



## THE WELLNESS PRACTICE

# Wellness and Chiropractic: Oxymoronic, Redundant, Synonymous, or Simply a Perfect Marriage?

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Is wellness chiropractic a redundant term: Is it an oxymoronic term (like holistic allopathy)? Or, are all chiropractors inherently wellness doctors and the practice of wellness and chiropractic synonymous?

The answer to all the above is a resounding no! The truth is that wellness and chiropractic have distinct meanings but share enough philosophical and/or paradigmatic constructs that they have the potential to form a perfect marriage. In reality it is most accurate to state that chiropractic can be practiced within the wellness paradigm very easily and, furthermore, that chiropractic is the most suitable profession to deliver wellness care to a public that is literally dying for it.

Clearly wellness and lack of vertebral subluxation complex are not synonymous. However, and equally clear, is the fact that it is not possible to be well if vertebral subluxation complex is pre-

sent as vertebral subluxation complex represents a non-homeostatic state or a state of adaptive physiology which makes a state of wellness impossible.

Chiropractic is a necessary component of wellness care but not the only component of wellness care. Wellness care, by definition, has the goal of moving toward or attaining homeostasis in body, mind, and spirit. This can only be accomplished through pure and sufficient lifestyle choices and the removal of toxicity and/or deficiency from the lifestyle. Wellness practitioners then must have a thorough understanding of what a pure and sufficient lifestyle represents. They must have knowledge of what raw materials the innate genetic intelligence requires and they must have knowledge of what environmental stimuli are toxic to the innate genetic intelligence. This is the very foundation of The Wellness Practice™ certification program — to provide practitioners with the necessary information and training to become wellness experts.

So, all chiropractors are not wellness practitioners. It is possible to practice chiropractic and have as your sole goal the removal of vertebral subluxation complex and not to address other toxicities or deficiencies and not to provide information about purity and sufficiency. This would not make you less of a chiropractor, it would, however, by definition, make you less of a wellness doctor.

This raises an interesting question. Is being a wellness doctor congruent with the paradigm and philosophy of chiropractic? The answer is a resounding yes! Not only is chiropractic within the wellness paradigm, addressing wellness lifestyle choices was described as part of chiropractic practice in the earliest chiropractic texts. Furthermore, the context in which this is discussed is in perfect alignment with the major premise of The Wellness Practice™ program.

As an example, *The Chiropractic Textbook* by Stephenson (1927) states that "...nutritional hygiene is not dieting but common sense. It is simply the restoration of normal and natural environmental conditions." In other words, nutrition, within the chiropractic wellness paradigm, should be based on providing nutrition that is congruent with the innate genetic intelligence.

In relation to exercise Stephenson states that "Any part of the body, whether muscles or any other part, requires a certain amount of movement daily, in order to get its share of survival value." To paraphrase, humans require daily movement and activity stimuli that are congruent with our innate genetic intelligence in order for the

innate genetic intelligence to be able to regain and/or sustain homeostatic physiology. This not only mirrors the literature in the most respected physiological journals in the world, it also exactly mirrors the concepts espoused in The Wellness Practice™ program.

Think of how long ago Stephenson wrote his text and compare the quotes above to the following quotes from a recent article published in *The Journal of Applied Physiology* — the world's leading journal on human physiology.

*"We speculate that genes evolved with the expectation of requiring a certain threshold of physical activity for normal physiologic gene expression, and thus habitual exercise in sedentary cultures restores perturbed homeostatic mechanisms towards the normal physiological range."*

*"Exercise induces normal expression of the genome."*

*"Physical inactivity produces an abnormal gene expression and is a direct causal factor of most chronic health conditions by its direct alteration of gene expression from a normal phenotype to a preclinical or clinical phenotype."*

The more I read the early chiropractic texts the more impressed I become with the genius of our paradigm and those that created and developed it. Much of the early chiropractic writings are truly prophetic and it is incredibly sad that this is not more widely recognized both within and outside the chiropractic profession.

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