

THE CHIROPRACTIC ADJUSTMENT

By Dr. Derek Conte

The things that make Chiropractic and chiropractors unique in healthcare are the way chiropractors view and analyze the body and the means by which they help the patient recover: the Chiropractic Adjustment. The specific, directional force applied to the spine or extremities to restore the proper alignment and normal function of the body.

The adjustment should be quick, light and painless. In some cases it may take the form of slow, steady pressure. The goals are the same: to restore balance and symmetry on a structural level and, therefore, the restoration of normal neurological function between the brain and the body.

What happens when this is achieved? The nervous system controls all other systems in the body (cardiovascular, endocrine, muscular, respiratory, digestive and even the immune systems). It controls them by sending very precise, perfectly-timed electrical and chemical messages to every muscle, organ and gland in the body to make them work faster or

slower according to the body's need in that particular moment in time.

The nervous system also transmits signals from the body to the brain in exactly the same way for evaluation. After careful assessment of these messages, the brain responds with subtle changes in its outgoing messages to correct for any environmental changes the body is experiencing. It is a symphony of such complexity and beauty that the better one understands it the more truly awesome it seems.

When the structure is lost, due to accident or injury, old or new, the proper brain-body communication is compromised and function is also compromised. This leads to pain, illness and disease. The body is a totally self-regulating organism driven by the force of life to heal itself and to thrive. The mission of Chiropractic and the chiropractor is to restore the structure and normal function of the body and bring to it a vibrant health by way of the

Specific Chiropractic Adjustment.

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