Health is Natural
The normal body contains all factors, less oxygen and nutrition, necessary to good health. In health, every organ functions so that exactly the right amount of all body substances are produced. Thyroid glands manufacture correct amounts of secretions . . . the liver the right amount of bile . . . the salivary glands produce saliva at the right time and in the correct quantity. It is only when an organ or gland fails to function properly — either too little or too much — that we notice evidence of disease.

Every organ and cell receives its supply of nerve energy from the brain. It is this energy that activates and regulates body function. The chiropractor begins his analysis by looking for an interruption to proper flow of nerve energy between the brain and the part of the body affected.

Chiropractors Adjust Cause

When he finds interruption to nerve supply of the affected organ, he adjusts the vertebra (or vertebrae) which is subluxated (out of normal position), allowing normal nerve supply to reach the organ. Function will then return to normal and health is the natural result.

What Drugs Do . . .

Drugs stimulate an inhibited condition, or inhibit a stimulated condition, or temporarily relieve or deaden pain. When the effect of the drugs wears off, the symptoms and pathologies may again manifest themselves, and the patient must continue the use of drugs as long as the illness persists . . . in some cases for life.

No one wants to be chained to a pill bottle for life. He may be unless the cause of his condition is corrected. If the cause of the condition is interference to transmission of nerve energy . . . it follows that there can be no permanent improvement unless and until the interference is removed. If the patient feels better, the cause has been corrected or the body has adapted itself to the new conditions. Adaptation is compensation — if one kidney is not functioning properly, the other compensates by doing the work of both.

Correction of the Cause

Sometimes a correction of the cause (reduction of the vertebral subluxation) may occur by reason of forces other than a chiropractic adjustment, but it is impossible to determine scientifically whether this reduction will take place in a given case. It is much more sensible to visit your family chiropractor and have the correction made before tissue is damaged beyond the ability of nature to repair it.

Accurate chiropractic analysis is difficult if the patient has taken certain types of drugs within the preceding 24 hour period. Delicate instruments used to detect heat differential may give unreliable readings if drugs are present in the patient’s body.

Nerve Force . . .

Drugs designed to inhibit or stimulate, work by blocking nerve energy, thus, even if the chiropractor removes the nerve block created by the subluxated vertebra and the patient continues to use drugs, nerve force still may not reach the affected organ in the correct quantity and the convalescence may be impeded.

When drugs are taken into the body,
the body manufactures antidotes to combat the effects of the drugs. If the patient has been taking relatively large dosages over a long period of time, sudden withdrawal may result in an acute reaction or withdrawal symptoms. The antidote then becomes a toxin, or poison. Each case represents an individual problem. Some patients can stop immediately without noticing ill-effects, others must reduce dosages gradually until they can abandon them entirely.

**Are Drugs Ever Prescribed By Chiropractors?**

NO! Drug therapy is outside the scope of chiropractic. Chiropractors are trained in their own field of practice and do not find it necessary to trespass in medical fields. You have chosen a chiropractor because you want to get well. Give chiropractic an opportunity to help you by cooperating with your family chiropractor. Follow his advice implicitly. Your greatest stake is in getting well as quickly as possible.
YOUR CHILD'S HEALTH
Back-to-school health examinations are important. You'll want assurance that your children are not working under a correctable physical handicap as they resume their studies this Fall.

School authorities and health officials are particularly concerned about good hearing, good eyesight, sound teeth and proper posture habits. Children take pride in having a perfect record as far as these health matters are concerned.

Your child's good health during formative years will determine his future.

If your children are especially active ... and most healthy children are active ... they absorb more than their share of falls, jolts, jars and sprains. The concussion of such force frequently produces spinal misalignments ... which, in technical language, are referred to as subluxations.

Regular spinal check-ups are most necessary. Parents realize the danger involved in minor spinal misalignments ... small displacements of vertebrae in the neck or back which place pressure on delicate nerve fibers possibly resulting in malfunction somewhere in the body.

The function of the nervous system is necessary to proper operation of the body. If contact in the nervous system is interrupted, the organs supplied by those nerves fail to perform their proper function. It might be the stomach, the heart, the eyes or any other organ of the body which is affected.

Your chiropractor is a trained specialist in detecting interference to the central or peripheral nervous system caused by misalignments or subluxations in the spine. He can determine whether or not your child has any trouble of this nature ... correct subluxations with spinal adjustments.

It is most important that pos-
tural health is stressed in your school system. In accordance with the President's physical fitness program we suggest that you visit your child's classroom, and inspect postural habits. Help your child stand tall, sit tall and walk tall, and encourage a spinal examination at least once a year.
Stay Healthy Naturally

get a chiropractic checkup

INTERNATIONAL CHIROPRACTORS ASSOCIATION

741 Brady Street, Davenport, Iowa 52808

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The natural condition of the body is to be healthy. If this is so, why then is poor health so common? Practitioners in all the healing arts have long known that the body has an innate intelligence—a sort of common sense. Provided with the necessary rest, proper diet, sensible exercise and a good mental attitude, the body tends toward good health. Even with these, poor health often seems to prevail. Is there something else that is frequently being overlooked? The answer is a resounding yes. It’s been demonstrated conclusively in thousands and thousands of cases that often only the spine stands between a person and good health. This is easy to see if we examine the back and how it works with the rest of the body. Your back is made up of 24 moveable segments—called vertebrae—which surround and protect the spinal cord. Nerves from the spinal cord branch out from between the vertebrae to work directly or indirectly with various body organs.

Normally, the vertebrae are “stacked” one on top of the other neatly, and held together by ligaments and muscles. A bump or a fall or a twist can cause a muscle spasm, which can pull one or more vertebrae out of position. This, in turn, can affect the nerve branch and the functioning of the organs it serves. The health problems that can develop would seemingly have nothing to do with the back; but because of the interrelationship of the back, nerves and organs, your state of health can be directly related.

Once the out-of-position segment is restored to its proper position, the body is provided with the potential to regain normal health. This is the domain of the chiropractor. No other member of the healing arts is so thoroughly qualified by education and training to perform this valuable service.

For every member of the family to stay healthy naturally, be sure to get a chiropractic checkup.
For more information contact your local chiropractor or:
International Chiropractors Assoc.
741 Brady Street
Davenport, Iowa 52808

Chiropractic: Natural Means to Good Health

The normal body is healthy. When you feed it nutritious food and fresh water and let it breathe clean air, your healthy body works very well. Your glands secrete the correct amount of each substance. Your limbs move freely and your muscles are strong. Everything runs smoothly.
Every body function, every organ and even every cell is controlled by the brain. The brain stores information and sends messages to all parts of your body. The messages travel through the spinal nerve cord which is protected by the strong movable pieces of the spine which are called vertebrae. The messages tell your body how to work to stay healthy.

It is easy to forget how well the body works until an organ or a gland fails to function properly or you feel pain. The doctor of chiropractic is professionally trained to determine if his patients' health problems are related to interruptions between the brain and the affected part of the body. He has spent four years at a chiropractic college (after at least two years of pre-professional college) learning about the spine, brain, spinal cord, nerves and all the organs and body parts they serve. Before he receives his Doctor of Chiropractic degree (D.C.), he studies all the basic sciences and such things as x-ray safety and nutrition.

The chiropractor asks you about your health history, gives you a physical examination, examines your spine and may take x-rays of it. By this careful examination, your chiropractor can tell you if you have the kind of health problem he can help you solve. If he finds that your health problem might be due to an interruption between your brain and the affected part of the body, he will give you a series of spinal adjustments. These adjustments are designed to carefully realign the segments of the spine. When the spine is in proper alignment, the brain messages can travel freely throughout your body and your body will once again be naturally healthy.

Chiropractors readily admit the value of some drugs and surgery although they do not prescribe drugs or perform surgery. If your doctor of chiropractic judges that he cannot care for a particular health problem, he will recommend a medical doctor, osteopathic physician or other health professional who can.

Chiropractors are specially trained to keep your spine in alignment so that it functions properly. Chiropractic is the natural means to good health.
The spinal column is composed of 24 movable segments, called vertebrae, the sacrum and the coccyx. Through this column passes the spinal cord, which branches out between these spinal segments to all tissue cells of the body. A major function of the spinal column is to protect this spinal cord.

The spinal cord is literally a communication network between brain and tissue. When you touch something hot, the sensation of extreme heat is carried to the brain which tells you to remove your hand... and remove it quickly!
You can imagine what would happen if this communication network were not properly functioning.

This same network functions to help your body maintain its healthy status. The body's natural adaptive and immunologic systems are directed and controlled by the nervous system. If the function of this communication network is impaired, the natural processes of the body cannot be expected to function properly.

Through stress, or accident, the spinal segments which protect spinal nerves may be forced out of normal position. This can cause pressure on a nerve and interfere with the function of the nervous system.

Impaired function of the nervous system can adversely affect the natural defense systems of the body. This often can be a contributing factor in the disease process.

With the help of analytic instruments and x-rays of the spine, the doctor of chiropractic evaluates the positioning of vertebrae to determine whether or not they may be causing impingement of a nerve or nerves.

If the doctor of chiropractic, specializing in the spine and its relationship to health, finds that these vertebrae are out of position and are affecting the health of the patient he will proceed to adjust the vertebrae, replacing these to a normal position. This eliminates or reduces the impingement and assists the body in returning to a healthy condition.

The spinal column is literally the switchboard controlling the nervous system. Its importance cannot be overlooked in either prevention of sickness or disease, or the restoration of body function in the return to health.

A thorough spinal analysis and check-up should be made on every individual at regular intervals. In this way the nervous system can be kept free of pressure, thus assuring that within the body a coordinated control can be maintained at all times.
Why do some sufferers of diabetes mellitus seem to respond dramatically to chiropractic care, others respond more slowly, and some do not seem to respond at all? To those who are victims of this debilitating disease the answer is of paramount importance.

Diabetes is generally considered to be a disorder of carbohydrate metabolism, resulting from an insufficient action (or an insufficient amount) of insulin. Normal insulin is usually secreted by a normal pancreas (a specialized organ which produces insulin). Insulin acts on blood sugar to keep it at a proper level, so if the pancreas does not function normally, the patient experiences diabetic symptoms brought on by too much sugar in the blood.

Some sufferers of “diabetes” respond very slowly to chiropractic care. Others respond quite rapidly, almost spontaneously. One explanation for the difference in response time would be the overall level of body health. Is the patient’s “resistance” up? Is he or she healthy in all other respects? The general health of the patient would obviously play a vital role in how quickly any healing process could occur.
To understand how "diabetes" could improve or disappear under chiropractic care, it is necessary to understand the type of problem the chiropractor looks for and attempts to correct.

Chiropractic is that science which deals with the relationship between the spinal column and the nervous system and how the relationship affects health and disease. Just what does this mean on a more practical basis? The spinal column is made up of 24 quite movable segments. These segments protect the spinal cord which is an extension of the brain. Nerve branches, located between segments, function with nearby organs. Muscles and ligaments bind the spinal segments together, keeping them one on top of the other when the human body is in the standing position. If a muscle contracts too far, it can pull one or more of the segments into an abnormal position, impairing the ability of the nerve branch to perform its work. The organs supplied by the branch may be affected, resulting in many general or specific conditions. The contracted muscle very often remains contracted (spasm) and the spinal segment cannot return to its normal position and permit normal function. It can be said that the nerve problem is "locked" in. It is possible to have nerve interference of a type that ultimately inhibits normal pancreatic function.
When it exists, this interference with the nervous system control is, in essentially every case, overlooked by the most complete of medical diagnostic examinations. In order to determine if a neuro-spinal problem is at the root of diabetic-type symptoms, a chiropractor has to examine the patient. Doctors of medicine are unfortunately not trained in this highly specialized area.

Medical diagnostic procedures do not include an examination of the spine for evidence of a subluxation (spinal misalignment affecting nerve function). When the cause of diabetes is in the spine, it is essentially impossible for a physician to properly diagnose it. A thorough chiropractic examination is needed before such a determination can be made.

When the chiropractor locates and removes the interference, the patient’s symptoms, if they result from the nerve interference as outlined above, will respond favorably. Sometimes the clearing of the problem is relatively rapid and other times it is a slow “rebuilding” process that is necessary.

Only a chiropractic examination can tell whether the diabetic health problem is caused by the type of spinal problem which the chiropractor can correct. If he determines that such is not the case, he will make appropriate recommendations.