

## Understanding Symptoms

No one enjoys feeling poorly, or suffering and experiencing pain. Symptoms are unpleasant. We have been taught to view them as bad and we seek ways to alleviate them as quickly as possible, but it is often without regard for our health or without understanding their role in our health and well-being.

It is important that we understand that pain and symptoms are not always bad. Our body was designed with an intricate warning system in order to make us aware of injury, harm and danger. Pain tells us to avoid hot stoves, remove the pebble in our shoe and in a hundred other ways, how to prevent injury and harm. To cover up pain in these types of situations is not only unwise, it is dangerous and often invites further serious injury. It is like having an expensive fire alarm system in your home and disconnecting it before going to sleep so that it does not awaken you in the middle of the night. That is its job! Further, symptoms can possibly be an indication that the body is doing its job perfectly. Eating tainted food could precipitate a bout of vomiting and diarrhea. While they are admittedly two of the most unpleasant symptoms, they could save your life as they rid your body of unwanted toxins. Trying to prevent these symptoms could be harmful to your body.

We also must understand that symptoms may be indicative of a serious medical problem that requires immediate attention by a physician or some other provider of therapeutic measures. To make this determination necessitates extensive years of study and training. Your chiropractor has chosen not to pursue that education or provide that service. Diagnosis, the art of finding the underlying cause of symptoms, is not part of the practice of the chiropractor.

Finally, we must understand that the service the chiropractor provides is not related to symptoms. This is what makes chiropractic different from therapeutic services like medicine. The vertebral subluxation, a misalignment which interferes with the proper functioning of the nervous system generally has not symptoms. That is what makes it so dangerous. It can occur in anyone and give no indication of its presence. But when the spine is subluxated, the entire body is being deprived of its ability to function at its fullest potential. That is a serious matter. To wait until symptoms appear, as a result of perhaps months or years of improper function, is not the best approach to maintaining one's health.

While chiropractic is not a treatment for symptoms or their cause, the person receiving chiropractic must have an understanding of the role of pain and symptoms so that he or she can make intelligent decisions regarding matters of health. We will be happy to explain to you further our role in your health and well-being so that you can be a better informed person and a better expression of life and health.