

Chirothots

By Kevin Donka, D.C.

Saving Lives Through Chiropractic...REALLY?!

First thing this morning, a woman named Lori came in with a friend from out of town. The friend had never been to a chiropractor and came into the adjusting suite to observe Lori's adjustment. As I finished checking a man next to Lori, he got up off the table and said to me, "Thanks Kevin! I don't think I tell you enough, but I'm sure you know anyway how much you mean to my family. You have truly saved our lives!" I gave him a big hug and he left.

Once he was gone, Lori's friend said, "Well! *That* was a little overly dramatic, don't you think?" I asked what she was talking about and she replied, "That last guy saying that you *saved his family's lives!*" As I was about to answer her, Lori bolted up off the table and said to her friend, "Well, I guess it depends on what you mean by saving a life!"

The friend said, "What do you mean? Everyone knows that *chiropractors* don't save lives! Paramedics and firemen and emergency room doctors and surgeons...THEY save lives!" I just think it's a huge overkill to tell someone that you saved his life because you got rid of some back pain or some other bodily ache!"

"Is that what you think chiropractic is all about?" Lori fired back? "Getting rid of aches and pains?"

"Of course!" said her friend. "What do you mean is that what I think it's all about? You came here to get rid of back pain didn't you?"

As I listened to this conversation, I really wanted to jump in and put in my two cents worth, but Lori seemed to be handling things very well, so I just stood back and listened.

"You say that only emergency type people actually save lives, but I think what they do is *prevent death!* I mean, what they do is obviously valuable, but all it really does is give someone a little more time to continue living the way he has been all along!"

"What Kevin does here is to help people see that their lives have a purpose, that *everyone* has a purpose, and the adjustments help us express our life purpose as completely as possible by making sure that there is no interference between our brains and our bodies. It's true, I did originally come here to get help with some back pain, but now I know that there is *way* more to chiropractic than just getting rid of pain!"

Lori's friend looked at her and said, "I think everyone has a purpose too, but I don't see how getting your bones popped helps you reach it! I think you've just been convinced of this lifesaving stuff by a really good salesman."

Lori said, "Kevin, can you help me here?"

At this point, I explained to Lori's friend, "We all have two processes occurring in our bodies at the same time, the **process of growing** and the **process of dying**. We are all exposed to a multitude of physical, chemical and mental stresses every day, but we resist most of these because our **Innate Intelligence** helps us **adapt** to them."

“If we have interference in our nerve systems, we cannot adapt as easily to these stresses and we develop a downward spiral in our health and vitality that moves us toward sickness and death. We call this downward spiral the **subluxation process**.”

“The **chiropractic adjustment process** allows the brain and body to communicate without interference and allows our **Innate Intelligence** to **adapt** to the stresses we have each day. In addition, it helps this Intelligence to **heal** any damage that was done by the subluxation process while it was occurring, AND it continues to help us **grow** physically, mentally and spiritually toward the full expression of our purpose and our potential in life!”

“So, what you’re saying is that when there’s a problem with our nerves, our bodies don’t work right. Ok, I get that, but what does that have to do with your spine?” She asked.

I explained to her that the main function of the spinal column is to protect the spinal cord. I told her how the spinal cord is inside the spinal column and that the spinal nerves branch off of the cord and exit the spine at each level between the vertebrae.

At this point, Lori’s friend was silent for a minute. Then she said, “WOW. I had no idea that’s what you guys do. I always thought you guys just cracked backs and sent people on their way! So what you’re saying is that everyone has this stuff happening all the time, and that we all need a chiropractor?”

“Only if you want to express you full potential in life,” I said. “You see, that man was right when he said that chiropractic had saved his family’s lives. Without the care they have received, they would have been dying more that they were growing.”

“I guess that just sounds a little arrogant to me,” she said. “I mean, thinking of yourself as a lifesaver and all!”

Next, I asked her what she does for a living. She said that she is a customer service manager at a bank. Then I took her through a series of questions that helped her realize that her job is critical to helping people get through the stress of problems with their money, how that stress could cause the subluxation process to be initiated, and how she was actually a lifesaver too!

By decreasing the stress people have to deal with, she is directly responsible for decreasing the likelihood of the subluxation process in their lives! In other words, she helps people grow more than they die!

She said, “Well, I never thought of myself in quite that way before, or that my job could be seen as so important, but I understand what you mean.”

At that point, I invited her to attend my New Practice Member Orientation class tomorrow night, and she said she would come.

First and foremost, this exchange shows why it is important to help people see in themselves more than they are currently demonstrating, i.e., **we must help them see that they have Perfection inside of them**. And, we must also help them to understand that **full expression of that Perfection automatically brings optimal health – AND SO MUCH MORE!**

In addition, by teaching them that **everything is a process**, and that the **adjustment process frees our Innate Intelligence** to go about the task of undoing the damage done by the **subluxation process** by allowing **adaptation, healing and growth** to occur, they can then appreciate how **chiropractic allows the best chance at fully expressing your potential and your purpose in life!**

In other words, **chiropractic is really all about saving lives!**

Last, this woman did agree to come to my orientation tomorrow night, but it was under one condition. She said I had to allow her husband to come along with her because, as she put it;

“His life needs saving too!”