

Rosen Chiropractic

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CHOICES, CONSEQUENCES, AND THE POWER OF CHIROPRACTIC

Every waking moment we are bombarded with *choices*. Every *choice* has a *consequence* or *effect*, and every consequence to some degree makes up our present and affects our future. For example, we have choices as to whether to get out of bed today or not, to wear blue or red shorts or long pants, to eat food that supports health or foods that support disease. We choose to exercise or not, and if we do exercise we choose ones that either hurt us or ones that support us, i.e., rugby vs. walking or swimming. We choose to lift correctly or incorrectly. We choose to think happy, uplifting thoughts usually related to appreciation which physiologically increase and bolster our immune system and over all health; or, we choose negative thoughts usually related to blame or guilt which physiologically decrease our immune system and overall health. If we examine our present life, life style and overall health and well being, we can see that there is very much a cause and effect relationship between the choices we've made (and those we chose not to make) and the continuous consequences or effects of those choices.

It's almost as if our present life, lifestyle, and overall health are a *mosaic* of *consequences* and *effects* of all of our previous choices. If we want a different *future* we must begin to make different choices in our *present!* We've all heard, "If you continue to do the same thing, you'll continue to get the same response." I often times say, "If you keep banging your head against the wall you'll continue getting headaches!"

Obviously you can see that your *present* choices affect your *future* in relation to finances, relationships, etc. I want to focus on the choices we make relating to our health. We need to understand that physiologically speaking we are a *stimulus response* organism. For example, stepping on a nail is a stimulus, pulling our leg up and screaming "ouch" is the response. Every function that occurs in our body, and therefore our overall health, is based on this *stimulus response* function. Stimulus response is a scientific way of saying *choice* and *consequence*, or *cause* and *effect*.

Let's assume when little Suzy was 10 years old she *chose* to dive into a pool. Unfortunately she didn't realize it was the shallow end and she hit her head. When her head hit the bottom of the pool, the *physiologic response* to this *stimulus* was contracting or tightening of her neck muscles to protect her neck and spinal cord.

This response was *very* appropriate because there was a clear danger of hurting or even breaking her neck. The "subcortical" or "subconscious" or "non-thinking" part of the brain is the "response" part of the brain and it always chooses to protect you and to continue life. And in every response there is a trade off, i.e., contracted neck muscles will lead to a sore neck, but in this case may save her life, so this part of the brain always chooses life. Now Suzy gets out of the pool and she realizes that her neck is sore and tight. Her body went into "defense physiology" and her neck muscles are remaining in contraction to protect her. In a sense, that part of her brain said, "OK, I'm ready for the next time you hit your head on the bottom of a pool."

The problem is if her brain is not *updated* with new information, i.e., "I'm safe now and I'm not hitting the bottom of a pool," it will continue to cause her neck muscles to contract. (The physiology as to why and how our brain stays in "defense physiology" is interesting but is more detail than we need to address in this handout.)

Let's assume little Suzy's brain is not updated and the *defense physiology* continues. By the time she is 12 years old, Little Suzy has chronic neck pain and headaches. She can't focus well at school and her grades go down hill. Her doctor tells her to take aspirin when the headaches are bad. By the time she is 15 years old she is considered a "problem child" at school and everyone including her thinks she is "just stupid." The aspirin has been eating away at Suzy's stomach and she now has severe digestive problems. Suzy's doctor recommends more drugs, which of course have more side effects. Suzy's dreams of being a rocket scientist are lost because of her bad grades, so she ends up with a miserable dead end job, and addicted to "prescription drugs" to alleviate a myriad of symptoms.

Obviously we can see how Suzy's life was seriously affected by this one stimulus response. From my perspective the problem lies with our society. We are more focussed on the "response" than the stimulus, or the *symptom vs. the cause*. If your computer is printing "nonsense," don't try to fix the printer; change the input into the computer. You

know- garbage in, garbage out?

In our society and model of health care we are looking for the quick fix of the *symptom* versus looking for the *cause*. In **Chiropractic** we look for the *cause*. Change the *stimulus*- and get a different *response*!

We need to understand that most all of us are in “defense physiology” to one degree or another, and it absolutely affects our life and our future. If you’ve ever noticed you have tight, tense muscles that just don’t seem to relax; if your shoulders are up by your ears; if you jump when there’s a loud noise and others around you don’t; if you have a high shoulder or hip, tilted or rotated head, or your posture is “hunched;” ***you have defense physiology***. If you have defense physiology you most likely are “subluxated”. As noted in previous handouts the subluxation is the body’s physiologic response to stress it couldn’t deal with appropriately.

The three types of stressors causing subluxations and defense physiology are:

- 1.) Mental or emotional stress
- 2.) Chemical stress (foods, drugs, chemicals, poisons, etc.)
- 3.) Physical stress (birth process, falls, injuries, repetitive motion, i.e., sports and jobs, etc.)

Our brain is constantly being updated with information. There are approximately 300,000 impulses per second coming into our brain from our five senses. The problem is, if we are subluxated, or in defense physiology, the information coming up to the brain is ***altered*** and therefore our ***response*** to this information may ***not*** be appropriate.

We all like to pride ourselves on knowing the “truth” of what “really happened” and being able to respond to life from this place of clarity and balance. The truth is, by the time new information coming in through our five senses gets to the brain, this information has already been filtered through our neuropeptides, (molecules of emotion), at our ***dorsal root ganglia***, at our nerve roots and at the meninges covering our spinal cord. We already have ***decided*** how we “feel” about or “think” about this information in relation to all of our past experiences ***BEFORE*** it even gets to the brain. Our only chance of perceiving reality and making appropriate choices and decisions in our present, thereby defining and sculpting our desired future, is by being ***free*** of ***defense physiology*** and ***free*** of ***subluxations***.

The real power of the chiropractic adjustment is not relieving neck or back pain. It is by removing the subluxation, thereby allowing the brain to find the tension or defense physiology and reset and re-update the body. This allows us to have a new normal resting state. Then and only then can we truly perceive reality and our surroundings and respond to life appropriately.

Imagine the difference it would have made to little Suzy and all the lives she touched had she got a chiropractic adjustment instead of an aspirin!

Look at your daily choices; choose ones that support peace, love, joy, happiness, passion and life. I invite you to make chiropractic one of these lifestyle choices. After we correct the acute spinal problems, get regular spinal check-ups just like you brush your teeth and get regular dental check-ups.

Enjoy the Process Enjoy the Journey Tell a Friend

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