

Chiropractic: Subluxations and stress

Since the central nervous system is so vital, the body has wisely built in a system of protection. Around the brain we have the skull, or cranial vault, and around the spinal cord is a system of protection for the spine -- 24 moveable segments which have the dual role of protecting the central nervous system and providing the axis for the entire musculo-skeletal system. The very thing that is designed to protect the spinal cord can actually interfere with it, due to misalignment of the spine, or vertebral subluxation.

All subluxations are caused by stress that overwhelms the body's resilience and coping ability. Physical stress can occur as the result of a car accident or slipping on an icy sidewalk, improper posture, occupational trauma, or birth trauma. Emotional stress can be the result of significant emotional trauma or the inability to adapt to a stressful situation. Chemical trauma can result from the use of prescription or illicit drugs, inadequate nutrition, or environmental toxins. By interfering with the central nervous system, vertebral subluxations interfere with normal function, reducing your body's ability to self-regulate, adapt, and heal.

Health, then, is truly an inside-out phenomenon. Most therapeutic interventions are designed to speed up or slow down function. The chiropractic goal is to normalize function. By correcting vertebral subluxations, the chiropractor removes a significant impediment to nature's inborn ability to heal.