

When It Comes To Your Health, What Do You Believe In?

One of the most annoying things happened to me the other day and I thought it would be a good topic to write on. I was in the mall and I saw a woman struggling up to the counter holding some bags and wearing a back brace. Immediately my chiropractic mindset prompted me to offer her one of my cards and try to help her out of her current condition and into a better one. To my astonishment she snapped back, "Thank you, but I don't believe in chiropractic." To me, this reply holds with it the primary problem with the way the masses look at health care.

For the past 10 years, I have dedicated myself to studying and understanding alternative forms of health care. I realize that conventional medicine is mostly symptom based disease care, where the primary focus is placed on the disease and not on the person who has it. This has been, and always will be, the major downfall of allopathic medicine. No matter how many times doctors and scientists think they have a cure or antidote for a specific virus or disease, the side effects of the treatment are often times as bad as the disease itself, or the virus mutates to cope with the artificial defense and usually becomes even more aggressive and powerful. These trends can be seen in the application of antibiotics as the cure-all for most types of ailments. By the overuse and abuse of antibiotic prescriptions in the USA, some of the target bacteria have mutated into stronger more resistant strands. Because we did not let the body naturally form its own antibodies to fight the infection, we are left with an underdeveloped and deficient immune system. Vaccinations are another accepted practice in mainstream medicine, yet the logic behind them must be investigated. What you are doing when you get vaccinated is injecting a weakened or dead form of a virus into your system to enable your body to start to develop antibodies. Later life, if you run into that virus again, your body will already have the basic blueprint for the manufacturing of a specific antibody. It all sounds like it makes sense, except when you realize that many times the vaccination is the *cause* of the disease itself. In a startling statistic, 83% of all polio cases in the USA for the past 10 years were directly caused by the vaccination itself. And every year innocent babies are dying directly due to vaccinations for diseases that are no longer a threat. Research has pointed out that the decline in many of the worldwide epidemic diseases of the past was due to advances in hygiene and an understanding of sterilization. Yet all the credit was gobbled up by the vaccinations and the men who made them. So now, after a few generations of mandatory vaccines we, as a society, are faced with a new, most deadly condition - immune deficiency. Did you ever think that maybe we are supposed to get childhood diseases such as chicken pox, mumps, measles, and the flu. Maybe we were supposed to get these diseases in full

force so that we could develop a strong defense. These diseases would be like workouts for our immune system each time leaving it stronger than it was before the disease, and in effect helping the immune system to mature.

That is the problem with the views of the masses. They're focus is off. People have to stop looking for the magic bullet and chasing the shadows of diseases. They have to stop treating they're symptoms, looking for the quick fix. The NEW focus must be on strengthening the body and letting the magnificent marvel of the human machine work to its prime efficiency. Don't concern yourself with lotions or potions, but live healthy with sound nutrition, exercise and mental power. The germ theory is dead. Germs don't cause disease; an individuals susceptibility to the germ allows the disease to manifest. Two people can be exposed to the same germ and only one will develop symptoms. If germs alone was the important variable, then whoever came in contact to that germ would get the disease. But it doesn't work that way. There is an X factor called the human immune system, and when it is working properly, has a much greater chance against any disease it faces.

Chiropractic and the holistic philosophy are not something you do or do not believe in, like the tooth fairy. Within its practice lie the principles of health and homeostasis, prevention and wellness. By strengthening the body you will help get closer to it's unlimited potential and allow you true self-healing power to shine through. Thomas Edison said a mouthful when he proclaimed, "The doctor of the future will prescribe no medicines, but rather concern his patients on the importance of diet, the structure of the human frame, and the care and prevention of disease."