

Chirothots

By Kevin Donka, D.C.

What's The Difference?

Let's go back to elementary school science class for a minute and see if you know the answer to this question.

What is the most important difference between vertebrate and invertebrate animals?

One of these groups of animals has something the other doesn't. Do you know what it is?

Did you answer that one has a spine and one doesn't? If you did, you are wrong! While it is true that vertebrates have a spine and invertebrates don't, this is not the *most important* difference between the two groups.

To understand what the real answer is, we must first look at what the main function of your spinal column is. Most people think it is to support the body, and while this role is an important one, it is not the most important job of your spine.

The primary function of your spinal column is actually to protect your spinal cord, just like the main job of your skull is to protect your brain. If we did not have these structures, the master control system of our bodies would be vulnerable to all sorts of injuries.

Now that you know the main function of your vertebral column, can you figure out what the most important difference between vertebrates and invertebrates is? That's right! Vertebrate animals all have a brain and spinal cord called a central nervous system. Invertebrates have only rudimentary nervous systems (no brain and spinal cord) and therefore do not require the protection that a spinal column provides.

You may never have known about this most important function of your spine before. But, now that you do, it is easy to understand why we recommend that everyone get checked by a chiropractor. Knowing that our nerve systems are the "Master Control" systems, it is vital that there be no interference in this critical communication system between the brain and the body.

I know that the common view of chiropractors is that we are "bone doctors," but now that you know the most important function of your spinal column, you know that we are really *nerve* doctors! And, you also know that by keeping your nerve system free of interference, it is possible to reverse the subluxation process and adapt more easily to all of the physical, chemical and mental stresses we encounter each day.

Once we are adapting to these stresses, the healing and growth processes can also resume, and we can continue on our journeys toward outrageous health, happiness and the full expression of Life!