

Know the Value of Chiropractic Care

Recently, a practice member made the above statement in comparing his regular care to another practice member who only comes in the office when he is feeling bad. It is very rewarding to the chiropractor to have a person acknowledge that chiropractic care has more value than just making you feel better. But in thinking more about his statement, I had to wonder whether any of us really knows the value of chiropractic care. When nerve interference is removed from your body, the body works better. That means your resistance is higher. Does that mean that when a person coughs in your face, you will not get a cold, or you will just get a cold instead of the flu? Perhaps. If your nerve system is working at greater efficiency, will that make you think better, concentrate better, or be more effective in your work? It absolutely will. To what degree we cannot say. It may be noticeable or it may not.

Everyone is different. But it will make a difference. It is like exercising. You do not necessarily see a reduction in your waistline or bigger muscles after the first day of an exercise program but you know there is a change in your body. Often you can feel the change in the form of soreness or stiffness. The next time you exercise and you do not feel it, does not mean there has not been change?

We really cannot perceive of all the positive things that are happening in our body when we receive an adjustment. There are positive changes taking place on the cellular level. Life giving energy is being restored to starved and depleted cells. You cannot measure the value of that. Conversely, we really cannot know the damage being done by a vertebral subluxation that cuts off the nerve supply to the tissue and cell in your body. It is robbing the quality and quantity of your life. Someone once said that every cigarette cuts five minutes off your life. He further suggested that it would be great if that five minutes occurred right after a person finished smoking the cigarette. In other words, they would drop dead for five minutes and then come back. It would surely emphasize the harm of smoking. But because it is at the end of ones life, it is not perceived as life threatening. I don't know whether the five-minute figure is true but there is not doubt there is harm to the quantity and quality of one's life by smoking. Similarly, there is harm to one's life from vertebral subluxation despite the fact that we cannot measure it.

What is the value to children receiving chiropractic care at the earliest possible age? Again we many not be able to measure it because every child's potential is different. But early and regular adjustments must enable them to move closer to their full potential. What is the value of chiropractic care? Sometimes we believe we can know it because of an immediate change or because a long standing problem is resolved after getting under care. But I would suggest that is only the tip of the iceberg. That is only a small part of the benefit of getting chiropractic adjustments on a regular basis. We really cannot know what microscopic effects are taking place. We really cannot know what

immeasurable effects are occurring like higher resistance and improved physical, mental and emotional function. Lastly, we cannot know what life-extending effects are taking place. Like the commercial for a certain credit card, there are some things that you can put a price on and some things are priceless. Chiropractic care is one of those things that you just cannot know the value of it.