

Neurological (brain based) Chiropractic, Explained

There are two basic approaches of healing today.

First, the current prevailing model is based on the study of sickness and dis-ease. It's the study of symptomatic effects and how to diagnose and treat them, typically with medicine. More natural and alternative approaches are starting to be used as well, however, this is the **REACTIVE MODEL**.

The **second** approach to health and healing is newer and rapidly growing. It is the non-symptomatic, **PRO-ACTIVE MODEL** towards healing, wellness and fitness.

Instead of reacting to symptoms, you actively do things that enhance your natural healing abilities, immune functions, and fitness. Examples:

- Routinely eating more nourishing/nutritious whole foods and reducing your intake of refined, sugar and processed foods
- Occasionally doing a temporary cleansing and detox
- Regularly exercising to increase core muscle strength and balance
- Progressively reducing interference to the function of your nerve system (clearing interference to the system that controls healing in your body)

These two approaches are not alternatives; they are complementary. We all NEED non-symptom, **PRO-ACTIVE** healing approaches. Many of us also need reactive treatment of symptoms and diseases. As chiropractors, we recommend and support all non-symptom, **PRO-ACTIVE** practices.

Defining Health, Healing & Chiropractic's Purpose

Health – the natural expression of a normally functioning body. In other words, health is a body that is working as it was originally intended and where each part of the body are function normally and in proper coordination with each other. Health means perfect coordination and connection between the brain, through the nerve system, and every tissue and organ of the body.

Nerve system – consists of your brain, spinal cord, and nerves leading to every system, organ, and literally every tissue cell of your body

- Purpose of your Nerve system: (1) Monitor your body's ever changing needs and control/coordinate appropriate responses. (2) Control and coordinate all function of your entire body; therefore your life.

Medical Model – based on the study of symptomatic *effects* and how to treat those *effects*. Medicine classifies observed effects into many named diseases or syndromes in order to assign different treatments that change in accordance with new discoveries. Medicine is a symptom and disease oriented approach, focusing on sickness and *effects*.

Chiropractic Model – based on the study of the nerve system and it's role in sustaining health; rooted in the science, physiology and neurology of brain and nerve system function. Its chief concern is interference to the nerve system and restoring *normal*, healthy function. Chiropractic is a process of restoring more function to the body for enhancing all bodily performance.

Chiropractic Uniqueness – chiropractic is *limited* to the science of detecting and analyzing interference to the nerve system, and the art of reducing interference by using gentle and effective adjustments. Chiropractic confines its work to the spine and nerve system. With no tension on the nerve system, each organ and tissue will receive its normal supply of mental impulse from the brain. Normal function, or health, will be the result.

Chiropractic Purpose – progressively free your nerve system of interference and tension so it can more clearly and accurately restore its normal healing capabilities for increased bodily performance, function and vitality.

Essential Contributors to Health

Good health results from several essential factors. These include proper nutrition, balanced physical exercise, adequate sleep and rest, clean air and water, mindset, faith, and release from interferences to the nerve system. If any one of these essential factors is missing or lacked in, your health is compromised.

None of the above mentioned factors of health could replace the need for the others. Adequate sleep and rest do not replace the need for clean air and water. Exercise and nutritional programs do not replace your need for chiropractic care. Frequently, people will mistakenly assume that they can eliminate their need for chiropractic care by participating in exercise and/or nutritional programs. Good exercise and proper

nutrition are complementary to chiropractic care, but they cannot replace your need for chiropractic care.

Chiropractic is the science of locating interference to the nerve system (subluxation) and the art of reducing and correcting that interference. With chiropractic care, your nerve system remains free of interferences and can more accurately and properly organize and coordinate all of the body's function. This is the essential contributor of health.

Interference and tension in the nerve system (subluxations) are caused by the many excessive and/or unnatural physical chemical and emotional stresses in our daily lives. To the degree that you reduce these stresses, you may also reduce new interferences to your nerve system. Through proper nutrition and balanced exercise, you may reduce the frequency and severity of your subluxations. However, in our present modern world, it is nearly impossible to eliminate all causes of stress and subluxations.

As long as you have stress, you have a continuing need for chiropractic care throughout your lifetime. You need both regular chiropractic care AND proper nutrition AND balanced exercise AND adequate sleep/rest AND clean air/water AND grounded mindset and faith for optimal health & wellbeing. These factors complement and enhance each other, giving you a more complete expression of health.

Flow Chart: From Diagnosis of Sickness, to Health and On-going Healing

A medical diagnosis is a classification based on abnormal signs and symptoms ⇨ the abnormal signs, symptoms, ailments and diseases (especially if chronic), are all tied to a stuck neurological (neuro) pattern ⇨ without addressing the stuck patterns, healing will not occur ⇨ if you wish for greater health, you then need a clear and higher functioning nerve system ⇨ the first thing anyone should do, symptoms or not, is address the stuck patterns within your neuro-spinal system ⇨ chiropractic care is about better function, better adaptability, and better bodily performance ⇨ neuro-chiropractic care is a separate and unique need. It cannot be placed or substituted for anything else ⇨ neuro-chiropractic care initiates a corrective on-going process of health and healing; taking effort to begin then little to keep going.

- Stuck neuro-patterns and interference to the nerve system (subluxation) can be measured and analyzed using specific scanning technology parameters via spinal-surface electromyography, spinal-thermography, and heart rate variability. Measuring and monitoring a change in subluxation pattern as a result of chiropractic care is clinically more important than change in symptom intensity.

Enhancing Performance Capabilities: Neurological Chiropractic, a new approach

Chiropractic is a process of restoring function to the body for enhanced performance.

Enhancing overall healing and immune function, enhancing work performance, enhancing athletic performance and performing art ability; these along with an increased sense of well-being are all goals of the new neuro-chiropractic.

Some refinements and differences to traditional chiropractic care are:

- **Non-Manipulative Adjustments:** The emphasis is on the communication of new corrective information with a gentle touch given by hand alone or sometimes a handheld instrument
- **Corrections** don't stop when you get off the table, but continue with your body's movements and breathing
 - This process teaches and empowers your body to make more corrections and healing with ongoing care, with no upper limits

Neuro-Restoration : The primary intent of this work is to progressively reduce tension and blockages throughout the entire spinal system, to release unresolved (stuck) patterns in the neuro-spinal system, and to facilitate the nerve system in **allowing a greater expression of one's healing and performance capabilities.**

In neuro-chiropractic, chiropractic techniques are applied in a new dynamic healing sequence. (1) Initial adjustments help to reduce interference to the neurospinal system. (2) This will empower your nerve system to release old trapped stuck patterns. (3) With ongoing care, your nerve system learns how to adjust itself more effectively.

The results include healing at a deeper level and an ability to enjoy life more fully. We understand that change and healing can be uncomfortable at times as well as pleasant. Your body's inborn wisdom will change only what you are able and ready to change. *This gentle method of healing naturally respects each person's boundaries and limitations as it allows for personal healing and growth.*

QUESTION: Why would I want to benefit from neurological chiropractic care?

ANSWER: Just as it takes time for health issues to develop to the point of pain, symptoms, and limitation... it also takes time to progressively reverse a lifetime of developed spinal problems. Pain and symptoms are the tip of the iceberg, usually the

last thing to appear and the first thing to decrease in the corrective healing process. The everyday stresses and demands of today's modern world are unrelenting. We do a lot of repetitive motions in our daily activities, and we do excessive amounts of sitting in one position. We are also exposed to an ever-increasing abundance of toxins in our foods, water, and especially in our air and environment. Worst of all, the cumulative time demands, work demands, money demands, relationship demands, etc. are unending and unrelenting. **All these things, together, cause new neurological stressors and limit our body's ability to function, heal, and perform optimally.**

A New Healing Environment: a look inside the clinic

"Our purpose is to enhance your healing and personal growth process"

The new environment encourages a speedier clearing of the nerve system and offers greater benefit and satisfaction for our practice members.

We have created the group-healing environment for YOU... (Not joking). A remarkable phenomenon has been observed in the development of neuro-chiropractic. When two or more practice members are receiving their adjustments and nerve system clearings in the same room at the same time, amplified healing occurs. These amplified responses are further increased proportionately to the number of practice members being adjusted at one time. The more practice members in one room, the greater the responses.

"But what if I don't like this concept of open adjusting or group healing?" We understand that new and different ways can be uncomfortable at first. Please keep an open mind. Let's weigh the advantages of an adjusting-studio and group-healing with the advantages of a private room. If you still wish to be seen in a private room, we will absolutely do so.

Advantages of open adjusting and group healing:

- Allows your chiropractor to maintain rapport with you while your body processes each of the adjustments
- Creates a center of enhanced healing energy which empowers your adjustments
- Encourages deeper breathing and greater movement, an integral process necessary to reduce inappropriate old patterns locked in the nerve system
- Sets the stage for greater receptivity for the next adjustment
- Accelerates the healing process • Is conducive to collective growth as well as individual growth
- Produces a warm, nurturing and loving ambience

What Now?

Awaken Life Chiropractic offers two services. We offer our local private practice for you and your family and our group-pricing wellness packages for inside the workplace.

We believe that health care is a fundamental right, a common good.

We believe that today's health delivery model(s) make true health care and healing hard to access. Time, cost, and travel are the three biggest barriers people face and we want to help eliminate that. Our mission is to create more accessible and convenient health care.

We need to be the change we wish to see in this world. Innovative health solutions need to start where most people spend a majority of their time... inside the workplace.

It's evident that we are in desperate need of better health and wellness benefits. Something that can also attract and retain better talent.

When your employees feel like they are valued, and that their wellbeing is truly cared for, they become more loyal, hard working, and fulfilled in their jobs and while at work.

At Awaken Life Company (ALco.) we have one goal — deliver world class health solutions inside the workplace.

ALco. brings neurological (brain based) chiropractic into the workplace as an on-site employee benefit.

We help companies cut costs and save money by maximizing employee health, safety, and performance.

Curious how we are reimagining health care?

Curious to see the benefits and results available for you, your family, or your company?

Let's connect! info@awakenlifecompany.com

If you're ready to create a customized on-site health experience to keep your workforce healthy, safe, motivated, and engaged, we look forward to connecting with you.