

CHESTNUT—WELLNESS

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A wellness chiropractic practice must then, to be valid, address both vertebral subluxation complex and the concepts of purity and sufficiency and toxicity and deficiency of lifestyle. Surely even with reference to vertebral subluxation complex there is a need to address the lifestyle causes (the deficiencies and toxicities) and the lifestyle choices that support spinal health (sufficiencies and purities) in order to provide the best available care. Failing to do so is equivalent to a dentist not mentioning the importance of brushing and flossing teeth and avoiding sugar. Could this not be considered negligent?

Additionally, if we are to be consistent with the premise that the body always adapts intelligently to stressors we have to assume that the intelligence of the body creates the scar tissue adhesions associated with subluxation complex as the best possible way to

adapt to stressors — toxicity and/or deficiency in the environment (chronic bad posture, traumas, etc). If we change this adaptation with adjustments and do not remove the environmental stressors are we not acting in contradiction to the premise of trusting the innate intelligence? If we change the body's response do we not also have to make the appropriate change in the environment in order to remain congruent?

I have heard it argued that chiropractors should just refer out to other practitioners for all wellness matters not directly related to vertebral subluxation complex. This is problematic for several reasons. First, if one chiropractor can offer wellness care in a program that does not necessitate more time spent with each patient that chiropractor will by physiological definition get better results than a chiropractor who does not address such issues.

For example, if a patient who is deficient in EPA/DHA omega 3 fatty acids comes to a wellness office and is informed about the need to supplement they will get better results in terms of

health (and usually symptom) improvements than a patient who is deficient and does not get advice to supplement even if the chiropractic adjustments are exactly the same. This is true for all deficiency and toxicity. How can your patients get the same results as mine if your patients are not getting what they need in terms of raw materials and are more toxic? They can't! For both patient care and practice building reasons it would seem logical to provide the best care possible per unit of time spent with each patient.

Second, the reality is that there is nobody to refer the patients to. No other profession operates within the wellness paradigm and no professionals, including chiropractors, are trained as part of their formal education to assess toxicity and deficiency and purity and sufficiency with respect to all the necessary lifestyle raw materials required for the innate genetic expression of health and homeostasis. Naturopaths, homeopaths, nutritionists, and physiotherapists are all trained within the allopathic paradigm. Some may use natural rem-

edies instead of drugs but if the intent is still to treat diseases or symptoms then regardless of the remedy it is an allopathic not a wellness intervention.

As I often say, people do not have liver function problems because they are deficient in Milk Thistle or suffer from colds and flus because they are deficient in Echinacea. Whether or not these things may be effective treatments is irrelevant, neither address the root issue which is toxicity and/or deficiency. As long as these are left unaddressed, regardless of symptoms or signs of disease, homeostasis and health are not possible.

This brings up another interesting question. Is adjusting vertebral subluxation complex and doing nothing else allopathic? Certainly we can all agree that vertebral subluxation complex represents adaptive physiology that is non-homeostatic in nature. In other words, vertebral subluxation complex represents a stressor, it represents toxicity (tissue changes, nociception) and deficiency (proprioception). If one focuses entirely on correcting vertebral subluxation complex and does not address the lifestyle factors that are required to promote a healthy neuromusculoskeletal system and prevent future vertebral subluxation complex does this not represent an illness focused practice?

Understanding the holistic nature of health and homeostasis makes it absurd to think that the neuromusculoskeletal system can remain healthy or become ill independently of the rest of the human ecosystem. The very lifestyle factors that are required for the innate genetic expression of a healthy spine or healthy cells of the spine are the exact lifestyle factors that are required for the innate genetic expression of health in the rest of the cells, tissues, organs, and systems of the human ecosystem.

These truths are what make The Wellness Practice™ principles so simple and easy to implement in practice. There are some basic lifestyle raw materials that all humans require in sufficient amounts. Similarly there are some basic environmental or lifestyle stimuli that are toxic to all humans. Genetically our lifestyle or environmental requirements are virtually identical — we all require the same raw materials and we all are affected by the same toxic poisons! This is the foundation of discovering the truth about the source of all health and the cause of all illness (lack of health) that is introduced in detail in *The Innate Diet™* book and is echoed throughout the entire Wellness Practice™ program.

The "science of wellness", the paradigm of wellness that The Wellness Practice™ is founded upon is that health is an innate, genetic, natural state that is inevitable when pure and sufficient lifestyle choices are made. The simple yet so elusive secret to health is to live congruently with your innate genetic lifestyle requirements. The "science of wellness" is discovering what these innate genetic lifestyle requirements are. This is the very research The Wellness Practice™ program has compiled and made practitioner and patient friendly.

The "practice of wellness" is taking these concepts and applying them to every patient and arming them with simple, easy lifestyle options that are congruent with their innate genetic intelligence. The results are inevitable and

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