



# VIEWPOINT

## "Cafeteria" Chiropractors

**Brett L. Casanova, B.S., L.C.P.**

Something that is often heard in chiropractic, especially regarding "Straight" chiropractors, is that they are holding the profession back; that they are preventing the "modernization" of chiropractic. I have always found this concept to be flawed, but even more so the last few weeks. As I am sure many of you know, the Catholic Church lost its leader, Pope John Paul II, this past April. As you also know, there has been much coverage about him, his life, and his Pontificate.

A key theme that I heard consistently was the fact that he was such a modern Pope. Upon hearing this, I thought to myself "this Pope was modern?" I guess I missed something. But the more I thought about it, saw more coverage, and read more, I figured out what they meant. Pope John Paul II used modern conveniences, modern technologies, but remained true to his beliefs, and most importantly his principles. He was the most traveled Pope ever, obviously made easier by the modern technology of flight. He used the internet to spread his message to

the younger generations. He used the media to aid in his, and thus the Church's visibility. He used every modern technology he could to spread his principled, "conservative", message.

This is what we should be doing in Chiropractic. Modernizing does not mean you have to abandon your principles. We should be using modern technologies to spread our message, to spread the message of Chiropractic. What is modern today will be old tomorrow, but true principles never age. If they are founded on a sound premise they will never be outdated.

Another important concept to be learned from the now deceased Pope, is his description of "cafeteria" Catholics, for we have this same phenomena occurring in our profession today. The Pope referred to those who picked and chose what they would follow in the Church, rather than following all of the principles, as "cafeteria" Catholics.

How true is this of Chiropractic today? Many pick and choose what they will follow from the principles. They develop "their" Chiropractic philosophy, just as they would pick and choose what they want to eat at a cafeteria.

The problem is that if one doesn't follow the principles of Catholicism, or Chiropractic, one isn't a Catholic or a Chiropractor.

This doesn't mean that everyone will practice the exact same way, that everyone will only do HIO, or only Gonstead. But it does mean that we recognize the existence of a subluxation, that we recognize that we adjust it specifically, not grossly manipulate it. We do not treat disease, but we remove nerve interference to correct the cause of all dis-ease. I could go on for hours

on this topic. There IS a philosophy of Chiropractic. No need to spend years "finding" it. Just pick up a Green Book, Stephenson's (Volume 14) is a good start. It's truly as simple as that!

**BRETT CASANOVA, B.S., L.C.P.** will soon be graduating from Palmer College of Chiropractic and joining her parents in a new practice in Marietta, Georgia. A keen student of chiropractic philosophy she received her Legion of Chiropractic Philosopher's credential (LCP) in 2005. She has served as President of the Palmer Student ICA from 2003 and as Chair of the Student ICA Congress from 2004-2005.

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