable screaming stopped as well. I have the before-and-after pictures of a discontented baby transformed into a contented baby. When people ask me about chiropractic care for newborns and toddlers, I cannot express enough how it truly saved us from a complete physical and mental breakdown. Colic is a very exhausting and stressful experience for the entire family. Everyone can benefit from healing the body from the inside out. What a gift our chiropractor has given us!

Mother: H.W., in Michigan

Chiropractor: Laura McMahon, D.C.

Her First Adjustment Changed Their Lives

I have been seeing a chiropractor for many years. I made numerous visits to the chiropractor when I was pregnant to help alleviate discomforts of back pain and leg swelling. My chiropractor explained how the adjustments in pregnancy could make birthing easier. She was right! I delivered naturally, without an epidural.

After my daughter Ashley’s birth, I continued to get adjusted, but did not grasp how chiropractic could help my newborn. For weeks my baby was crying, and spitting up constantly. She would only sleep when she became so exhausted from crying that she had to sleep. Most of the time we could not cradle her; we had to hold her upright because of the reflux. I was afraid I would have to stop nursing her and put her on formula and medication.

After her first adjustment, she stopped crying, nursed really well, and fell asleep. It brings me to tears to think about that first adjustment and how it changed our lives. After that, I brought in Ashley to maintain her alignment. I highly recommend getting your child checked by a chiropractor, no matter how young they are!

Mother: G.A., in Michigan

Chiropractor: Sarah Tietsort, D.C.

No Longer Skeptical

Our daughter had been experiencing a lot of fussiness and crying all day, and at night it would get even worse. We tried over-the-counter meds recommended for colic, nursing in different positions (recommended by lactation professionals), and even massage therapy. Nothing seemed to work for any length of time, and she looked like she was always in pain.

People suggested chiropractic. I was a bit skeptical, but I decided to bring her in for an adjustment. Incredible changes happened—it was like night and day. Finally, she slept. There was such an improvement in her mood and personality. After five adjustments, she is like a new baby—all smiles and giggles.

Mother: L.G., in Manitoba

Chiropractor: Chris Kramp, D.C.

Chiropractic Care Brings Peace

Four weeks after Layla was born, I wasn’t sleeping more than an hour at a time, a few times a night. I was crying every day, because I felt completely helpless. I had this beautiful baby who never stopped crying. I brought her to the chiropractor at 4 weeks old, and after four weeks of care, she cried considerably less. Now she only cries when she needs something... and I never cry, except for tears of joy.

When Layla got her two-month shots at the pediatrician’s office, she had a reaction. She was crying hysterically and she refused to eat. We rushed over to our chiropractor’s office. Layla stopped screaming and became peaceful after the adjustment.

Mother: K.F., in Nevada

Chiropractor: Shadia Koury, D.C.

APPEARED IN PATHWAYS ISSUE 22



CHIROPRACTIC AND EAR INFECTIONS What We Offer Makes a Difference

By Jeanne Ohm, D.C.

Many parents bring their children to chiropractors asking them to treat their ear infections. The purpose of chiropractic care is not the treatment of conditions or diseases; rather, it is the restoration of normal body function. Chiropractors work with the nervous system via gentle spinal adjustments. They reduce stress-related interference to the nervous system, thereby enhancing overall body function. All systems of the body—muscular, glandular, respiratory, circulatory, digestive, eliminatory, hormonal, and immunological—depend on the optimal function of the nervous system. With chiropractic, a focus on nerve system function helps to enhance all the body's systems.

As parents, we have some choices to make. We can either treat the ear infection, or not—that's our right as a parent. Even the American Academy of Pediatrics recommends a watch-and-wait approach, because the evidence-based research about antibiotics is showing that not only are they ineffective at treating ear infections, but they may actually lead to repeated episodes in your child.

As a parent, we can choose to treat or not to treat. If we do choose to treat, we again have some options. We can treat the ear infections allopathically (the typical medical/drug route) or naturally. If we choose to go to a pediatrician, she may take a watch-and-wait approach. More likely, she will prescribe an antibiotic.

If, however, we would prefer to treat the ear infections more naturally, there are several options to consider. A naturopath will explore herbs and nutrition; a homeopath will assess your child for a specific remedy; an acupuncturist will work with specific meridian points for healing.

It is so important that you as a parent realize you have choices, and the right to make these choices for your family.

Regardless of the choices you make, the chiropractic approach will improve your child's inherent ability to function. Doesn't it make sense to have your child functioning at an optimal level for healing no matter how (or if) you choose to treat? Chiropractors will assess your child's spine, make the necessary adjustments to improve nerve system function, and offer lifestyle suggestions to reduce nerve system stress for your child. They will also support any decision you make in your choices to treat the infection or not. This is your right as a parent, and we need practitioners who stand behind informed choices.

It is important that parents realize the role chiropractic plays in whole-body wellness. So, too, is it important for parents to know, when reading the following testimonials, that chiropractic adjustments have allowed these children to express a greater state of health and wholeness, and that their systems were able to overcome repeated episodes because neurological function was restored.

Taking our daughter to a chiropractor was the best thing we could have done for her! We canceled her surgery, and she has not had one ear infection since we started going.

Chiropractic—The Best Thing We’ve Done!

I started taking my 2-year-old daughter to the chiropractor as a last resort. She had had monthly ear infections for about nine months. We had recently scheduled surgery for her to have tubes put in, but it just didn’t feel right to put her through surgery without exhausting all of our other options.

Taking her to a chiropractor was the best thing we could have done for her! We canceled her surgery, and she has not had one ear infection since we started going. It’s a miracle, especially since she has had a couple of colds that would have definitely turned into ear infections without chiropractic care. We took her to the chiropractor immediately after she came down with her last cold, and the cold was practically gone the next day. We have also seen an improvement in my daughter’s temperament since we started care. She gets sick less often, and seems more content overall. I recommend chiropractic for anyone wanting to improve his or her overall health and well-being.

Chiropractor: Debra Bell, D.C.

Location: Cary, North Carolina

Watching Her Innate Power at Work

Our chiropractors have educated us that the body’s innate ability to heal itself can only work when subluxations (nerve interferences) are not present. That is why when my 3-year-old daughter, Anna, woke up and couldn’t open her eyes, like they were glued shut, I knew what had to be done. We brought her in to our chiropractor and within a couple of hours after just one adjustment, her eyes had cleared completely. It was amazing to watch Anna’s innate power at work! That power needed to be turned on again the next day. She worked just fine, but later that day, she developed an excruciating earache. I drove her to our chiropractor for another adjustment, and her earache was gone just a short while later. The pain never returned.

And now? We return for regular adjustments and always will. If your family is sick, don’t feel pressured by society to give them Tylenol, Motrin, and antibiotics. Give them a gift from God...chiropractic.

Chiropractor: Felicity Keough, D.C.

Location: Englewood, Florida

Goodbye to Drugs

Christopher was on his fourth round of antibiotics when I first brought him to the chiropractor. Since beginning chiropractic care, he has not had an ear infection! Before chiropractic, it would take him three weeks to get over a cold (no kidding), and the doctor would put him on so many meds, decongestants, antihistamines, cough suppressants and antibiotics. He hasn’t taken one prescription since beginning chiropractic care. I noticed changes immediately.

Chiropractor: Dennis Brown, D.C.

Location: Atlantic Highlands, New Jersey

Committed to Lifetime Care

CJ was about 2½ years old when I hit the end of my rope with traditional medicine. We had gone to so many doctors, all of them poking him in order to give us their two cents. None of their advice had made a difference in the long-term healing of CJ’s most serious issues. He had GERD, chronic ear infections, and reactive airway disease. The pediatrician put him on expensive medications, changed his formula, and sent us home. As CJ grew, the reflux and ear infections got worse and the medications got stronger. The ear infections started to impair his hearing. At 14 months of age, he had ear tubes put in. I was told that things would get better. Twenty ear infections and about one year later, I received a fact sheet from one of my friends about chiropractic and ear infections.

I had gone for adjustments myself a few times and felt comfortable with this chiropractor, so I brought CJ in for an evaluation. CJ loved it from the first moment. The difference in him from when we walked in to when we left was indescribable. In a very short and happy time, CJ has gone from having weekly ear infections to NO ear infections. CJ and I are now committed to lifetime care! I feel like I have done a huge service for my son by not listening to people who do not understand. CJ has become a happier little person who no longer aches constantly. Go with your gut and make the commitment.

Chiropractor: Damien Ciasullo, D.C.

Location: Philadelphia, Pennsylvania

APPEARED IN PATHWAYS ISSUE 23



Dr. Jeanne Ohm dedicated her life to teaching and inspiring others. Her passions included training chiropractors for wellness care in pregnancy, birth, and infancy; forming alliances for chiropractors with like-spirited practitioners; empowering mothers to make informed, conscious choices; and developing pertinent educational materials. View article resources and author information here: pathwaystofamilywellness.org/references.html.

Breaking Through ADHD with Chiropractic Care

By J.G. Moellendorf, D.C.

An estimated 3 to 4 million children, and probably even more adults, have been diagnosed with Attention Deficit Hyperactivity Disorder. ADHD is most often thought of as a medical disorder requiring medical treatment, largely via mind-altering drugs such as Ritalin or Adderall.

There is no standard definition or standard of treatment for ADHD. The psychologist sees it as a mental disorder, the medical doctor looks at a neurochemical imbalance, the neurologist perceives a brain dysfunction, and the teacher observes a discipline problem. Then they attempt to treat these symptoms from their perspective, never seeing the whole picture. While each therapy has had some limited success in certain cases, they tend to fail when applied universally.

From the 1990 research findings of Dr. Kenneth Blum, the root cause in many cases of ADHD is often related to malfunctioning in what Blum has named the Brain Reward Cascade. Humankind's very survival is dependent on the drive for pleasure. Whether eating, loving, working, or playing, the sense of pleasure is derived from

SINCE CHIROPRACTORS FOCUS ON CORRECTING VERTEBRAL SUBLUXATIONS AND THEIR CONSEQUENT EFFECTS ON THE NERVOUS SYSTEM, PROPER CHIROPRACTIC CARE CAN BE A VITAL PART IN IMPROVING THE LIVES OF THOSE WITH ADHD.



the release of the neurotransmitter dopamine in the nervous system. This results in the "natural reward" of pleasure. When dopamine production or transportation is insufficient, it requires ever-increasing stimulation to achieve a sense of satisfaction. This can be seen in the hyperactive response of those with ADHD.

Research by Dr. Candace Pert found that almost half of these primary reward centers reside in the spinal cord and spinal nerves. Researchers at Harvard Medical School's Department of Neurobiology have discovered neurons in the spinal cord that project directly to the amygdala and the orbital cortex. These neurons transfer somatosensory information, which ultimately affects autonomic, endocrine, and behavioral function.

The limbic system (especially the dorsal horn of the spinal cord and the dorsal nerve roots) can only function normally when it is free of interference. When out of balance, the Brain Reward Cascade does not function properly and symptoms of what Blum calls Reward Deficiency Syndrome, including ADHD, appear.

That is why a fully functioning nervous system is vital. When the limbic system's Brain Reward Cascade can function without interference, the feeling of well-being can be restored. The vertebral motor units communicate with the Brain Reward Cascade by way of the dorsal horn of the spinal cord and the dorsal roots of the spinal nerves. The nociceptive reflex (also called the withdrawal reflex)

INJURY AND ADHD

By Yannick Pauli, D.C.

Early research has shown that very young children who sustained head trauma often meet the diagnostic criteria for ADHD within two years—even if they were not diagnosed with ADHD prior to the injury. Spurred by these findings, a study published in *The British Medical Journal* investigated a relationship between head injuries and childhood ADHD. The research team collected data from 62,088 children and divided them into two groups: children who had head, burns, or scald injuries before they reached the age of 2, and children who were injury-free. They discovered that those who received head injuries in early childhood are 90 percent more likely to get diagnosed with ADHD before they turned 10.

Spinal trauma usually accompanies head injury, as the abrupt cessation of movement to the head with impact also affects spinal alignment. For these reasons, it is important for your child to receive a chiropractic check-up or exam if he or she sustained any head injuries in childhood. Prevention can go a long way, too. Here are some ways to protect your child from spinal and head trauma:

from the vertebrae therefore has a profound effect on the limbic system. If there is a spinal misalignment (vertebral subluxation), it can result in a warped perception of one's environment.

Since chiropractors focus on correcting vertebral subluxations and their consequent effects on the nervous system, proper chiropractic care can be a vital part in improving the lives of those with ADHD. 📌

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J.G. Moellendorf, D.C., N.D., L.C.P., received chiropractic's most prestigious award, the honorary Legion of Chiropractic Philosophers degree in 2001 for his thesis "The Workings of Innate Intelligence in Obsessive/Compulsive and Addictive Behaviors." A graduate of

University of Wisconsin—Superior and Palmer College of Chiropractic, he was awarded his doctorate in naturopathy from Trinity School of Natural Health in 1996. He has spoken several times before the International Chiropractic Association's Council on Chiropractic Philosophy, regarding compulsive and addictive behaviors and low-level laser therapy. Always researching more effective methods in assisting patients to reach their peak wellness, Dr. Moellendorf became a certified practitioner of Nutri-Energetics Systems in 2008, as well as a certified practitioner of decompression therapy. Visit his website at all-about-wellness.com. View article resources and author information here: pathwaystofamilywellness.org/references.html.

Choose your birth options in advance, in order to avoid unnecessary birth trauma caused by instrumental intervention in birth.

Never leave a baby alone on raised surfaces like beds, changing tables, or chairs. If you have to leave the baby unattended, place him or her on the floor, in a crib, or in a playpen.

Childproof your home. Thoroughly install window guards, place safety gates near stairs and doors, and get rid of furniture with protruding edges. If there's a playground in your yard, make sure there are shock-absorbing surfaces like sand or rubber mats under the playground equipment.

In the car, **make sure your child is properly buckled up.** Always use a child safety seat or, when they're older, a seat belt.

Your children should **wear appropriate headgear and other safety equipment** when skating, riding a bike, skiing, or playing contact sports.

Be aware of what your kids' sports activities entail.

Make sure your child takes it easy when recovering from a head injury, foregoing any sports or rough play until the injury has healed completely. Not only will it take longer for the brain to heal if it quickly gets re-injured, but every injury does additional damage. 📌



Dr. Yannick Pauli is a chiropractor who has advanced training in functional neurology, nutrition and functional medicine. He also has advanced education in chiropractic paediatrics. He is the director of the Centre Wellness NeuroFit in Lausanne, Switzerland. It is in this clinic that he runs Brain Potential, a holistic brain-based stimulation program that integrates various therapies to help children suffering from ADHD, dyslexia, and other learning disorders, as well as other developmental disorders such as autism. Visit his website at ADHDFreeLife.com. View article resources and author information here: pathwaystofamilywellness.org/references.html.

Connecting the Dots

My child is vaccine-injured (just like yours)

By Robyn Charron

If you wait until your child is born to think about vaccines, a vaccine injury is almost impossible to recognize. You are too tired and overwhelmed when it strikes. You are too immersed in the trees to see the forest. Too busy putting Band-Aids on symptoms to see the syndrome. You might be told that you have a sensitive, high-needs baby on your hands and his sensitivities manifest as colic, reflux, head-banging, food allergies, or contact rashes. You will be told that it is all normal, which is the truth, considering what passes for normal these days. Now I see these signs in other infants and I try to intervene. I try to warn the parents that these sensitivities mean so much more than their doctor tells them. I know that these parents are too down in it to see for themselves.

When our son was born, like a lot of people, we put more thought into the paint in his bedroom than we had into vaccinations. At that time, nearly a decade ago, I knew only one person who didn't vaccinate his children. He said, "We don't put that crap into our kids." He scared me. I thought he was a conspiracy theorist. I would never be like that guy.

We were presented with the Hepatitis B vaccine paperwork on our child's third day of life, just before leaving the hospital. I have a bachelor of science in biology, but I didn't know what Hep B was. None of the parenting books I'd read mentioned that I would be expected to make a decision I knew nothing about while I was high on painkillers. If you don't already know, Hep B is a sexually transmitted blood-borne disease that is also spread through using dirty needles. Children don't catch Hep B at the playground, or from a sneeze, or from drinking water. The vaccine administered to a newborn baby will have long worn off by the time the child

becomes sexually active. If a mother is Hep B positive and has been receiving prenatal care, she certainly knows her status prior to the baby arriving.

So why are hospitals vaccinating all of our newborns for Hepatitis B? *Because they can.* Because almost no one says "No." It is as simple as that.

We all want to trust our doctors. No one wants to believe that the Centers for Disease Control and the American Academy of Pediatrics aren't looking out for our best interests. No one wants to retroactively realize they were responsible for harming their babies. No one wants to debate their child's pediatrician. No one wants to have this battle with their spouse.

We allowed the Hep B vaccine that day. We actually said, "It must be a really big deal or it wouldn't come with all of this consent paperwork," but allowed it anyway. We took our baby home that evening and spent the wee morning hours wishing we could put that hysterical child back into my body. We didn't make a connection between the two events. We were already too down in it to see.

A week later, we were still miserable. My husband would race home from work to help me. I would still be in my pajamas, covered in spit-up, leaking milk. Our baby would be crying. I would be crying. I wouldn't have fed myself, brushed my teeth, or folded any laundry. At 2 weeks old, our son was diagnosed with "classic colic," and it did not let up for the next five months. It was the most severe case of colic anyone in our lives had ever seen. We ended up medicating him with an antispasmodic to save our marriage.

When he was 9 weeks old, I took my fussy baby in for his two-month checkup and was attacked with paperwork.



I wasn't prepared for what the checkup would entail. "Sign here, sign here, sign here, he needs his vaccinations." There were five injections and one oral that covered eight diseases. "Is this safe? Why are there so many?" They don't want you to ask questions. They don't have any answers. There is a list of side effects on the package inserts, but they do not share it with you. You are rushed to hurry up.

They try to strip you of all maternal instinct when you are in your most vulnerable postpartum state.

My postpartum anxiety was sky-high. I was a shell of my former self, and sleep-deprived. I had been screamed at for hours on end by this tortured baby. I was too down in it to think.

I asked to nurse him through the shots and was denied. I signed off on the vaccines. Within 20 minutes he fell into a deep, unwakeable sleep. This colicky child of ours did not usually fall asleep out in the middle of commotion. He did not ordinarily pass out the moment I put him into the car. I called my husband to tell him that something was wrong. I put our son into his crib, but even the transition did not wake him. I hovered over him as he slept for hours—something he'd never done before.

When he finally did wake, he screamed a high-pitched scream I'd never heard before or since.

I remember running into his room and standing over him with the phone, letting the nurse at the doctor's office listen. She insisted this hysteria was due to "pain from the injection site" and said I should give him more Tylenol. I didn't believe her. The note they sent me home with said to call if he had a high-pitched scream, so why were they saying it was normal?

He didn't want to be held. He didn't want me touching him. After 15 minutes of ear-splitting screams, I nursed him back to sleep. I was sitting inches from him in his baby hammock chair when he woke the second time. I will never forget the way his arms stiffened up and shot out from his body with his piercing screams. His eyes scrunched tightly shut as he put every ounce of his energy into the terrifying sounds coming out of his teeny, tiny person. He wasn't looking at me. He didn't even know I was there. He went back to sleep and the scream stopped.

I stayed up all night doing the research I should have done two months before.

His scream was cry-encephalitis, also known as the DTaP scream. It is brain inflammation. *It is literally an allergic reaction to vaccines in the brain.* It is not uncommon. Had I taken him to the emergency room, it would have

been documented with an EEG. Instead I was lied to by my pediatrician's office until the event had passed.

That was the beginning of the end of vaccines for us.

Children do not have the requisite myelin sheath coating their nervous system pathways to withstand bombardment of viruses, aluminum, mercury, formaldehyde, MSG, and animal DNA. Damage to the nerves not covered by this myelin sheath is autism. It is Asperger's. It is epilepsy. It is asthma. It is well documented and accepted by mainstream media that damage to the myelin sheath is physically and mentally debilitating in head injuries, yet the connection to autism remains unacknowledged.

Believe me, it made me sick to think about not vaccinating my child. I flip-flopped on my stance countless times. I told myself that at his next vaccinations we would go wait in the parking lot of the emergency room just in case. Then I told myself that was crazy talk—what kind of mother would subject her child to something that might send him to the emergency room? The day before his four-month doctor's appointment, I finally got up the nerve to tell his doctor we were holding off on more vaccinations until he turned 1. The doctor took the news so well that I felt silly for making myself sick over it.

Our baby now had eczema all of the time. At 4 months old, he was covered head to toe in a body rash from his first tablespoon of banana. We held off two more months for solid food. At 6 months, he developed a contact rash on his face from sweet potatoes. I pushed his doctor for answers, and a blood test came back positive for a peanut allergy.

My 6-month-old, breastfed baby had deadly peanut allergy. I didn't see a connection. I was way too down in it by now.

At 12 months old, his pediatrician who promised us that he "wasn't a stickler" for the CDC vaccination schedule kicked us out of the practice for not resuming the shots. "It's stressing me out not to vaccinate your child," he said. I was holding my baby in my arms, trying to explain our fears, describing how horrible that terrifying day 10 months prior had been. I told him how worried I was that we would end up in the emergency room this time. I was humiliated. He'd told his entire staff he was kicking us out that day. I left in tears. I thought of all of the things I'd wished I said to him for months to come.

We never did resume the vaccines. It took some time to feel confident in that decision. My supportive husband stood by me in our defiance, even though neither of us knew what we were doing, and man, we were scared.



At 13 months, old our child broke out in hives at a birthday party from bites of a meatball that contained walnut. At 16 months, we'd had enough and took him to an allergist for a \$600 skin test. He was officially diagnosed with allergies to wheat, egg, melon, cat, ragweed, grass, cedar, and tree nuts, as well as a deadly peanut allergy. We've since learned that he can't have corn or potato and still can't eat banana. My baby has a dozen allergies.

I had to learn how to feed him all over again. The natural process of these eliminations led to putting him on an organic paleo/primal diet; my husband and I followed suit ourselves six months later.

My child was 16 months old when he was diagnosed with the slew of allergies and I didn't make the connection that he was harmed by the vaccines even then. I was mystified. I asked the allergist what caused these problems in my child. His answer was, "He's under-vaccinated. We need vaccines to challenge our immune systems in order to eat food without our bodies attacking it."

Although I did not believe such an unfounded statement, I was too busy putting Band-Aids on symptoms to see the syndrome. It wasn't until *The Greater Good* was released in October of 2011—nearly two years after the fateful vaccinations—that the anvil hit me on the head. It all made sense. The colic, the encephalitic scream, the rashes, the mast cell issues, the hyper-vigilant immune system.

There is now no doubt in our minds what path we were forcing our sensitive child to go down had we continued vaccinating. I know in my heart that he cannot handle vaccines, and he would have autism today had we continued. All the signs were there. My second child, who statistically shares half of his DNA, is nothing like this. A needle has never pierced her skin. She can eat anything. She does not get contact rashes. She never had colic. She does not have eczema.

This is what really gets to me, though: The staunchest defenders of vaccines. The parents who will go toe-to-toe with me in a public forum saying what a bad parent I am for not vaccinating. And then what do I find out months later, years later, always in private?

Their child has food allergies. Their child has a learning disability. Their child is medicated for ADHD. Their child is crippled with asthma. Their child is on the spectrum.

How do they publicly proclaim, "We vaccinated on schedule and my child turned out just fine!" but in private they are dealing with these problems?

Welcome to the new normal. Your child isn't fine. Your child is vaccine-injured—just like mine. 🙄

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Prior to becoming a lawyer, Robyn Charron earned a bachelor of science degree in biology and worked on the Human Genome Project. After her first child was injured by the routine two-month infant vaccines, allopathic medicine went out the window, and she ushered in nontoxic living, clean eating, healing herbs, and alternative medicines. View article resources and author information here: pathwaystofamilywellness.org/references.html.



By Peter J. Kevorkian, D.C.

How do you know if you can trust your caregivers? Every person wants to be able to trust those who attend to their health and well-being, not just with their clinical competency, but also with their demeanor and compassion.

Trust is earned. When a person walks into a caregiver's office, he or she seeks a relationship based upon trust and honesty.

In the past, people often blindly trusted their doctors, following whatever treatments they ordered. This level of trust actually did little to foster true health and well-being. A deep, authentic development of trust between the doctor and patient is necessary to facilitate healing within a person's life. This is what the culture is seeking today.

When a person consults a doctor, there is often a degree of fear: "Is this condition serious?" we wonder. "Can this doctor potentially hurt me or my child?" "Can I afford it?" In order for healing to occur, people need to allay their fears with valid information and a renewed respect for their innate abilities as a human being. The doctor of chiropractic and his office team support this understanding. The doctor/patient relationship is a sacred one. Healing is not about curing or treating a condition; rather, healing is a journey of honoring the path of physiological change. Although fear may motivate us at first, it really does not contribute to healing or adaptability.

Often the caregiver lives in a state of fear as well: "Is this person going to follow my recommendation?" he wonders. "Will they pay their bill?" "Might they sue me?" "Will I know the right thing to do?" If the caregiver and the patient are

both resonating in a state of fear, healing cannot occur. Both doctor and patient must create relationships built upon compassion and transparency. This happens one interaction at a time, one visit at a time, and one action at a time. Anything interfering with this relationship will cloud the possibility for achieving health. Insurance reimbursements, managed care, regulations, compliance—all are intended to improve the system and provide better healthcare, but they often interfere with the relationship and break down trust.

It is the responsibility of the patient to remember that she is the consumer and the one responsible for her own health and well-being. Patients should use the doctor as a coach, teacher, and consultant to learn more about their body, how it works, and how the doctor can serve them. Caregivers should strive to facilitate the patients' trust in their bodies. They also should support patients in the choices they make for their own well-being, and that of their family.

We live in a time where people feel victimized by their bodies. Often people think of their bodies as flawed machines that continually need to be fixed from the outside. People often believe that the body is deficient in many of its chemicals, and seek outside answers to their bodily challenges. Patients seek pills, powders, and potions to treat, fix, or cure their ailments. The chiropractic philosophy offers a different perspective that honors life in the body. It teaches that the innate intelligence within the body knows more about what it needs than anyone on the outside, and more than any educated person. Learning and understanding the chiropractic story opens a new world of trust and respect for oneself. It allows personal empowerment through our own innate potential.

Empowering people and their families is one of the greatest ways to build and foster trust. When caregivers tell people what to do, trust is replaced with fear. Caregivers should inspire people with knowledge and compassion, allowing them to uncover the best path for themselves. It should not be a caregiver's place to judge another or to force them to live within their paradigm.

Heath and healing is a journey for both caregiver and the recipient. With trust, this sacred relationship will grow our vitality and our possibilities. 🌀

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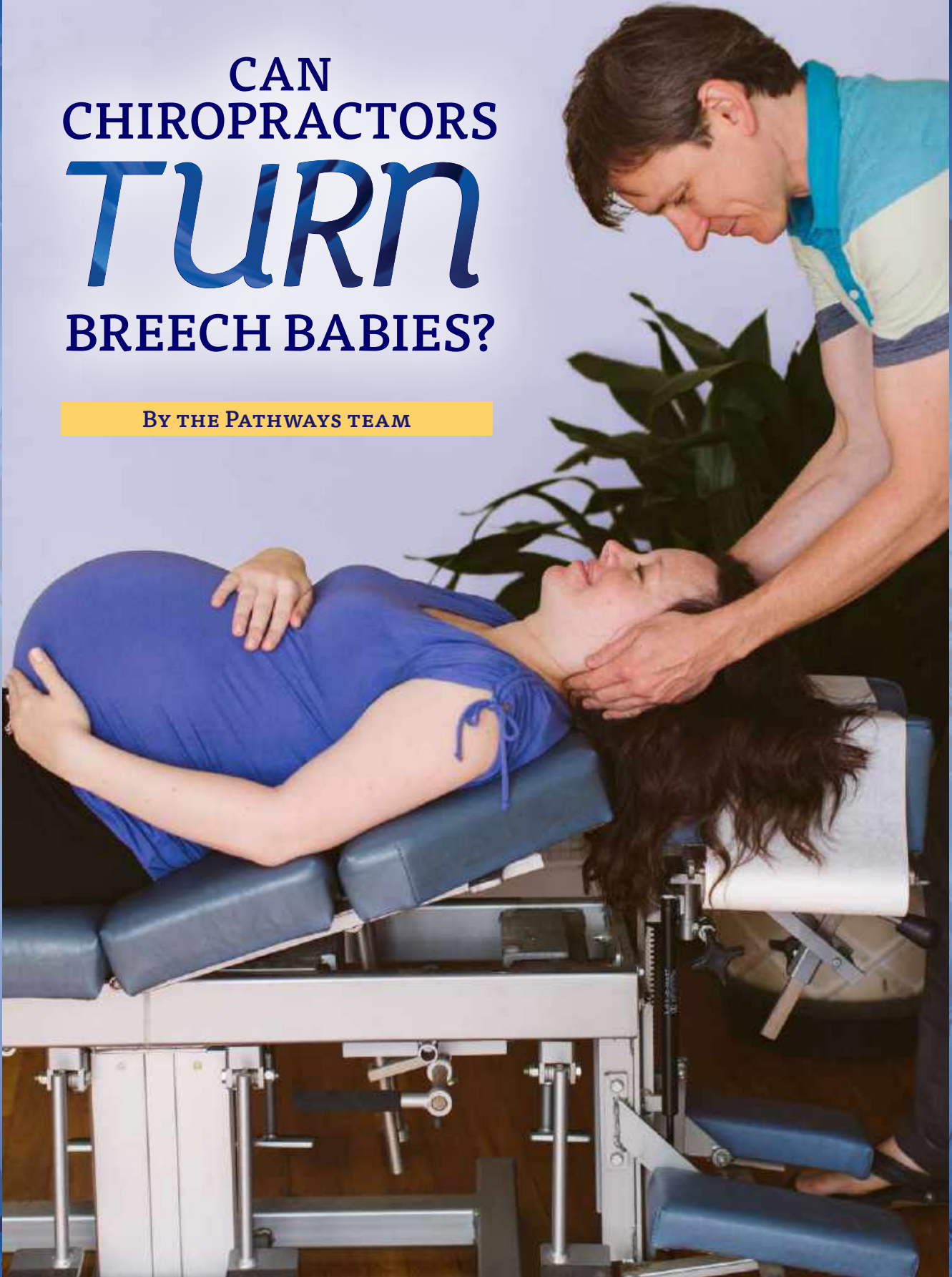


Dr. Peter J. Kevorkian is an international speaker in chiropractic and the instructor of the ICPA seminar "Mastery of Chiropractic Principles and Practice." Dr. Kevorkian is a 1982 graduate of Palmer College of Chiropractic and practices with his wife, Dr. Patricia A. Giuliano, in Westwood, Massachusetts. They

have two children, Katie and Christopher; both were born underwater at home. Dr. Peter and Dr. Patti embody the heart and soul of family practice. Their practice is considered the "standard" in family chiropractic care. View article resources and author information here: pathwaystofamilywellness.org/references.html.

CAN CHIROPRACTORS *TURN* BREECH BABIES?

BY THE PATHWAYS TEAM





Can chiropractors turn breech babies? If you had any idea how many times chiropractors get asked this question—as if chiropractors were obstetricians—you’d be shocked.

The external cephalic version (ECV), a procedure done by obstetricians and some midwives, is a medical procedure that numbs the mother’s uterus and manually attempts to turn the fetus from head up to head down while in utero. Monitoring with ultrasound is essential because manually pushing the baby into another position does not come without risk. It is done in a hospital in case something goes wrong and an emergency C-section is warranted.

Completely separate from the medical ECV is the phenomenon of reestablishing pelvic balance. This helps to remove tension in pelvic muscles and ligaments, and through the restoration of normal biomechanics in the mother, babies optimize their positioning *on their own*. A web search will reveal biomechanical exercises, body postures, and movements that a mother can do to re-establish her pelvic balance if she’s carrying breech. One topic sure to come up is chiropractic care, particularly the Webster Technique. Heck, the Webster Technique is becoming a buzzword on many pregnancy chat rooms and forums where moms are seeking options to increase their likelihood of a natural vaginal birth. As the C-section rate continues to rise worldwide, the risky side effects of a major abdominal surgery are becoming a common concern. Many women do not want to be a statistic, nor do they want to miss out on the experience of a natural, physiological birth.

Turning Heads, Not Babies!

Because of chiropractic’s safe and gentle approach in pregnancy, a lot of heads are turning in the healthcare industry. The American Pregnancy Association addresses the benefits of chiropractic for pregnant women:

During pregnancy, there are several physiological and endocrinological changes that occur in preparation for creating the environment for the developing baby. The following changes could result in a misaligned spine or joints:

- Protruding abdomen and increased back curve
- Pelvic changes
- Postural adaptations

Establishing pelvic balance and alignment is another reason to obtain chiropractic care during pregnancy... With a balanced pelvis, babies have a greater chance of moving into the correct position for birth, and the crisis and worry associated with breech and posterior presentations may be avoided altogether. Optimal baby positioning at the time of birth also eliminates

the potential for dystocia (difficult labor) and therefore results in easier and safer deliveries for both the mother and baby.

The nervous system is the master communication system to all the body systems, including the reproductive system. Keeping the spine aligned helps the entire body work more effectively.

This is essentially what chiropractic is all about—restoring normal physiological function with gentle spinal adjustments. With no structural or neurological interference, the body has a fascinating ability to correct abnormalities, heal itself, and restore normal function.

The Webster Technique

While chiropractors can’t turn breech babies, what they can do is gently and specifically adjust a mother’s spine and pelvis back into a proper balanced state, reestablishing normal physiological function. In this balanced state, the baby can do what it’s designed to do, find the best possible position for itself for birth.

The Webster Technique was developed by Larry Webster, D.C., in 1982. This specific chiropractic analysis and adjustment was designed to restore normal body function. It was observed time and time again that when this technique was used on pregnant women who were carrying breech, their babies turned from breech to head down. (Some babies even turned from posterior to anterior.) Once balance in the mother’s pelvis was restored by this adjustment to her spine, babies sought out their optimal position for birth.

To most people who haven’t been exposed to the studies of anatomy and physiology that so eloquently validate the profession, it seemed like chiropractors were “turning breech babies.” After all:

- Before Mom visited the chiropractor, the baby was breech.
- After Mom visited the chiropractor, the baby wasn’t breech anymore.
- Therefore, the chiropractor turned the baby, right? Not exactly...

An Inside-Out Approach

If chiropractors could turn breech babies, chiropractic would be an “outside-in” approach, meaning the doctor would be treating the breech directly. In fact, chiropractic is an “inside-out” approach. Here’s how the International Chiropractic Pediatric Association (ICPA) describes it:

Chiropractic care benefits all aspects of your body’s ability to be healthy. This is accomplished by working with the nervous system—the communication system between your brain and body. Doctors of chiropractic work to correct spinal, pelvic and cranial misalignments. When




REFERRING TO THE WEBSTER TECHNIQUE AS A “TREATMENT” FOR BREECH PRESENTATION CREATES MISUNDERSTANDING AND UNNECESSARY CONTROVERSY, AND ULTIMATELY DEFIES THE VERY PRINCIPLES THAT CHIROPRACTIC WAS FOUNDED ON.

Chiropractic and Baby Positioning

A closer look at pelvic biomechanics indicates that when the mother’s pelvis is out of alignment, her nerves, muscles, and ligaments may be affected in a way to contribute to baby malposition. When a mother’s spine is realigned to proper position, a symphony of physiological responses happens immediately in response to the uninterrupted communication between the central nervous system and the rest of the body. Tension in muscles and ligaments is released and the now-balanced pelvis may allow the baby to assume a more optimal position in preparation for birth.

More than a dozen articles have been published in the *Journal of Pediatric, Maternal, and Family Health* alone that observe and reference this phenomenon in the clinical setting. The ICPA runs ongoing studies in its Practice-Based Research Network to explore the benefits of the Webster adjustment in pregnant and non-pregnant patients.

It is important to recognize that not every chiropractor is thoroughly trained in performing the Webster Technique. This is why the ICPA offers extensive postgraduate coursework and awards qualified chiropractors a Certificate of Proficiency in the Webster Technique. Only those doctors on the ICPA’s directory maintain recognized certification status for the Webster protocol, as they receive continuing education and updates regarding this technique. 

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misaligned, these structures create an imbalance in surrounding muscles and ligaments. Additionally, the resulting nerve-system stress may affect the body’s ability to function optimally.

The ICPA also states that the Webster Technique:

... is a specific assessment and diversified adjustment for all weight-bearing individuals and is utilized to enhance neuro-biomechanics in that individual. The ICPA emphasizes that the Webster adjustment is not a treatment for fetal malposition or in-utero constraint. Both breech and in-utero constraint are conditions of the baby, and only obstetric practitioners treat the unborn baby.

Referring to the Webster Technique as a “treatment” for breech presentation creates misunderstanding and unnecessary controversy, and ultimately defies the very principles that chiropractic was founded on.



To find a chiropractor in your area certified in the Webster Technique, view the ICPA’s directory online at icpa4kids.org/Find-a-Chiropractor.

You're on the path of motherhood.
When is your chiropractic visit?



Chiropractic Care During Pregnancy:
Safe, Gentle, Effective

More women are discovering the many benefits associated with chiropractic care throughout pregnancy. Chiropractors respect the body's natural design and function and support your desire for a safer, easier birth.



Find a Doctor of Chiropractic
DiscoverKidsHealth.com

MAKING THE TRANSITION FROM FEAR TO

Courage

By Paul Lenda

Many souls around the world today are still living much of their lives in the state of fear. It's a sad thing, but it's a reality that can be seen all around us. Many systems within society—social, political, religious, and more—perpetuate the energy of fear, and such systems will continue as long as the consciousness of courage does not exist within us.

By having courage, we are able to stop experiencing the fear perpetuated by those systems and take off the illusory shackles they impose.

The transition from fear to courage is a very big step and often requires much effort and energy, but it is entirely possible with a little determination and perhaps some external support. Not only do we benefit when we confront our inherited fears, but so does society as a whole. The less the systems within our cultures and societies use fear to maintain power, the quicker they will disappear into the sands of time, liberating consciousness wherever it's imprisoned.

Fear limits the growth of our personality and inevitably leads to a nature of inhibition and repression. When we exist in a state of fear, we put up an impenetrable boundary between ourselves and our own self-actualization.

It takes a bit of energy to transcend this level of consciousness, which is why some people gravitate toward

those who seem to have conquered fear and who offer to lead them out of the slavery that it holds. Unfortunately, these individuals are often oppressive, totalitarian leaders who take advantage of those who follow this logic.

It is unfortunate, but the subjective consciousness state of fear is a limiting, prevailing, and habitual state of expectancy that can be projected onto any and all aspects of our lives. Stress becomes the primary byproduct of the fear and creates its own problems—too many to mention here.

Embodying Courage

The perpetuation of fear will be stopped in its tracks once we embody the consciousness of courage. Courage allows for exploration and accomplishment; it focuses our awareness on exciting, stimulating, and challenging parts of life. Progress occurs when courage is emboldened.

Courage provides a passionate willingness to experience wonderful things that have not been explored before. Fear has been faced head-on thanks to a significantly higher level of energy, and any previous hindrances are gone. Self-esteem goes through the roof because there is a self-reinforcing sense of "I can do this." Productivity soars to new heights.

In courage, we feel enhanced confidence within our beings. There is an empowerment of the self, thanks to the realization that we are not dependent on external



WITH COURAGE, OUR OVERALL LEVEL OF HAPPINESS GROWS IMMENSELY AND EVERYTHING IS SEEN IN A MORE POSITIVE LIGHT. WE PERCEIVE PEOPLE AS BEING MORE FRIENDLY, AND SOCIETAL PROBLEMS AS BEING LESS HOPELESS.

factors. We have had everything we needed within ourselves the whole time. Freedom is finally experienced as the shackles of fear are taken off and thrown away.

The significant shift from fear to courage allows us to be able to work on manifesting our inner potential. This potential can be aligned with a sense of our overall mission in life that will be our primary focus from then on. This is not possible if we have a consciousness of fear, since fear will inhibit any action toward manifesting such goals.

With courage, our overall level of happiness grows immensely and everything is seen in a more positive light. We perceive people as being more friendly, and societal problems as being less hopeless. Courage shifts many other positions of awareness. The evolution of consciousness from fear to courage can change our lives in such a dramatic way that we feel like we're living in a different reality.

Taking Responsibility

If we wish to make the transition from having fear to having courage, there is one factor to be mindful of, beyond all others: accepting personal responsibility. This critical action requires that we get rid of the idea that we are a victim of a perpetrator. We must transcend all social belief systems based on the suppositions of blame and excuses so that we can shift away from fear.

None of this is easy. Courage requires a higher input of energy than fear does. Yet whether it is through our inner determination or the support of others, this critical transition is an obtainable reality.

Understanding the differences between these two states of consciousness is important before the process can begin, so that we know what we're working with. This can take a day or it can take a lifetime. Once it occurs, the sense of self-empowerment will be the satisfaction we need in order to accomplish a most fundamental self-realization. ☺

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Paul Lenda is a conscious evolution guide who educates people on what is the leading edge of evolutionary possibility. Besides offering holistic coaching, facilitating workshops, and teaching courses designed to help people expand their consciousness, he spreads the message of personal

evolution and collective conscious evolution around the world, both online and in person. View article resources and author information here: pathwaystofamilywellness.org/references.html.

Shifting the Paradigm

Since the founding of the germ theory of disease,
scientists have offered a holistic perspective.
At long last, their efforts are taking hold.

By Jeanne Ohm, D.C.

I grew up in a household afraid of germs. When my sister was born, my father had all guests put on surgical masks to protect her. We all had our tonsils taken out “just because,” and antibiotics were considered a miracle discovered by science. My generation was the one first introduced to fast food—we really believed it was food! Our mothers were sold the idea that formula could be better than breast milk. So began the modern, manipulated, misdirected generation.

Fortunately, before I had my kids, I was introduced to chiropractic. I discovered the body’s amazing intelligence and its innate ability to heal itself. I learned about nourishment, a healthy attitude and a functional nervous system. Among the many teachings of chiropractic’s founder, D.D. Palmer, and his son, B.J., I was most fascinated with B.J.’s comment, “If the ‘germ theory of disease’ were correct, there’d be no one living to believe it.”

Fortunately, my husband and I were able to live the “chiropractic lifestyle” with our kids. Years before the American Academy of Pediatrics recommended breast-feeding (yes, they finally did in the ‘90s), we were strong advocates for it. Long before the allopathic healthcare system was recognizing the importance of nutrition, we as chiropractors were recommending and consuming good, wholesome, pesticide-free foods.

In 1951, again far ahead of the times, B.J. Palmer published a statement warning against the use of antibiotics. We knew that germs were not the cause of disease, and we cautioned against the overuse of antibiotics decades before *USA Today* headlined their dangers in the 1990s. We also let our kids play in the sunshine (without toxic sunscreen) and in the backyard dirt, decades before

the study came out saying exposure to animals and dirt is healthier than living in antimicrobial households. We insisted that symptoms should not be suppressed with drugs, but rather allowed to run their course while addressing the cause (which is actually the path of healing, not disease). When we questioned the use of vaccines (a practice rooted in mainstream, germ-phobic theories), we were further scorned for our blasphemous perspective.

We met other practitioners—naturopaths, homeopaths, midwives, and herbalists, as well as parents who also understood these basic principles—and we rejoiced that there were others who were living from this logical but undermined paradigm. But we remained a marginalized group. Often ostracized, certainly ridiculed...and in some instances, violently opposed.

“All truth passes through three stages.

First, it is ridiculed.

Second, it is violently opposed.

Third, it is accepted as being self-evident.”

—Arthur Schopenhauer

Understanding the Paradigm

The germ theory proposes that microorganisms are the overriding cause of many diseases. It was initiated by Louis Pasteur in the 19th century when he examined humans and animals that showed signs of being sick and found that they had very high levels of bacteria and viruses compared to those who were not sick. He then made the assumption that germs infect our body and cause sickness and disease. Pasteur, along with German physician Robert Koch, is considered one of the fathers of the germ theory. The practice of allopathic, conventional medicine to this day is still based on this theory.

Less known is that several of Pasteur’s contemporaries refuted his idea that germs cause disease. Claude Bernard, a colleague and physiologist of that era, resolved that the

TWO THEORIES OF DISEASE

GERM THEORY	CELLULAR THEORY
1. Disease arises from microorganisms outside the body.	1. Disease arises from microorganisms within the cells of the body.
2. Microorganisms are generally to be guarded against.	2. These intracellular microorganisms normally function to build and assist in the metabolic processes of the body.
3. The function of microorganisms is constant.	3. The function of these organisms changes to assist in the catabolic (disintegration) processes of the host organism when that organism dies or is injured, which may be chemical as well as mechanical.
4. The shapes and colors of microorganisms are constant.	4. Microorganisms change their shapes and colors to reflect the medium upon which they feed.
5. Every disease is associated with a particular microorganism.	5. Every disease is associated with a particular condition.
6. Microorganisms are primary causal agents.	6. Micro-organisms become "pathogenic" as the health of the host organism deteriorates. Hence, the condition of the host organism is the primary causal agent.
7. Disease can "strike" anybody.	7. Disease is built by unhealthy conditions.
8. To prevent disease, we have to "build defenses."	8. To prevent disease, we have to create health.

Source: *Immunization: The Reality Behind the Myth*, by Walene James

health of the individual was determined by her internal environment. "The terrain is everything," he wrote; "the germ is nothing." Other scientists tested Bernard's theory. Elie Metchnikoff, a Russian immunologist a generation younger than Bernard and Pasteur, suggested that a synergistic interaction exists between bacteria and its host. He, too, claimed that germs were not the problem. To prove it, he consumed cultures containing millions of cholera bacteria; he lived to write about it, and didn't even get sick.

His contemporary, French chemist and biologist Antoine Bechamp, also believed that a healthy body would be immune to harmful bacteria, and only a weakened body could harbor harmful bacteria. His research contributed to this understanding when he discovered that there were living organisms in our bodies called microzymas, which essentially form into healthy cells in the healthy body and morph into unhealthy cells when the terrain is less than ideal. The conclusion: Germs do not invade us, but rather are "grown" within us when there is diseased tissue to live on.

Rudolf Virchow, another 19th-century scientist (dubbed the Father of Pathology), wrote, "If I could live my life over again, I would devote it to proving that

germs seek their natural habitat—diseased tissue—rather than being the cause of diseased tissue; e.g., mosquitoes seek the stagnant water, but do not cause the pool to become stagnant."

In this day and age, we have been taught that germs—bacteria and viruses—are bad, which ignores the vital functions they perform. They are designed to decompose dead and dying material. Germs are our planet's recyclers; without them, life on Earth couldn't exist.

Out of the billions of bacteria and viruses we have in our bodies, most are considered "friendly germs." Bacteria is essential for proper digestion and it scavenges dead cells in our body so they can be replaced by new, healthy cells. When our body tissues become weak due to poor health management, normal bacteria and viruses start to multiply and scavenge our unhealthy, dying cells. Our immune system responds as a survival mechanism and we develop the symptoms of being "sick," but the germs are just doing their job.

The question then becomes, what creates sickness and illness? Is it the germs or is it an unhealthy body?

It has been said that on Pasteur's deathbed, he admitted that Bernard was right and he, Pasteur, was wrong. Nonetheless, an era of antibiotic drugs,



THE BODY, LIKE ALL OF NATURE, EXISTS BY MAINTAINING A STATE OF BALANCE. IT IS DEPENDENT UPON AN ENVIRONMENT THAT NOURISHES AND NURTURES WITH INTERCONNECTIVITY AND COOPERATION BETWEEN WHOLE SYSTEMS, AND AN UNDERLYING RECOGNITION OF INTELLIGENCE AND A RESPECT FOR THE NATURAL PROCESSES AND ORDER.

ANTI ANTIBIOTIC

In *The Green Book*, published in 1951, B.J. Palmer cautioned against using antibiotics, incorporating this analysis from French endocrinologist Jean Gautier. “To begin with, a particular medicine will cure a number of illnesses, then little by little a certain number elude it; next, those on which it has effect, demand larger and larger doses. This is the case with the sulfamides and the antibiotics so widely used today. These products are so ill adapted to our organism that a certain number of individuals become intolerant of some and ‘resist’ others. Doctors cannot succeed in understanding why it is enough for one person to have been more or less in contact with a sick person treated by antibiotics and then see these medicines become ineffective and even provoke a serious advancement of the disease. It is because modern medicine finds its therapeutic means more and more in the retorts of chemists that it cares so little about physiological and endocrinological phenomena.”

chemical pesticides and herbicides, vaccines, and antibacterial soaps has ensued, resulting in a germ-phobic society and a pharmaceutical empire to lead the attack. But even worse, all of these weapons have interfered with the body’s natural microbiome and impaired our immunity.

Fast forward to June 2012, when the release of coordinated research from the Human Microbiome Project Consortium organized by the National Institutes of Health rocked the world. As *The New York Times* reported, “200 scientists at 80 institutions sequenced the genetic material of bacteria taken from 250 healthy people. They discovered more strains than they had ever imagined—as many as a thousand bacterial strains on each person. And each person’s collection of microbes was different from the next person’s. To the scientists’ surprise, they also found genetic signatures of disease-causing bacteria lurking in everyone’s microbiome. But instead of making people ill, or even infectious, these disease-causing microbes simply live peacefully among their neighbors.”

Instead of the “one germ, one disease” theory that has dominated allopathic medicine for centuries, these findings imply that there is an entire ecosystem of bacteria symbiotically at work in the body, a concept understood

by holistic practitioners for centuries. “This is a whole new way of looking at human biology and human disease,” says Dr. Phillip Tarr, a researcher and professor of pediatrics at the Washington University School of Medicine. “It’s awe-inspiring and it also offers incredible new opportunities.”

The following quote by Ronald J. Glasser, M.D., sums up the health crossroads we now face. This former assistant professor of pediatrics at the University of Minnesota writes, “It is the body that is the hero, not science, not antibiotics...not machines or new devices. The task of the physician today is what it has always been, to help the body do what it has learned so well to do on its own during its unending struggle for survival—to heal itself. It is the body, not medicine, that is the hero.” As more doctors realize the self-evident principles of supporting the terrain, perhaps the allopathic model of killing the “bad” germs to fight disease may finally shift to improving the terrain to support the friendly bacteria.

The body, like all of nature, exists by maintaining a state of balance. It is dependent upon an environment that nourishes and nurtures with interconnectivity and cooperation between whole systems, and an underlying recognition of intelligence and a respect for the natural processes and order. Therefore, the essentials for a healthy terrain can be broken into several general premises: Nourishing the Terrain, Coordinating the Function, and Trusting the Process.

Nourishing the Terrain

When we think of nourishment, we naturally reflect on nutrition...the food necessary to establish a healthy terrain. After decades of propaganda leading us to believe that commercially produced “foods” are OK, we are coming to a rude awakening that we have deviated far from the natural, whole foods that truly nourish our bodies. Because this critical awareness is not upheld by all supporting systems in our society (agricultural, educational, economical, political, medical), only proactive individuals are making this difficult transition. We must be vigilant in selecting the foods we eat, how they are grown, how they are prepared, and their consequent ability to nourish our cells. We know the importance of organically grown vegetables and fruits. Finding the best sources and preparations for our families may not be as convenient as we would like, but is certainly worth the extra effort.

Coordinating the Function

The classic medical text *Gray’s Anatomy* tells us that the nervous system is the master control system of the body, determining the function of all systems, all functions, and all organs. Newer to science is the profound interconnectivity between the nervous system and

immune system. Once thought of as separate, these systems are now considered intertwined. It is now widely accepted that a healthy immune system supports nervous system function, and vice versa. This is very important for us to recognize if we want to create a healthy terrain.

The nervous and immune systems are interconnected in several known ways. Adrenal glands are one common link. Chemicals and hormones that are produced by cells of both systems are another connection. Additionally, research shows that the brain uses nerve cells to communicate directly with the immune system.

Chiropractic care was first linked to improved immunity during the deadly flu epidemic of 1917 and 1918, when chiropractic patients fared better than the general population. This observation spurred a study of the field. The data reported that flu victims under chiropractic care had an estimated .25 percent death rate, considerably less than the normal rate of 5 percent among flu victims who received no chiropractic care.

In 1936, pioneering endocrinologist Hans Selye began groundbreaking research on the effects of stress on our health. B.J. Palmer tells us:

Selye’s great contribution to science was this clear concept, that disease affects people according to their previously developed ability to adapt. The writer goes on to relate that the physician prefers to hear that you have had childhood diseases rather than avoided them. He knows that a bout of harmless chickenpox while you were a child, will probably immunize you for life, but that if you contract it first as an adult, it could run a very serious course. This is somewhat of a reversal to medical thinking in years past.

This may seem strange, but the writer has this to say regarding antibiotics. “All too often, a patient will insist on a shot of glamorous penicillin or some newer antibiotic for a mild infection. The physician will explain that the drug is not necessary—that it is better for the body to use its own defenses—but the determined patient shops around until he finds someone who will administer it anyhow.”

“The frequent result is that, although the individual’s own natural resistance would have conquered the infection, the antibiotic suddenly robs the body of the germs necessary to stimulate the antibody producing mechanism into action. And, a stubborn chronic disease takes hold, against which, antibiotics are now powerless.”

In chiropractic, we understand that nerve system function can be interfered with by subluxations, which create interferences to the normal transmission of nerve

impulses. When this occurs, any and all systems are affected. Certainly immune system function, dependent on proper functioning of the nervous system, can be impaired as well.

Since then, additional studies have supported chiropractic care to improve immunity. One study found that disease-fighting white blood cell counts were higher just 15 minutes after spinal adjustments. In a similar study, the immune system response in HIV-positive patients under regular care for six months showed a 48 percent increase in white blood cell counts. Conversely, the group that did not receive chiropractic adjustments experienced a 7.96 percent decrease in immunity cells. More research is certainly warranted.

LACK OF EASE

D.D. Palmer, the founder of chiropractic, took the word *disease* and added a hyphen: *Dis-ease* is a non-entity, he explained, like dark and cold. Dark is the absence of light (the entity). Cold is the absence of heat (the entity). *Dis-ease* is the absence of ease—the entity, which can also be termed the reality—the achievable, the norm, the expected. Ah, feel it? The emotional threat is discharged already.

Trusting the Process

You may eat a perfect diet of raw organic, biodynamically grown whole foods, drink purified water, jog five miles a day, and get adjusted weekly, but if you are overcome with negative emotions enhanced by adversarial thinking, you will not be healthy. Your immune system, via your nervous system, listens to your inner thoughts.

Holistic healing practices have always recognized the relationship between thoughts and health. In 1910, D.D. Palmer introduced the idea of the three T's. He explained that thoughts, traumas, and toxins could cause distress to the nervous system, impairing its ability to function.

The science of psychoneuroimmunology (PNI) studies the interaction between thoughts, their effects on emotions, and the resulting immune system function via the nervous system. In 1985, research by neuropharmacologist Candace Pert showed that neuropeptide-specific receptors are present on the walls of cells in both the brain and the immune system. This revealed an interdependency between emotions and immunity via the central nervous system. Her work gave scientific credence to the ancient healing practices that have accepted the mind-body relationship. In her book *Molecules of Emotion*, she writes, "We know that the immune system, like the central nervous system, has memory and the capacity to learn. Thus, it could be said that intelligence is located not only in the brain but also in cells that are distributed throughout the body, and that the traditional separation of mental processes,

including emotions, from the body is no longer valid."

That said, being conscious of our emotions is imperative in understanding health. For example, take fear, an underlying emotion that has an immense impact on health. In previous editorials and numerous additional articles throughout *PATHWAYS*, we have looked at the stifling effects of fear on our well-being and normal, natural function. Fear propels us into the fight-or-flight mode—an override of our sympathetic nervous system. In this defensive state, our bodies limit cellular reproduction and growth as the systems of protection are activated. To paraphrase Bruce Lipton, we cannot live in a state of imbalanced protection and growth at the same time. He maintains that the state of



EXPLORING GERMAN NEW MEDICINE AND THE CAUSE OF DISEASE

Why does one person get sick while another does not? For centuries, the complex construct of an immune system provided an answer. Now, a new natural science called German New Medicine proves a different cause of disease. Foregoing statistical models, the new paradigm shows causality by the presence of concentric ring formations in the brain that initiate intelligent biological adaptations to organ functions. Each brain formation arises due to specific, emotional life stresses. A natural consequence of these organ adaptations is what we call “disease,” especially relating to the healing of the organ *after the stress is over*. A brain CT scan can predict disease states with near-perfect accuracy thanks to this discovery.

being that fosters growth is love, and that the protection mode is activated by fear. When we are in a state of unresolved fear, we cannot heal, regenerate or be well.

A wise person once said that “fear” could be an acronym for “False Evidence Appearing Real.” When we look at the germ theory and feel the underlying emotion it produces, we can clearly see it is fear-based. The terms used in the course of allopathic medicine reflect this fearful, warlike mentality. We have to kill the cancer, destroy the germ, fight the disease, be rescued in labor, struggle through breastfeeding—the list goes on, with a mental perspective whose constant is fear.

Ah...and here is the killer (pun intended): The solution to these “problems” cannot be accomplished by our own selves; we are dependent upon an outside entity (in this case, modern allopathic medicine) for salvation. For example: Germs are our enemy and our only solution to overcoming them is that hopefully, someday, somebody will find that magic potion that can “kill those germs.” Until then, it is hopeless. Responsibility for our own lives has been stripped, and this disempowered state of mind creates even more fearful emotions. Healing in this model becomes an emotionally charged, futile pursuit.

So, how do we break the cycle of fear? Other than reading inspiring words of wisdom and surrounding ourselves with like-minded practitioners and friends, Pert advises us to get in touch with our bodies: “Your body is your subconscious mind and you can’t heal it by talk alone.” Bodywork, movement therapy, simple exercise, spinal adjustments, and massage can all release stuck emotions by clearing blockages to normal body function. Ancient healing arts and modern holistic practitioners all recognize and support the mind-body connection in healing. Pert concludes, “...almost every other culture but ours recognizes the role played by some kind of emotional catharsis or energy release in healing.”

Let’s be honest—the role of the mind in healing is not new, it has just been allopathically suppressed. Hippocrates (the Father of Medicine) made these statements centuries ago:

- Humans are created to be healthy as long as they are whole: body, mind, and spirit.
- People are characterized by self-healing properties that come from within and an innate healing force.
- Health and harmony is the normal state for all life.

Now, the accepted definitions of health are returning to Hippocrates’ way of thinking. *Dorland’s Medical Dictionary* defines it as “a state of optimal physical mental and social well-being and not merely the absence of disease and infirmity.”

Pert agrees, “Last but definitely not least, health is much more than the absence of illness,” she writes. “Live in an unselfish way that promotes a state of spiritual bliss that truly helps to prevent illness. Wellness is trusting in the ability and desire of your body-mind to heal and improve itself, if given half a chance. Take responsibility for your own health—and illness.”

I am excited to see science catch up to the holistic paradigm, challenging fear-based theories and supporting the return of logical wisdom. The reason why most holistic practices did not accept the germ theory from its onset was because the major premise of their healing model recognizes there is an innate intelligence in living matter: There is order, synchronicity, and a respect for natural law. It is a shift in consciousness, toward understanding and adhering to these vitalistic principles, that will have the most profound effect on our individual selves, our families, and the future of humanity. 🌱

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Chiropractic Philosophy and the New Science:

AN EMERGING UNITY

By Bruce H. Lipton, Ph.D.

As a former medical school professor who currently lectures before chiropractors and chiropractic students, I must admit I am very perplexed about the intellectual foundation of chiropractic education. Major chiropractic colleges create an academic impediment that unknowingly destabilizes their students and hobbles their graduates' effectiveness.

I am referring to the problem of incorporating a basic medical science curriculum in the foundation of chiropractic education. My concern is not with chiropractic-relevant descriptive courses, such as gross anatomy, neuroanatomy, physiology, and neurophysiology. The intellectual problems arise in the presentation of courses like cell biology and biochemistry. Unlike the other basic science subjects, these courses are more than just descriptive in nature. These courses define the "mechanisms" of life upon which modern allopathic medicine is built. The medical model, the allopathic healer's Holy Grail, is derived from an understanding of these molecular mechanisms.

The importance of the medical model is so fundamental to the philosophy of modern science it has acquired the status of The Central Dogma. This dogma defines the flow of "information" in biological systems that shape the biological character of an organism. The information is presumed to express itself in a linear, unidirectional path that originates with DNA (genes). Information is then translated into RNA, and finally it is expressed as proteins. The protein molecules are the building blocks of the human body and provide for our physical and behavioral traits. Consequently, the "character" of one's life is defined by their protein building blocks. DNA molecules are recognized as life's source, since they are the "blueprints" used in making the body's proteins.

The Central Dogma emphasizes that genes (DNA) are source and an individual's character "unfolds" from the information codified in our genome. This assumption

leads to the notion of genetic determinism, the belief that the traits and quality of one's life is "predetermined" by the genes acquired at conception. Genes are localized within the nucleus of each of the body's cells. Consequently, life is "controlled" by a molecular mechanism inside a cell. The character of this hereditary information is subsequently manifest on the outside of the cell in regard to the way the cell influences bodily functions and health. In the figure on the next page, the cell on the left illustrates the flow of information according to allopathic philosophy.

Chiropractic philosophy, which defines the foundational beliefs underlying the practice of chiropractic, offers a completely contrasting concept of source. Chiropractic emphasizes that the source of life is Innate Intelligence. The Innate, described as a form of environmentally derived vital energy, flows from the brain through the nervous system and is then distributed to the tissues and cells. Innate information controls the structure and behavior of the cells, which in turn is expressed as health or dis-ease. The philosophical differences regarding the flow of information is illustrated by the cells depicted on the following page.

Focus on the illustration for just a moment and you will readily see there is a fundamental conflict between chiropractic and allopathic healing philosophies. Their flows of information (source) are diametrically opposed! Chiropractic philosophy is built upon an external energy (i.e., an invisible moving force, spirit) source while allopathic medicine argues for an internal material source (genes).

Each philosophy provides an intellectual foundation as to why its particular healing practice "works." The problem facing students of chiropractic is that they are taught allopathic philosophy in cell biology and biochemistry, and contrasting chiropractic beliefs in their philosophy courses. What's a student supposed to believe?

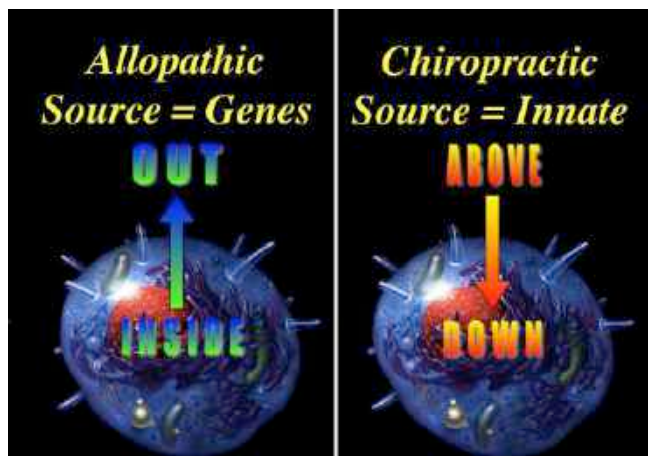
Why should chiropractic schools provide allopathic science and philosophy to their students? The answer is simple: Allopathic science is the recognized provider of truth in Western civilization. If it's "scientific"...it must be true. Buying into that belief, chiropractic academicians feel it is necessary to teach that view of the "truth" so that their students won't be disadvantaged in the "real" world. By teaching the gene-based medical model as truth to its students, chiropractic educators are brazenly negating the validity of their own philosophy and healing art. One cannot ascribe to diametrically opposed philosophies at the same time!

Most chiropractic students are unaware of this glaring philosophical conflict, yet the opposing models they are taught are programmed into their subconscious mind. The academic conflict programmed in the subconscious mind unknowingly undermines the confidence of chiropractic students and practitioners. Built into the unconscious awareness of each chiropractor is the gnawing doubt that chiropractic is "not scientific."

How can this academic paradox be resolved? The unfortunate resolution is that chiropractic has steadfastly broken away from its

metaphysical roots and generally de-emphasizes Palmer's philosophy, deeming it not relevant to the practice of chiropractic. Many schools have actually stopped teaching chiropractic philosophy altogether, while those that still teach it do so in a perfunctory manner and treat it like a dry professional catechism. By shying away from the principles of chiropractic philosophy, some in the profession have attempted to gain legitimacy by measuring its successes using "evidence-based science." In other words, chiropractors dismiss their own philosophy and try to explain the effectiveness of an adjustment through the mechanistic model offered by allopathic medicine.

It is ironic that some in the chiropractic community want to measure its healing phenomena using an allopathic "yardstick." The practice of allopathic medicine is the leading cause of death in the United States, responsible for about 750,000 deaths per year. If that many people died from iatrogenic illness, I cannot even begin to fathom the number of citizens who have been sickened to the brink of death by the practice of medicine. Consequently, trying to justify the practice of chiropractic by adopting the mechanics of allopathic "science" is tantamount to comparing chiropractic to the work of the Grim Reaper.



Source: Bruce H. Lipton, Ph.D.

From the perspective of an outsider of the chiropractic field, I see great folly in the stampede of these chiropractors trying to convince the medical community that the value of an adjustment can be measured using the allopathic mechanical model of life. The humor lies in a simple fact: If the medical model that some chiropractors so much want to emulate was actually right...why would allopathic medicine be the leading cause of death?

Is the medical model that suggests human beings are biochemical machines controlled by genes scientifically correct? The answer is a profoundly simple no! Recent research in cell and molecular biology reveals that the following two fundamental assumptions of allopathic philosophy are completely wrong. Assumption I: Genes control biology, and, Assumption II: Biological processes employ Newtonian mechanics.

In regard to the fact that we "believe" genes control life (the Central Dogma): More than 100 years ago, scientists were removing the nuclei from large egg cells of marine organisms, such as starfish and sea urchins. The cell's nucleus is the organelle that contains the genes. These enucleated eggs were still able to divide, many forming

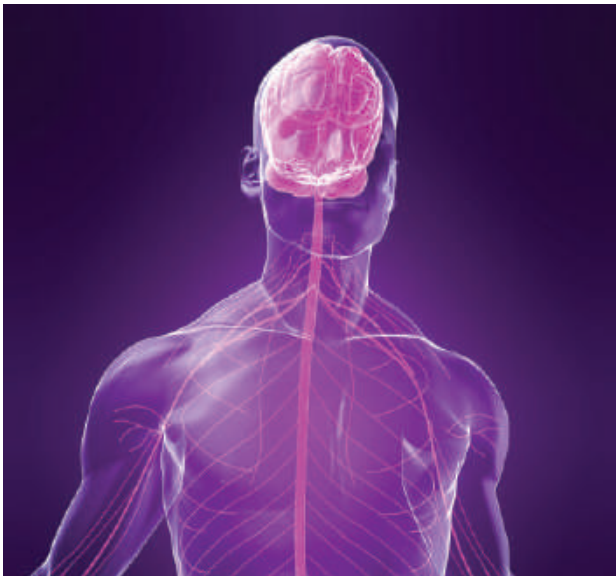
embryos with 40 or more cells...each without any genes! Whatever it is that "controls" life in these cells, it was definitely not the DNA.

Obviously enucleated cells express complex, integrated behaviors that are not "controlled" by genes. This fact was recently revealed in a different way through the surprising results of the human genome project. The medical model of a gene-controlled biology

requires that the human genome contain more than 150,000 genes. The Human Genome Project results identified only approximately 25,000 human genes. That means 85 percent of the genes needed to support the allopathic medical model do not even exist.

In light of this genetic shortcoming, Nobel Prize-winning geneticist David Baltimore had to publicly concede that genes do not provide for human complexity. In the 2001 issue of *Nature* in which the genome results were published, Baltimore responds to the question of the missing genes by writing, "What does give us our complexity...remains a challenge for the future." Yes, the Central Dogma is dead!

In the shadow of the DNA-dominated world of scientific research, a new scientific awareness had already begun to manifest while the genome project was capturing all the media's attention. The new insights provide a far simpler



TO UNDERSTAND HOW LIFE WORKS, WE MUST START WITH UNDERSTANDING PROTEINS, THE MOLECULAR BUILDING BLOCKS OF OUR BODIES.

view of the nature of life, one that is synchronistically in alignment with Palmer's original philosophy. To understand how life works, we must start with understanding proteins, the molecular building blocks of our bodies.

There are more than 150,000 different proteins that make up a human's body. Each protein is a long, linear molecule of amino acids linked end to end. The molecule is like a nano-sized spine in which the amino acid molecules are the equivalents of vertebrae. There are 20 different amino acids, and each has a unique shape. So the final shape of each protein's spine is determined by the specific sequence of unique-shaped amino acid links. Essentially, a cell is built from the assembly of thousands of different-shaped protein molecules.

Proteins are not only physical building blocks, they also provide for the magic of life. As Palmer wrote, "Life is movement." The magic of proteins is that they can change their shape. The movement of a protein spine is analogous to the movement of a human spine. Each of the spine's jointed segments (vertebrae or amino acids) is capable of rotating or flexing at the point they are coupled (joint or peptide bond). While muscles are used to provide the force to move the human spine, protein spines change their posture due to the repulsive or attractive force generated by electromagnetic fields.

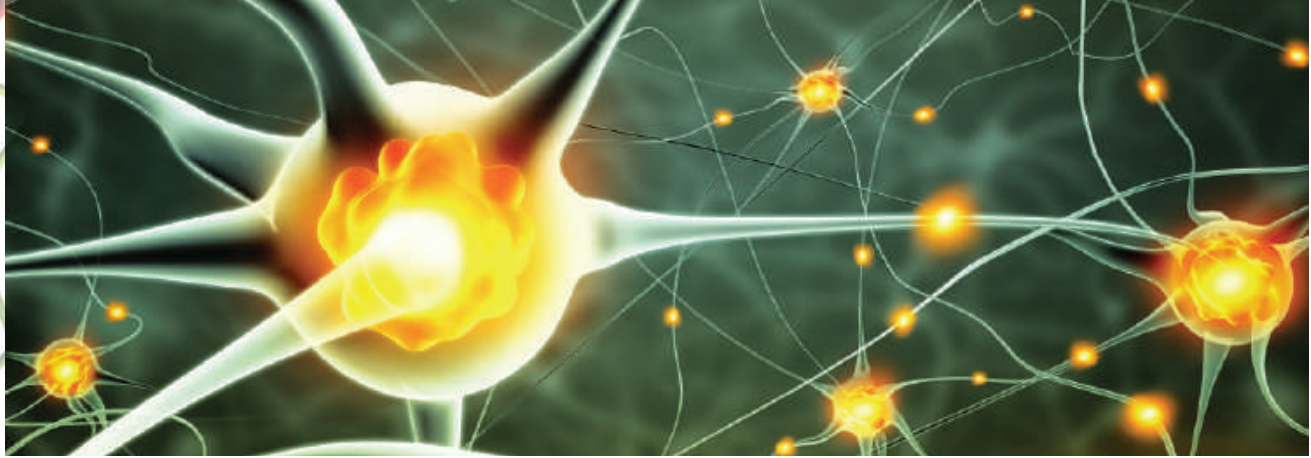
When the protein's electric charge or field is altered, it will adjust the shape of its spine to accommodate the forces. As a human spine can change its shape by bending or rotating, so can a protein's spine change its shape. In changing conformation (shape) from one configuration to another,

the protein molecule "moves"! The particular movement of a protein molecule is integrated with the movement of other protein molecules in functional assemblies called pathways. Respiratory pathways, digestive pathways, and muscle-contraction pathways, for example, refer to assemblies of proteins whose coordinated movements produce those particular functions.

How does life work? Through the coordinated movements of proteins. What is it that "controls" life? The answer is simply whatever it is that controls the movement of proteins, turning them "on" and "off." The answer to that question was briefly mentioned above: Whatever changes the electromagnetic charge or field of a protein is what causes it to move. Two things can do that: physical chemicals or immaterial vibrational energy fields. Collectively, these represent "signals" that activate proteins by changing their force fields. Allopathic medical philosophy, based upon Newtonian mechanics, only recognizes the role of chemical signals, such as hormones, growth factors, neuropeptides and, of course, drugs, as signals that can impact physical protein molecules, causing them to move.

The most recent biophysics research reveals that energy (vibrational) waves, operating through quantum-mechanical principles, are more effective in signaling protein movement than are physical chemicals. While allopaths have focused their attention on the physical signals of controlling the body's proteins, physicists endorse the role of energy fields as being more important in "controlling" life.

Medicine's adamant denial of the role of "energy" in the human body is now a blatantly unscientific principle.



Physicists adopted quantum mechanics in 1925 as the science that explains the mechanics of how the universe operates. Allopaths are still trying to understand the mechanics of life using the outdated Newtonian philosophy, a belief that prevents them from recognizing the role of energy in life. Interestingly, Palmer founded chiropractic as an “energy” medicine in 1895, and his philosophy has essentially been discarded to accept a materialistic allopathic philosophy... one that is no longer even scientific!

There are only two fundamental components that provide for life: proteins and their complementary signals. If we consider what can cause a dis-ease, we are left with only two possibilities, something is wrong with the protein, or something is wrong with the signal. If a protein is dysfunctional, it is generally the consequence of a genetic mutation that changed the protein’s assembly blueprint. Statistics reveal that far less than 5 percent of the population can claim that their lives are impaired due to genetic defects. These people express dis-ease as a consequence of a birth defect.

Ninety-five percent of us arrived here with a functional genome. If we have a dis-ease, it cannot be attributed to the proteins; it must be related to the signal. There are three ways by which protein-regulating signals can induce dis-ease: First, if the signal-conducting pathway is physically damaged and does not provide effective signal transfer. Second, if the chemistry used in the communication pathway is insufficient to propagate the signal. Third, if the signal pathways are structurally intact, but the nervous system responds to environmental stimuli by sending inappropriate signals—signals that would engage compromising or life-threatening behaviors. Signal interference can be generated through trauma, toxins and thought. Sound familiar? These are the same causes of subluxation that were originally described by Palmer more than a hundred years ago!

Interestingly, leading-edge cell research now reveals that cells are controlled by the conditions of their environment. When the new model is applied to multicellular organisms, such as humans, information, in the form of energy, would flow from environment > brain > spinal cord > peripheral organs and tissues, which may be penned as: Environment (Innate) > A > D > I > O. Surprise—the new scientific model is the “old” chiropractic model.

There is clearly an upheaval of conventional thought brewing in the allopathic ranks. Modern cellular science is now affirming the role of an Innate Intelligence in shaping biological organisms and this new biological awareness places the emerging science in direct alignment with chiropractic’s philosophical paradigm. The new vision offered by biomedical research provides for both a solid philosophical and scientific foundation for the practice of chiropractic.

There was a comic that once remarked, “The older I get, the smarter my father becomes.” I think we should all stop for a moment and honor the father of chiropractic, D.D. Palmer. He was indeed a smart man! 🍷

Note: The new view of science described above and how it relates to chiropractic care are described in Bruce Lipton’s book, *The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles*. Check out the contents of this book and read a sample chapter at bruce-lipton.com/flipbook/biology-belief. Additional related articles and references are freely downloadable at bruce-lipton.com. Author reserves first rights.

APPEARED IN PATHWAYS ISSUE 39



Bruce H. Lipton, Ph.D., cell biologist and lecturer, is an internationally recognized leader in bridging science and spirit. Bruce was on the faculty of the University of Wisconsin’s School of Medicine and later performed groundbreaking stem cell research at Stanford University. He is the bestselling author of *The Biology of Belief*, *The Honeymoon Effect*, and co-author with Steve Bhaerman of *Spontaneous Evolution*. Bruce received the 2009 prestigious Goi Peace Award (Japan) in honor of his scientific contribution to world harmony. For more information, visit bruce-lipton.com. View article resources and author information here: pathwaystofamilywellness.org/references.html.

ONWARD AND UPWARD

Living a Life Uncommon

By Frank Bowling, D.C.

"Ah, but a man's reach should exceed his grasp, Or what's a heaven for?" —Robert Browning

Wouldn't it be nice to be perfect? To have a perfect mind, a perfect body, a perfect life? To enjoy perfect health, perfect relationships, a perfect job? To accomplish every goal we set? To get everything we want?


Dream on. I've often thought that as human beings, our job is to hold perfection up as an ideal, an objective to be pursued, though never realized. As Union Army general Carl Schurz once said, "Ideals are like stars... you choose them as your guides, and following them, you reach your destiny." I'm a firm believer in lifelong learning. If I couldn't read, take seminars and classes, and listen to personal and professional growth programs, my life would be pretty empty. Although we may all be doomed to failure when it comes to achieving our full potential, I think we have to try. We owe it to ourselves, to the people we care about, and to our world. Ultimately, the purpose of life is to grow, and help others grow.

It's not enough to just learn, however—maybe because it doesn't fulfill our need to make a difference. I recently heard a seminar speaker say, "Information without implementation leads to depression." For me, those words have the telltale ring of truth.

There's a song called "Life Uncommon," by the singer-songwriter Jewel, that always lifts me up when I'm down. Here's a taste of the chorus:

*Lend your voices only to sounds of freedom
No longer lend your strength to that which
You wish to be free from
Fill your lives with love and bravery
And you shall lead a life uncommon*

There exists in each of us a perfection that is very real—one that lies deep inside the very core of every person, and indeed, every living thing. It's something that D.D. Palmer, who founded chiropractic in 1895, described as "Innate Intelligence." Dr. Palmer chose the term "innate" to convey the idea of something we're born with, something that's part of our "inner essential nature." In Dr. Palmer's day, the word could also be used as a verb, meaning "to cause to exist" or "to call into being."

Try to think of yourself as a ball of light, filled with pure, intelligent energy. In truth, that's what we are. Our bodies are simply a place for us to live, and we're continually renewing and re-creating them from one instant to the next. The purpose of chiropractic care is to release the "imprisoned impulse" between our inborn, innate intelligence—the pure potential that is our essential nature—and its physical expression in our lives. That unseen connection between what we appear to be and what we truly are is the key to our health, our happiness, and our evolution "onward and upward." It's the secret to living a life uncommon, allowing us to truly become all we were meant to be, and to transform ourselves and our world into a reality that even Robert Browning would be hard-pressed to imagine. 

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Dr. Frank Bowling graduated in the first class at Life Chiropractic College in Marietta, Georgia, in December 1977. He has been in private practice since then. You can visit him at bowlingchiropractic.com. View article resources and author information here: pathwaystofamilywellness.org/references.html.





LIVING THE JOURNEY



Bringing Back the Balance: A Chiro Mom's Perspective

Story and photos
by Lisa DeNardo



My introduction to chiropractic care came after the birth of my first child. As a new mother, I found myself bombarded with facts, stories, and ideas of what everyone else seemed to think was best for my child. Walking into a mom's group at my local chiropractor's office was like a breath of fresh air, confirming my natural mother's instincts that told me to trust in my ability to make good decisions for myself and my baby. Chiropractic care not only supported this drive toward finding myself as a new mother, but also taught me to trust the inner wisdom of my body.

I believe we are all seekers by nature, looking for answers that resonate deeply within us. Quite possibly these answers reside in the unmapped areas of our own truth. These answers might not necessarily be what the doctor would order, but instead are what might make sense to us as individuals. I try to listen to my heart when making decisions for myself, my children, and my body. Our hearts hold a deep knowledge that is sure to guide us in the right direction if we take the time to listen.

*"All paths are the same, leading nowhere.
Therefore, pick a path with heart!"*

—CARLOS CASTANEDA

Every living thing on our planet possesses an innate knowledge as it comes into creation. Wonderful examples of this can be found in nature. Each tree unfurls its leaves and blossoms at exactly the right moment for its personal stage of growth. We witness this same inner knowing unfold as a baby nurses for the first time, never having been taught to do so beforehand. As humans, we are all born with a natural drive to learn, create, and be one with our surroundings. As we grow older, it seems that most of us forget this truth. We forget how our bodies are actually capable of functioning on their own, and that we do usually know what is best for ourselves and our children.

Life also holds an abundance of learning opportunities. There are times we may struggle to maintain a sense of balance and harmony in our lives. In these times, we all could use a gentle and loving reminder to help set us back on track. A hug from your partner after a trying day with the kids or a chiropractic adjustment after a collision playing tag might be just the nudge we need to fall back into step, emotionally and health-wise. These struggles also serve as a wake-up call, guiding us toward a new way of thought that nurtures who we are in a gentle and trusting way.

*"We are all faced with a series of great opportunities
brilliantly disguised as impossible situations."*

—CHARLES R. SWINDOLL

As a homemaker and a mother, I am constantly surrounded by the everyday chaos of home life. When things get very chaotic, I have the opportunity to hear my lessons loud and clear. This is when I know that I need to slow down and focus on the things in my life that mean the most to me. All of the "other stuff" can wait. Similarly, our bodies find numerous ways to call us back to a place of overall well-being. Fevers ward off nasty intruders, diarrhea rids our body of harmful toxins, and major illnesses alert us to make major dietary and lifestyle changes. It is in these places of distress that we have the opportunity to strengthen our core, as well as to take a hard look at what life means to us. Everything happens for a reason and our bodies are constantly working toward a state of balance. Remembering how our body does these things to protect itself, we can trust that it can also heal itself properly without forced intrusion.

Chiropractic is one of the most profound forms of holistic healthcare that my family and I have experienced. When we visit the chiropractor, we receive a gentle adjustment, correcting subluxations and bringing our bodies and minds back to a place of balance and clarity. When our bodies are in balance, they can function at optimum levels. When our spines are aligned, we can grow and thrive as we were intended to, warding off unnecessary illness and discomfort. We also feel at peace with ourselves and our surroundings when our minds are clear. This mentality gives my family freedom and ensures that our bodies are always functioning well.

Our bodies are our vehicles in this lifetime. Just as I treat my family gently and with respect, it's natural to treat my body the same way. Chiropractic provides a gentle approach to healthcare, nurturing us inside and out, and helping us to be the best we can be. Outside my body is my family; outside my family is society. As a whole, we make up the world. If we take the time to nurture ourselves, our bodies, and our children, we can affect the world as a whole and the future of the planet. The next time you feel out of balance or under the weather, take a few moments. Listen to what your body truly is saying. 📌

*"The doctor of the future will give no medicine, but will
interest his patients in the care of the human frame, in diet,
and in the cause and prevention of disease."*

—THOMAS EDISON

APPEARED IN PATHWAYS ISSUE 30



Lisa DeNardo and her family have been receiving regular chiropractic care for more than a decade. When Lisa is not at her chiropractor's office she can be found knitting, writing, taking pictures, or submersing herself in nature. You can visit her online at lisadenardophotography.com. View article resources and author information here: pathwaystofamilywellness.org/references.html.

The Social Vagus

By John Edwards, D.C.

People in stressful situations bargain and negotiate. Then they get frustrated and angry. Then they shut down.

In November 2014, at the ICPA Freedom for Family Wellness Summit in Washington, D.C., I saw something that changed my life. Honestly, it actually saved my life. As a chiropractor, I've always taught my patients there are two parts to your autonomic, or "automatic," nerve system. The one most people recognize is nicknamed the "fight or flight" system, and that system puts blood flow into your muscles and away from your organs.

The older part of our autonomic system, from an evolutionary perspective, exits outside, or *para*, to the sympathetic—hence the name *parasympathetic nerve system*. The parasympathetic struggles for a catchy nickname, because "rest and digest," or "feed and breed" both undersell how important this system is to our physiology.

The parasympathetic system regulates our most basic functions, including moving everything that enters and leaves the body. Back when planet Earth was filled with single-celled organisms sitting around in a soup of food, the only things a microbe needed to worry about was attracting nutrients in and pushing waste out. Our evolutionary extensions of that—exhalation, sweating, menses, etc.—are all functions dominated by this system. Opening blood vessels, flushing of the skin, and digestion happen because of this system. So do birth, growth, and healing.

Once we grew limbs and needed to run after our food (or recognized that we were the food something else was chasing!), the sympathetic nerve system developed to take the reserves of blood flow and metabolism away from our survival organs and put them into our muscles to move.

Stress puts people into the sympathetic, fight-or-flight state. We weren't meant to live there, though—we either escape the tiger or vanquish it, and the moment is over. Except now we live with mental tigers—jobs we hate,

relationships that are breaking down, a constant media barrage of terrorism and impending doom from disease. I've tried to get my patients to understand the importance of keeping out of the sympathetic state. I thought I was doing them a favor by emphasizing its "opposite," the parasympathetic system. But it turned out I was wrong.

I heard evidence at the Summit that doctors in cardiac rehabilitation learned a secret to keeping their patients from being repeat customers after surgery. They knew that high-stress lifestyles caused the sympathetic system to antagonize the heart to beat faster and harder until that nerve signal eventually wore out. In relaxing the body, however, they discovered that the underlying tone of the parasympathetic system also eventually wore out, and the tone responsible for keeping the vital organs functioning began to fade.

So here I was, thinking if the parasympathetic were dominant, everything would be nice and easy in the body. I never considered the consequence of only firing on this set of cylinders: that the body would approach shutdown and death. Single-celled organisms actually used this as a survival mechanism. If they were threatened, they would feign death. The human parasympathetic adaptation to extreme stress is the same: We cry, then scream for attention, and if no one listens then we see if playing dead will get us what we want. Sometimes the playing goes a little too far, and we damage ourselves in the process.

The secret those cardiac rehab folks figured out was to get the patient to renew friendships.

What some neuroscientists are calling the "social nerve system" is a development of polyvagal theory, developed by Stephen Porges, Ph.D. Porges describes the social nerve system as the part of our brain that uses voice, facial expressions, and eye contact to stimulate responses in another person. Infants were pretty much worthless at using existing systems to protect their small, fragile bodies, so Porges suggested that the brain adapted and developed



ways to make other adults in the species care for and protect them via the social nerve system.

All three of these nerve systems—social, sympathetic, and parasympathetic—are used to cope with stress. If the social strategy doesn't work, say in a newborn infant, and he can't bargain with the parents to meet his needs, the baby goes into fight-or-flight mode and angry crying. If that is allowed to keep going and nothing changes, the baby then drops into the parasympathetic strategy and plays dead. The success of any of these strategies is cemented into our subconscious and becomes the predominant way we deal with stress as an adult.

I had been attempting to juggle the responsibilities of my office, prepare for several major speaking engagements around the country, deal with having to move out of our rental house into a new place, and watch my wife struggle with depression as month after month we failed to conceive—and then, because of my emotional distance, I heard her tell me she wanted a break from our marriage. That was during what I'll look back on as my "November from hell." I'd run out of adrenaline by the time the Pathways Summit arrived, and could feel myself, in the midst of what should have been my biggest professional triumph, struggling against both physical and emotional shutdown. Hours before listening to the stories of the heart patients, I had cried with a complete stranger during a communication workshop, as both of us admitted we had no idea if our marriages were going to survive the weekend. I had passed sympathetic shutdown, and was well into the parasympathetic spiral.

Then I heard some speakers reference this third system, and my world began to make sense. The way the nerve system, and in a larger sense the entire mind and body, prefers to function is in communication and harmony with the community around it. I was in that place, very familiar to many people, of holding on to a lifeline in a storm. I was looking for people to empathize and share with, because innately my body knew it was important for its very survival.

IF YOU DON'T HAVE SOCIAL OUTLETS FOR STRESS, SUCH AS A COMMUNITY OF FRIENDS OR FAMILY THAT YOU CAN REGULARLY AND HONESTLY COMMUNICATE WITH AND GET YOUR NEEDS FROM, THEN THE BODY RETAINS A FIGHT-OR-FLIGHT PHYSIOLOGY.

The reason I had gotten myself into this mess in the first place was that I had become socially isolated. I set my neurology up for a fight it could not win. My body was internally screaming for attention, and when that didn't work it started to play dead. You can see people in these three stages everywhere around you. When you start to understand this, it's as if a veil has been lifted.

One Summit presenter, Joe Dispenza, focused on the frequencies that the brain and body give off. A baby exhibits a brain-wave pattern that scientists designate as the subconscious mind. All of the keys to survival are written into this subconscious mind by a specialized set of nerve cells called mirror neurons. These mirror neurons help us to write the program for what to do later in life when we encounter a threatening situation.

In early childhood the brain waves shift into a creative pattern. This level of activity is responsible for turning a broomstick into a horse, or a passing shadow into a monster hiding in the closet. In adulthood we revisit this creative wave pattern in the early stages of sleep, right around the time we wake up, or during deep meditation. Amazingly, it's close enough to the subconscious level that we have the power to reprogram our neurological patterns by visiting this state.



THIS IS QUITE POSSIBLY THE BIGGEST REVELATION IN NEUROSCIENCE SINCE PSYCHONEUROIMMUNOLOGY—THE UNDERSTANDING THAT THE NERVE, ENDOCRINE, AND IMMUNE SYSTEMS ARE ALL TIED TOGETHER WITH MENTAL PROCESSES.


The final brain-wave pattern is the signal of rational thought. This mature pattern begins around 10 years of age and continues into adulthood. It is this pattern that can discern differences, for instance, between the broomstick and the imaginary horse. However, it's also the pattern responsible for rationalizing things, such as my procrastination on dealing with my emotions. This wave pattern had allowed me to "think" myself sick.

So now we have these two concepts: The three nerve systems, and the levels of brain-wave patterns that record our responses to stress. I mentioned how we can tell the way adults were programmed as little children based on the strategies that worked the best for them.

This is quite possibly the biggest revelation in neuroscience since psychoneuroimmunology—the understanding that the nerve, endocrine, and immune systems are all tied together with mental processes.

It's really quite simple. If you don't have social outlets for stress, such as a community of friends or family that you can regularly and honestly communicate with and get your needs from, then the body retains a fight-or-flight physiology. This isn't a sustainable state, and if you do not transition back out of it, your body and mind will begin to shut down. The manner and degree to which we choose to interact with other people, then, dictates a very important part of our health.

It takes more than merely spending 15 minutes in the morning doing affirmations or 30 minutes with a yoga DVD at your house. Understanding the purpose of the

third nerve system brings you to a realization that there is an important reason for spending a Sunday morning creating spiritual community, or for actually attending a yoga class in person, that has little to do with the activity itself. The reason is in the people around you. It allows your pattern of brain waves to enter into a calmer, larger field that offers protection. The more you practice, the more your neurons acquire this pattern—"Neurons that fire together, wire together," as they say. Can you imagine the impact a group of people with a peaceful and blissful brain-wave pattern has on other people they meet in the community? The interaction between one another's social neurology can be a powerful agent for change. 

APPEARED IN PATHWAYS ISSUE 51



John "Doc" Edwards, DACCP, teaches the Advanced Perinatal Clinical Practice course for the ICPA. He is the founder of Mama's Chiropractic Clinic, is among the most published researchers in perinatal chiropractic, and produces the "One Belly, Two Brains" parent education series. He lives in Fort Myers, Florida, with his partner Dr. Danielle and their children Forrest, Phoenix, and Charlie. View article resources and author information here: pathwaystofamilywellness.org/references.html.

The New ANS Anatomy

“Three neural circuits form a phylogenetically ordered response hierarchy that regulates behavioral and physiological adaptation to safe, dangerous and life threatening environments.”

—Stephen Porges, Ph.D., *Polyvagal Theory*

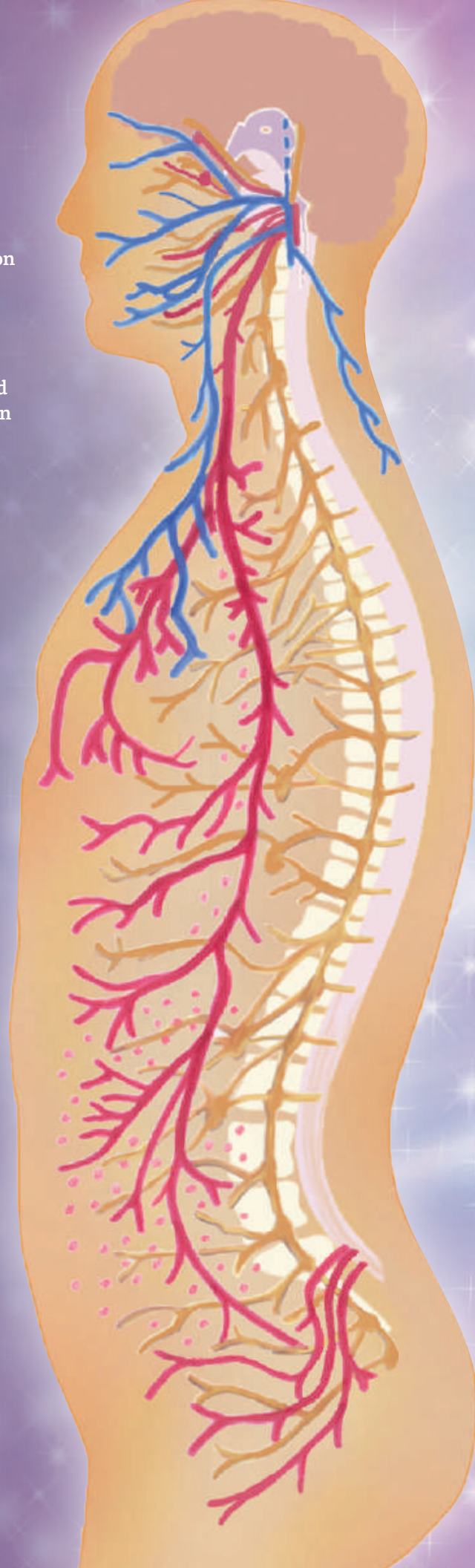
PARASYMPATHETIC “A primitive passive feeding and reproduction system creating a metabolic baseline of operation to manage oxygen and nourishment via the blood.”

SYMPATHETIC “A more sophisticated set of responses enabling mobility for feeding, defense, and reproduction via limbs and muscles.”

SOCIAL ENGAGEMENT “A sophisticated set of responses supporting massive cortical development, enabling maternal bonding (extended protection of vulnerable immature cortex processors) and social cooperation (language and social structures) via facial functions.”

“The whole sequence is played out in a sub-optimum hospital birth. Newborn babies come out pre-programmed for maternal bonding, including skin-to-skin contact and nursing. Instead they are separated from their mothers (“infant quarantine”) and subjected to painful unnatural procedures, facilitated by mainstream medicine’s old belief that babies are insentient. Since the social engagement system impulses are thwarted, babies then try the older strategy, the sympathetic ANS in the form of angry-sounding crying. When that doesn’t work, and it cannot work unless the adults are sensitive and discerning about such sounds, all they have left is the parasympathetic freeze/immobilization response. The misunderstanding caregivers may interpret this seemingly quiet state as being “good babies,” when actually they are seriously compromised, with potential long-term implications such as reduced immune system, heart rate variability and other ANS functions. Many research studies have repeatedly confirmed the reality and value of a functional social engagement system: Patients with strong and active social connections recover faster and live longer.”

—Excerpted from: *Dancing with Yin and Yang* by John Chitty, Chapter 6: The Autonomic Nervous System.



Holism

THE HEALING POWER OF COMMUNITY

Shortly after moving to the country, I decided to raise my own chickens. I began with just three chicks; an experiment that turned out pretty well. I discovered that two were roosters, the other a hen. I had to move my hen to a neighbor's home because the roosters were ganging up on her. The day before I took them to be butchered, I brought them each up to my kitchen, one at a time, and talked to them, thanked them for their companionship and the learning we had shared together, and then I let them each drink a shot of tequila.

The following year I bought 25; the next year 100; and the next year I decided to raise my own, hatching eggs in an incubator while letting those chickens who wanted to "set" raise their own. I also had, by now, a few ducks and two geese who were doing their own thing at their own pace—the geese sitting on a nest of their eggs and the ducks hiding eggs everywhere until they decided to nest. With so many duck eggs and only a few setters, I eventually robbed some of the nests where eggs sat without a setter, and put them under a setting goose. That summer the geese raised the mallard ducks they had hatched in commune with the ducks who had hatched theirs.

It was while incubating and hatching my own ducklings that the healing power of the community was demonstrated to me. My brooding box was in a back room I use for office storage space. (Ironically, their first home, the brooding box, was next to their last home, the freezer.) One day, a chick had somehow jumped out of the brooding box. Being a conscientious parent, I rarely went more than a couple of hours without checking in on them. On the day that the lone chick had broken out of its brooding box, I had checked in just a little after noon, and I found the little chick dead alongside the brooding box. The entire room had been kept at 95°. It did not die of thirst, because they can go nearly 48 hours without water. I could only assume that in the few short hours it had been separated from the others, that it had died of loneliness and fear.

Life and death on a farm exist in each other's embrace. While one egg hatches and produces a healthy, vibrant chick, another produces a cripple that will soon

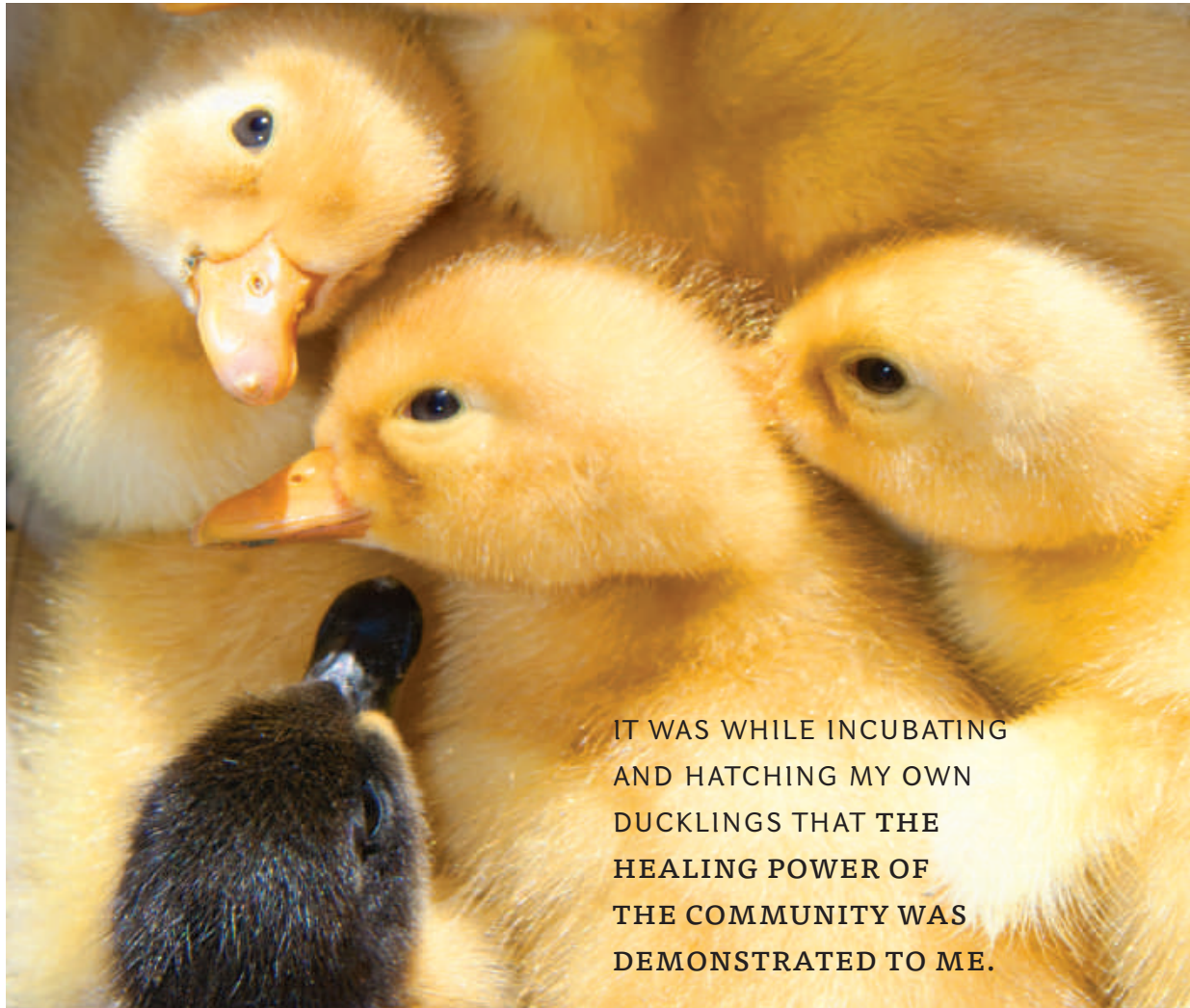
die on its own, or will have to be put down. I learned an awful lot that summer. I learned that some chicks are born with "wry neck." The head is pointed upward and when they attempt to stand, they fall over on their backs. I would take these down to the lake and let them view the world and talk to them and thank them for visiting me, and then wring their necks. It was a difficult job, a difficult lesson. Chicks hatched naturally usually do not have this problem. Wry neck is most often a malady caused by human intervention—hatching them in an incubator.

There were a lot of hard, tough lessons learned that summer. I learned that not only should you not count your chickens or ducks before they hatch, you shouldn't even count them while they are hatching. Many times a chick or duckling will die after making its first opening in the egg. One day, there were eight ducks hatching—eight little beaks protruded through their eggshells. I checked in on them often. At one time while checking their progress, I realized that there were only two ducklings still alive. The others had all died. Maybe the temperature was a degree or two too high; maybe there was not enough moisture. Who knows why? I knew only one thing: It was time to intervene.

I filled a bowl with warm water, and placed one of the live eggs in it and began breaking the shell. I was careful to leave the sack intact because it contains blood the duckling will need to absorb. The second duckling wasn't as lucky as the first. The sack broke and all I could do was soak the duckling's weak body in the warm water and give it warm and tender stroking. I placed them both back into the incubator and watched them. That evening, they could not stand up yet, so I kept them in the incubator overnight. That next morning, before going to do chores, I checked in on the ducklings. When they tried to stand up, they fell over backward. They still could not raise their heads. I decided I would have to destroy them.

While walking downstairs, aware that this was one job I preferred not to do, the thought came to me that maybe I should just put them in with the others, who were less than a week old, and just see what happened.

It was probably just a rationalization intended to put off my distasteful destiny. But I placed them under the




IT WAS WHILE INCUBATING
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heat lamp, and the other ducklings came over and began pecking at them. It wasn't pecking like chickens will do to weaker chickens; they weren't trying to hurt them. I wasn't sure what it was, but it didn't look like it would hurt them, at least no more than I had been planning to hurt them. A pair of ducklings got on opposite sides of one that was lying on its back with its legs in the air and they both grabbed at a foot. Such a sight: two ducklings pulling another's feet in opposite directions, and a third tugging at its beak from the front. I went outside to water and feed the rest of my family, and bring in some of the eggs I collect for friends.

My chores took about half an hour—a perfect way to greet the day. So many lives depend on you, yet they are not so sure about you to come too close. I washed my hands and went in to see if my weak ducklings were still alive. I was secretly hoping they would be dead, and that I wouldn't have to make that walk down to the lake. What I found instead was terrifically moving. Both ducklings were sitting up under the light. The others were huddled together, and every once in a while one would waddle over, examine the newcomers, poke them in the side or

on the neck, and then go back to being a duckling.

I had read books. I had listened to the advice from my stepfather who had been a farmer all his life. I had listened to friends who knew more about raising chickens than my books knew. I was a thinking, rational, intelligent being, stuffed full of knowledge, and there before me sat a group of ducklings who, together, had the intellectual capacity of loose gravel—but who instinctively knew how to perform a group form of physical therapy on the weaker ones.

I learned a lot that summer. I learned about the healing power of the community. And I learned that sometimes, the most we intellectual creatures can learn is that we know so little; that perhaps we put too much emphasis on our intelligence; and that the great spirit of the universe gave us much more than intelligence, free to explore, use, and play with, if only we can dig deep enough inside to find it. 

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Nature

*needs no help,
just no interference.*

—B.J. PALMER