

Chirothots

By Kevin Donka, D.C.

As The Twig Is Bent, So Grows The Tree

This is a phrase that can be heard in nearly every chiropractic office on any given day. We have used this example in nature to describe to parents what can (and probably will) happen to their children's posture if a spinal distortion in childhood is not corrected as they grow.

This has served our profession well for a long while now, and many children have benefited from the care they have received as a result of us telling their parents these words. Indeed, many lives have probably been saved. At the very least, the quality of these kids' lives has been improved.

This is an important understanding for all parents to gain, and I believe every chiropractor should have this expression on a poster in his or her office where all can see it on a daily basis.

Having recognized the benefits many have gained from hearing these words, I would now like to take a look at the deeper meaning behind Emerson's words.

The original meaning behind Emerson's words had to do with how a child sees the world. He was attempting to convey the fact that the thoughts, beliefs and attitudes we develop in childhood determine, in large part, how we see the world and how we respond to it as adults.

In relation to our health, we see that children who believe that a drug, remedy, surgery or any other treatment from the outside is necessary to heal will continually look outside themselves, and will live in a world where they are constantly trying to eliminate or prevent something they don't want in their lives. This means that no time will be left to work on creating what they do want.

But, this attitude toward health is just the tip of the iceberg as far as the kind of thinking that develops in individuals who are brought up in the medical mindset. Not only do they think this way as far as their health, they also inherently learn to see themselves as imperfect and incapable of being everything they were meant to be! Since we all learn at a very early age to identify ourselves with our bodies, being told how imperfect our bodies are on a regular basis causes many of us to develop these attitudes about every aspect of our lives.

In contrast, kids raised in the chiropractic mindset grow up understanding that we all have within us a mighty force called Innate Intelligence that runs, grows, regulates and heals our bodies. They are taught that we have perfection within us just waiting to be fully expressed. Once again, because we identify who we are with our bodies, these kids grow up believing that we all have a vital purpose. And, more importantly, we have everything we need already inside us to actualize that purpose.

There is yet another aspect of chiropractic that is of supreme importance here as far as understanding what Emerson was saying. We perceive everything due to impulses we receive through our nerve systems. Our responses come as a result of our interpretations of the information received.

If we have nerve interference, we cannot interpret the information we receive from our senses in a way that is most useful to us. And, as a result, we will not respond in the way that will best support our own growth or the growth of others.

In other words, ***our view of the world and how we fit into it will be distorted.***

This is very important to recognize! This means that even if someone is brought up with empowering belief systems, he or she may not be able to gain the desired lessons and therefore will not benefit the way someone with a fully functioning nerve system will. The result will be the same as if that child were brought up in the opposite paradigm!

It is also vital to recognize that we are all growing and unfolding, even as adults. And, the same nerve interference that causes a child to grow up with a distorted view of the world will cause an adult to begin to misinterpret the world too!

So I ask you, how important is it for everyone to be checked on a regular basis? Well, the way I see it, without chiropractic care, the world will end up with an awful lot of crooked trees!

