



# Discover Chiropractic

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## The Wholeness of Chiropractic

When you read about chiropractic in the popular press or watch something about chiropractic on television it rarely captures the full picture. Chiropractic has been around for so many decades that not everyone knows there are many approaches, methods, and viewpoints about it.

One of the most compelling and fascinating ideas in chiropractic is wholeness. Since the earliest days of chiropractic this idea has included the fact that the central nervous system governs the body's functions. Only in recent years however, has this idea been more completely understood.

The nervous system, which includes the brain and spinal cord is interconnected. When one part of it is affected, all of it is affected. This is a deep and profound wholeness.

The primary concern of a chiropractic analysis is to determine if there is a problem with the nervous system. More specifically, to determine if an area of the spine is interfering with the proper function of the nerves. This is more common than most people realize because it is structural, foundational, and often very subtle.

Chiropractors have been developing methods and techniques to analyze the spine and nervous system for over 120 years. Many of these methods emphasize the wholeness of the nervous system. This is important to understand. A gentle chiropractic adjustment at one



Photo Courtesy of Sarah McKav

area of the spine could affect any part of the nervous system that is not functioning properly.

Ever since the 1930s, chiropractors developed what used to be called "reflex techniques." These techniques usually involve an exam of the spine and body and then a light touch or gentle chiropractic adjustment at one of the ends of the spine. Other approaches to chiropractic include more structural adjustments. All of these approaches have developed considerably in the last 80 years.

Whether your chiropractor uses a "light approach" or a more "structural approach," they are affecting the wholeness of the nervous system. When any part of the nervous system is able to function better and without interference then you function better.

-Simon Senzon, D.C.