



# Discover Chiropractic

[Discoverkidshealth.com](http://Discoverkidshealth.com)

## Healing from Within

I grew up during the 60's and at that time I believed that healing came from outside-in modalities. Drugs, surgery, and new procedures abounded with the mentality that they would make us all well. Mothers of the time heeded advice to not breastfeed, to give birth in a technological rather than a natural environment, to force toilet training, and to sleep separate from their children. Antibiotics and vaccinations were seen as cure-alls, liberally applied to all children. This was the emerging age of healthcare represented by "Science" but the decisions made were not questioned because it was fear-based and it directed our attention to an outside source for healing. Unbeknownst to me, there was another whole paradigm of healing.

Through a friend, I was led to the office of a chiropractor. On my first visit, my chiropractor explained the existence of an innate power to heal. He told me how this intelligence utilizes the nervous system to control all of my body's systems and functions and how proper nervous system function enhances healing and regeneration. Still stuck in the mechanistic model I had grown up with, combined with my impatience to feel better, I did not really absorb his words. I responded with a skeptical and limited reply, "Please—just fix my back." Three months into care, my back was better and many other ailments I had experienced since childhood were also resolved. Nothing had changed in my life except for the chiropractic adjustments and my growing understanding of its vitalistic philosophy of healing.



Photo Courtesy of Dr. Warren Bruhl

The vitalistic, chiropractic philosophy emphasizes the workings of a greater inner wisdom that creates us and evolves us into a state of wholeness. Using the nervous system as the means of communication and expression, this wisdom is in constant connection with all body systems and functions. With the help of this philosophy, my hope and trust in healing changed from an outside, fear-based, limited source to an internal, boundless supply.

We are now seeing a huge change in people's perspectives of health and well-being. Not only are unquestioned authority figures being questioned, but the practices that were sustained by that hierarchy are being proven scientifically invalid. Today's leading edge science is confirming the vitalistic philosophy that recognizes and trusts our body's inner wisdom. It is an exciting time and my hope is that chiropractic will continue to offer many people an entryway into this new way of living.

---

**Compliments of ICPA Member:**

---