

I have been practicing chiropractic for 20 years now. During that time I have learned new ways to help my patients. My underlying philosophy and approach has always been to try to fix the cause of the problem rather than treating the effects. What most people, including most doctors, consider the problem to be is really only the effect of some other underlying issue. True health can only be achieved when the underlying issue is addressed.

My experience and education have taught me that there are two underlying issues that cause most health problems. Those issues are structural/neurological and chemical.

What I mean is this. The structural/neurological issue has to do with the intimate relationship between the joints in the body and the nervous system. When the joints malfunction, it causes abnormal nerve signals to the brain which leads to malfunction of the body. The spine is the most complex joint system in the body, so it is one of the primary areas for joint malfunction. Chiropractic adjustments have been shown to be the most effective procedures for restoring joint and nerve function.

The chemical cause has to do with abnormal chemicals entering the body and disrupting normal function or insufficient nutrition which prevents the body from functioning normally. We are all exposed to chemicals in our environment that are not supposed to be in the body, but they enter through our breath and through the food and liquids that we consume. These chemicals disrupt normal chemical processes in the body.

Most medications are also unnatural to the body. They are not made by the body and they are not found naturally in the food, so they result in abnormal chemical processes in the body. They may help to alter a symptom or reduce some health crisis, but still they are unnatural and often lead to unwanted side effects.

Poor nutrition robs the body of the normal chemicals that it needs to function properly. When insufficient nutrients are consumed for long enough periods of time, the body deteriorates.

For most of my career I have studied different ways to detect abnormal chemical processes in the body and how to support proper nutrition. I have attended numerous conferences and seminars on the issue. All of the approaches that I have learned have left me feeling that something was missing. This weekend that changed.

I attended a seminar given by a doctor of chiropractic who is also a clinical nutritionist. Over the course of his career he has developed a system of identifying nutritional and chemical imbalances and a process to help restore normal balance and health. It is completely science based and he is getting phenomenal results helping restore health. Even individuals suffering from end stage disease and disabling diseases have recovered, often astonishing their medical doctors.

Over the next month or so I will be discussing this very important issue. I highly recommend that you follow this closely. I also recommend that you cut these articles out, because some of the articles will remind you of someone you know who can be helped by this information and you will want them to read the article series from the beginning.