

## The Governing System of the Human Body

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There are eleven different generally recognized organ systems in the human body. You can see them in the list below. This is what chiropractic and medical students are taught in professional school. This has a tendency to lead the prospective doctor to think each system has to be treated separately and discreetly. But is this the best way to help the patient? Do they require eleven different adjustments, herbs or medications for every system to restore health?

One of my favorite professors in school was Dr. Gutstein. Being in his physiology class was like being with the professor in the movie, *The Paper Chase*, with Professor Kingsfield! Dr. Gutstein would ask you an obscure question about, let's say, Prinzmetal's angina, and if you could not explain the physiology of it, you were roundly admonished.

If you couldn't answer his queries adequately you were told "to drop out of school and be a beautician!" Many feared Dr. Gutstein, but I LOVED his class. I took it as an exciting challenge, studied hard, and I got an "A".

So why do I mention Dr. Gutstein? Because he once asked another challenging question: "How many systems are there in the human body?" Well, we were all taught the multiple systems in the body, so many hands were eagerly raised up to finally answer a question in the class without fear. The first person said, "Nine systems". The next person said, "eleven systems". Then, Gutstein boomed: "BULLSHIT! There is only ONE system in the human body... all systems work together as one and they are governed by the nervous system!" Chiropractors are not doctors of the bones; we are doctors of the nervous system.

The class was silent as they took in the truth of what the professor said. We knew from our training the brain moves the muscles via nerves; that nerves signal the release of digestive juices and the muscular movement of the intestines; that nerves make the lungs breathe, the heart beat and control the diameter of vessels; that nerves attach to every single hair on our bodies and cover every inch of our skin; that nerves signal the production of sperm, the dropping of the egg and the timing of cycles and pregnancy via their control over hormones; that nerves attach to immune system centers... even our bones are innervated!

It is important for all of us to expand our thinking... to step back from the millions of details that can overwhelm us and see the simple synchrony, the elegance of life... to see the perfection of the greater design and use that point of view to guide our understanding, our lives and our health.

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