

## Chiropractic Wellness Care - A Powerful Philosophy

*-Where does the power to heal come from?*

*-Where does health come from?*

The answer is very simple, and most people know it innately.

### **It comes from within you.**

There is an innate intelligence inside you, a vital force that organizes, controls, and regulates all of your body's functions and abilities. It has been given many different names in different cultures. Some would call it chi, ki, prana, life force, energy, spirit, or soul, but they are the same thing in essence. It is this power that directs cells to heal themselves or be replaced, determines your heart rate in various situations, controls muscle regeneration, or provides symptoms when other action is required. It gifts us with the ability to adapt, to learn, to grow, and to evolve.

### **Innate intelligence is the motive force that absolutely must be present at all times for life to exist.**

It is this energy that is responsible for your healing. It is responsible for your full expression of health. It is directly responsible for your full expression of life itself. This philosophical construct is known as **vitalism**.

Life is full of experiences. If they are viewed negatively we tend to call them stress. Every experience that you have provides the opportunity for you to adapt to that experience as a part of the dance of life. Whether or not you are capable of that adaptation and growth

is determined by your expression of the inner power that resides within us all at that time and place.

Chiropractic wellness functions by increasing the energetic expression of each person through the process of the adjustment. Stresses are not lost to us after they happen. The energy that was present in that experience stores itself as tension in our tissues, in our very cells. That tension distorts our bodies and causes a decrease in our flexibility, in our adaptability to our environment. When that happens enough, the tension and the distortion increases and symptoms and disease are the result.

The expression of your life force is diminished by each experience that you are unable to adapt to or integrate. It is diminished by each experience from which you were unable to learn and evolve. That tension is stored in your body. That is the brilliant part about the body. That stored experience is ever lost but can be released and expressed through the adjustment. When the adjustment occurs, the tension is seen again by the body. It is recognized and allowed to integrate in a safer environment. Tension eases, the distortion disappears, and the flow of innate intelligence is restored. **The power to heal is increased.**

The more you get adjusted, the better able your body is to balance and harness the experiences that occur throughout life. Imagine being flexible enough to handle any stress or experience that happens with you in life. Imagine having the emotional and physical ease to flow through all of life's experiences.

It is possible through Chiropractic.