

Chirothots

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The Dashboard Oil Light

Many chiropractors tell their practice members that they need to get to the *cause* of the problem they are coming in for, rather than just treating the symptoms. They use the example of the dashboard oil light on your car to illustrate this point. It goes something like this:

You're driving down the street in your car when suddenly the oil warning light on your dashboard comes on. At this point, you have 3 options: 1) Ignore it and keep driving. 2) Put a piece of masking tape over the light and keep driving. 3) Put oil in the car. Obviously, with either of the first two options, you have simply covered up the warning signal. If you keep driving that way, you will run into trouble. And, not only will repairing the car be more expensive than putting oil in, but it might not be repairable at all! Option #3, putting oil in the car, is the only one that makes sense in the long run.

Another model Dr.'s use to illustrate how dangerous simply covering up warning signals can be is the example of the fire alarm. They say, "you wouldn't just turn off the fire alarm and let your house burn down would you?" One last example of this thinking would be an alarm clock. If you just keep hitting the snooze button on the clock, it may be too late when you finally get to whatever is important to you.

All three of these models illustrate for us why simply addressing a symptom instead of getting to the root cause of that symptom can be hazardous to your health and your life in the long run. But these examples fall short of looking at another important aspect of a life that is caught in a downward spiral. That is, they don't address the fact that there is generally a cause of the cause. Let me explain.

We say that the chiropractic adjustment removes nerve interference that was causing this downward spiral (called the ***subluxation process***). This allows your body to heal naturally and ultimately will lead to the elimination of your symptoms. This is absolutely true, *but what caused the subluxation process to begin in the first place?*

We know that physical, chemical and emotional stresses that are beyond your body's ability to adapt will create nerve interference initiate the subluxation process. There are 2 solutions to avoiding this. The first is to avoid as many of these physical, chemical and emotional stresses as possible. And while this is necessary, it is not the most important thing to do.

If you are having trouble making ends meet financially, there are two things you can do. The first is to "cut out" as much as you can. Not only is this hard to do, but it means you are focusing your energy on eliminating things instead of creating things. The second, and more effective strategy is to make more money! This way, you don't have to cut out anything at all (although it certainly would be wise to avoid anything that takes you in a direction other than toward your highest vision of who and what you can be).

If we now apply this thinking to our health, it makes more sense to do things that actively increase our internal resistance to physical, chemical and emotional stresses than to simply keep trying to avoid

those stresses. Of course, just as in the example with finances, it makes sense to avoid any behaviors that you know are inherently destructive.

So what kinds of things can we do to increase our internal resistance? I call these things “**The Seven Steps To Wholeness.**” They are seven things that actively build health, and therefore also increase your ability to adapt to stresses. I will list them for you here.

- 1) **Create Peace** – Do things daily that actively create peace in your life. Examples include sitting quietly, meditating, praying, listening to music, walks in nature, journaling, etc.
- 2) **Energy Breathing** – Take deep abdominal breaths several times per day. Besides nerve supply, oxygen is the number one thing your body needs to be its best.
- 3) **Vital Waters** – Vital waters are the fluids contained in raw fruits, vegetables and their juices. They contain many of the vitamins, minerals and enzymes you need to be healthy. In addition, it is important to drink lots of clean, pure water throughout the day.
- 4) **High Energy Nutrition** – Literally every diet you can think of is out there somewhere claiming that it is “the one right way to eat.” Our strategy is simple, *if you want to be more alive than dead, eat foods that are more alive than dead!*
- 5) **Dynamic Movement And Rest** – *For every action there is an equal and opposite reaction.* This is a commonly known law of physics. The reason most kids sleep so deeply at night is that they are so incredibly active throughout the day. If you want to have more restful sleep, be more active through the day. If you want to have more energy throughout the day, get more sleep.
- 6) **Increase Fitness** – Exercise every day either aerobically or for strength.
- 7) **Keep Your Nerve System Balanced** – I have saved this one for last, even though it is the most critical. The first 6 steps are what will actually build your internal resistance, but it is this seventh step (keeping your nerve system balanced) that will allow you to express that resistance outwardly. In addition, if your system has any interference when you begin any of the other 6 steps, they may in fact simply become stresses that initiate the subluxation process by overwhelming a system that is already having trouble adapting to its environment.

By slowly adding in each of these steps to your family’s daily routines, you will be able to create the healthy, vibrant and vital lives you were all meant to have! But remember, it is a *process*.

It has been said that *the only way to eat an elephant is one bite at a time*. Begin and follow through with your chiropractic care. Then, slowly start adding in each of the other six steps. Eventually, you will be so far beyond the elimination and prevention mindset, that the idea of your oil light ever even having the possibility of coming on will be ridiculous.