

By Dr. Derek Conte

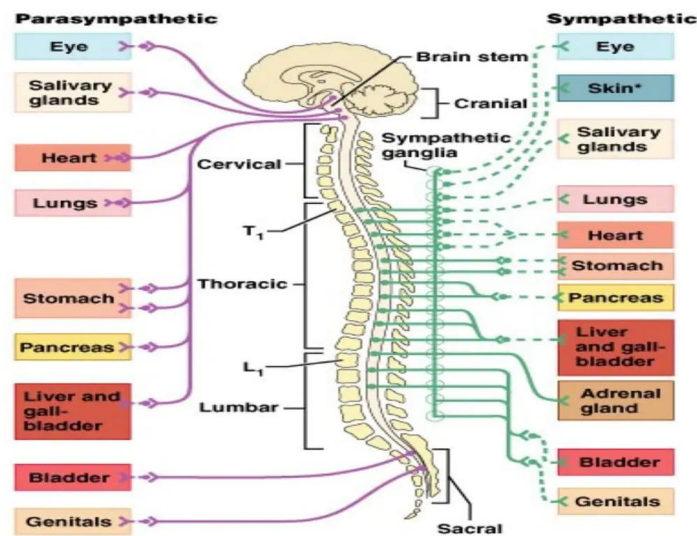
People are becoming increasingly concerned about the side-effects caused by prescription medications. Some medications can extend or even save lives, but there is usually a trade-off involved in their use. This is to be expected. Pharmaceuticals are based in chemistry and made from chemical mixtures. The human body is a natural sea of chemistry. If we introduce new chemicals into the body we alter our natural chemical makeup, and organs like the kidneys and liver are required to clean up the excess and can be damaged over time.

Chiropractors, Naturopaths and other naturally-based health practitioners do not prescribe pharmaceutical medications in the care of their patients. Instead their focus is on the philosophy that the body is a self-healing organism and that the body's natural chemistry should be sufficient to maintain good health. Naturopaths use herbal remedies and supplements for this purpose and Chiropractors utilize their knowledge of the nervous system to reach their goals with the patient.

It must be understood that the nervous system controls every muscle, organ and gland in the body, every single tissue, down to the little hairs on your arms. This starts with the brain receiving information about all tissues from moment to moment, assessing that information and, when necessary, sending new commands down the spinal cord and nerves that connect to those tissues for regulation. This process by the "Autonomic Nervous System" (the ANS for short) allows us to maintain an harmonious balance called 'homeostasis'.

The Chiropractor's job is to detect and correct malpositions in the spinal column or the extremities that would cause a derangement of the neural signaling between the brain and all of the body. Often the areas of pain and stiffness in a patient correspond with the very nerves which feed an organ or muscle that are the problem. Though we do not "treat" or "diagnose" diseases per se, the simple correction of spinal malpositions frequently improves or eliminates problems.

Below is a chart showing the Autonomic (think automatic) :



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