

## Think Laterally, Not Within!

Boundaries between the healing disciplines of chiropractic, like political boundaries, are of human design and do not exist in nature. These boundaries belong to the middle ages, not to the new age when a re-integration of human knowledge and culture is necessary. We as doctors of chiropractic need to get in touch with the ever evolving world that we live in and not be satisfied with the status quo of historic perspectives. Chiropractic is much more than just adjusting the spine or extremities. It involves extremely complex sets of interactions that we, as primary health care providers, must be aware of and be prepared to meet during the next few years.

I have used the expression, "chiropractic way of life," a number of times and some have taken exception to it. This is very interesting because everyone who has objected or been critical of these words is either not in practice, never or rarely ever gets adjusted, or is disgruntled with chiropractic for whatever reason. My retort is, "Well, get used to it. If you really believe in chiropractic and the subluxation complex you should embrace the chiropractic way of life as if it were your own child."

The components of the subluxation complex:

1. kinesiopathology
2. neuropathology
3. myopathology
4. connective tissue abnormalities
5. vascular implications
6. inflammatory conditions and states
7. histopathology
8. biochemical abnormalities and nutritional considerations

The above components can and do harmonize the functions of the body by modulating, through afferent input via the dorsal horn, the thalamo-neuro-endocrine immune functions of the human body. This strengthens the individuals overall resistance by stimulating the nervous system's ability to deal with all dysfunctional components of the subluxation complex.

The role of poor dietary habits and stress and emotion on the neuromusculoskeletal-neuroendocrine-immunological function is very well known. For more information on the dysfunctional aspect of these topics see DRS Systems' course on "Pain and Chiropractic on the MPI Preferred Reading and Viewing, and the work of Dr. Hans Selye. The pathogenesis of many other diseases, including causes or perpetuators of the disease known as the subluxation complex, are discussed in both the aforementioned texts. It seems feasible that increased neuro-endocrine-immunological competence improves the quality of all tissues so that they can sustain the effects of external and internal stressors better (micro and macro trauma, lactic acid, potassium ions, PgE2, LtB4, GAGS, histamines, 5-hydroxytryptamine, and bradykinins).

Diseases and the subluxation complex generally have two major causes: 1) They can arise from physical, biochemical or biological reasons and the imbalance of biomechanical functions, the various components of prime movers and antagonists of the physical being. Treatment involves

mainly manual adjustments to all the aspects of the subluxation complex including the nutritional considerations of the pro-inflammatory state. 2) Diseases and subluxations can arise from the limbic system, from the effects of the innumerable causes of stress and resultant sociopsychological status of the patient. These may be occupational, problematic relationships, emotional difficulties or nutritional in nature. Treatment will include, or may demand a change in lifestyle and attitude as well as chiropractic adjustments and dietary corrections. Most disease conditions, including the disease we call the subluxation complex, involve nutritional, physical and limbic (sociopsychological) system driven components and require treatment in order for the patient to become subluxation free.

The essence of good health through the chiropractic way of life is a function of the application and acceptance of healing through integration of all the parts of the subluxation complex: faith in the doctor, love of oneself (disease can be a lack of love or caring for oneself and one's physical body), and an understanding and devotion to the treatment program. Disease or subluxation may be a sign of a wrong action in life, but it can also be an indication of the body directing its energy within (limbic system). Either way it requires a comprehensive look into our daily lives and lifestyle, the foods we eat, and the stresses of our jobs and home life. These are the fundamental basis of understanding and resolving any disease when coupled with the subluxation complex. It is worth restating that the adjustment has its major effect on the kinesiological component of the subluxation complex followed by the neurological and muscular aspects, but we cannot ignore the other components of the subluxation complex or the patient will most assuredly get temporary results.

Chiropractic health care, through the restoration of the component parts of the subluxation complex, is a lifetime commitment to reading, learning and mastering the development states of self-knowledge by the treating doctor based on "having been there before." Consider this quotation by Robert R. Magee, MD:

Diagnosis

*I knew what was the matter with him  
as soon as he walked into the room  
Don't ask me how  
I knew.  
Before he said a word or asked a question.  
Before I examined him.  
The look on his face, the way he walked.  
It must have been something,  
because I knew at once.  
But don't ask me how.  
Tests, x-rays, scans  
help.  
The pattern that mimics the textbook  
helps.*

But there is no substitute for having been there before. If you have seen the beast you will recognize him.

Each time you treat a patient keep this quotation in mind.

For disease to become understood it must be examined in this light. We must therefore not just treat the pain/complaint/disease, but use the pain/complaint/disease and their course, from

inception to end, as a tool for understanding the preventive aspect of chiropractic care. Patients and the cause of their subluxation complex must be treated on an individual basis. In other words, the doctor of chiropractic must know multiple diagnostic procedures and be prepared to employ them as indicated by the case history and ongoing examination process. The adjustive procedures that one chooses to employ is of course up to the individual doctor. According to the ACA Council on Technique there are in excess of 100 techniques in the chiropractic profession. It should be obvious that no one technique or system will be of benefit to all patients, as no two patients are exactly the same.

This is the art form of chiropractic and reveals the expansiveness of the chiropractic vision, not some inconsistency within it.

Think laterally, not within!

*Keith Innes, DC*  
*Scarborough, Ontario*  
*Canada*

APRIL 1995