

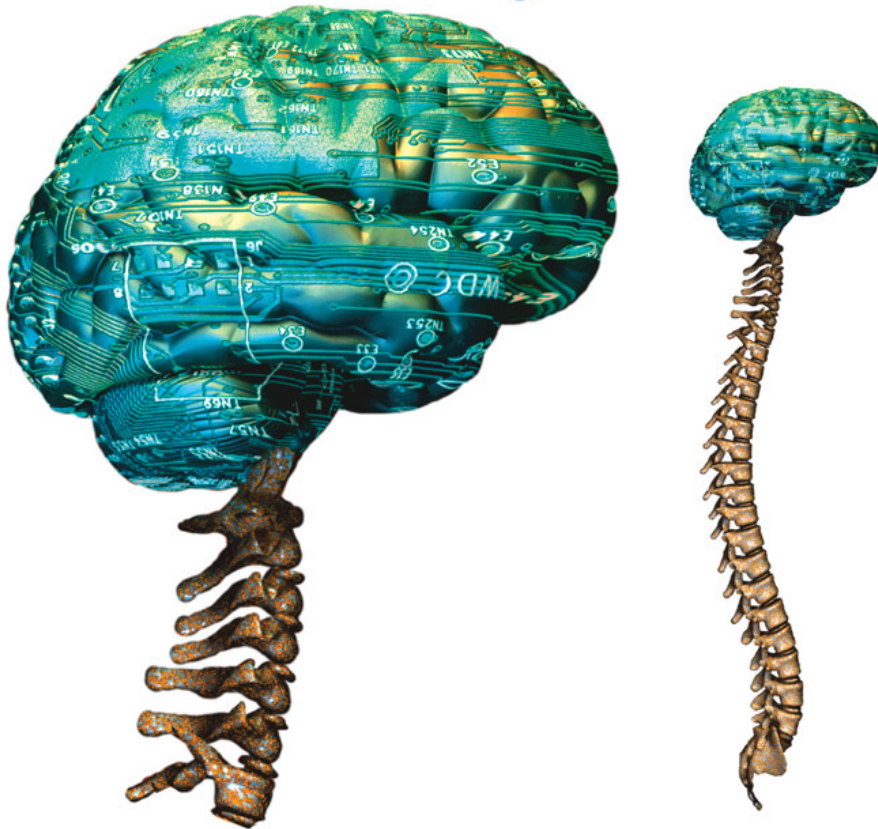


The Wellness Practice™

The Science of Human Wellness

Eat Well - Move Well - Think Well™

**The 14 Foundational Premises™
for the Scientific and
Philosophical Validation of
the Chiropractic Wellness
Paradigm**



James L. Chestnut B.Ed., M.Sc., D.C., C.C.W.P.

www.thewellnesspractice.com

The 14 Foundational Premises

Table of Contents

Forward.....	7
A Journey of Philosophical and Scientific Discovery	7
A Plea for Unification	12
Preface – The Big Picture.....	15
Physiological Changes Associated With the Stress Response – A Clear Representation of the Validity of the Chiropractic Health Paradigm	15
The Physiology of the Stress Response	16
Stress Response Summary	20
Subluxation Complex, Stress and Illness: Adjustments, Homeostasis and Wellness	24
Subluxation Complex, Stress and Illness: Adjustments, Homeostasis and Wellness Diagram	27
Introduction.....	28
Top 20 False Premises to be Corrected Before you Begin.....	33
Rules of Engagement.....	36
List of 14 Foundational Premises.....	37
Premise 1 (5 branches of philosophy of chiropractic).....	39
Premise 2 (operational definitions of subluxation complex).....	44
Premise 3 (includes evidence that subluxation is epidemic).....	54
Premise 4 (inextricable link between spine and nervous system).....	58
Premise 5 (nociception, proprioception and subluxation complex).....	63

Premise 6 (discusses concepts of sensitization and allodynia).....	67
Premise 7 (links nociception and stress response and allostasis).....	70
Premise 8 (proprioception-cerebellar-cortical pathways).....	76
Premise 9 (all techniques work to correct subluxation).....	85
Premise 10 (care protocols and physiological stages of healing).....	90
Premise 11 (adjustment, stress reduction, and immune function).....	97
Premise 12 (homeostatic role of cerebellum in global health).....	103
Premise 13 (movement an essential nutrient for brain function).....	109
Premise 14 (includes information on pediatrics).....	113
Future Research.....	121
Chiropractic and Stroke: A Controversial Issue.....	130
A Frustrated Commentary.....	134
B.J. Palmer's Last Written Words.....	136
Bibliography.....	137

FORWARD

A Journey of Philosophical and Scientific Discovery

When I got to chiropractic college I really had no idea what chiropractic was. I had only read my school calendar that seemed to espouse the natural healing abilities of the body and natural care to both restore health and prevent disease. It all sounded pretty good. It only took a short time however to realize that something very wrong had taken place within the profession. There were clearly two camps with what appeared to be diametrically opposing views. One was almost completely allopathic - chiropractic was really just manipulation for the relief of back pain and headaches and anything else was unscientific. The other seemed just as cult-like to me but had a very different view - chiropractic was for restoring health not treating symptoms or disease and everyone should be checked for this thing called subluxation that interfered with the nervous system that controlled and regulated the entire body.

I had just finished a graduate degree in science where I had conducted and published a study using MRI technology and presented at physiological conferences. To be honest both sides seemed more dogmatic than scientific and after my first 5 months I was ready to quit and move onto something that seemed a little more valid. Nobody could answer my questions and everybody seemed to be agitated that I was asking them. I was totally disappointed and at Christmas of my first year I had decided to quit and take a few months off before beginning Ph.D. work. I had a spot in a Ph.D. program saved for me as I had been accepted into the program at the same time I had decided to investigate chiropractic.

In the airport on my way home I saw a book by Herbert Benson the founder of the Harvard Mind-Body institute. The book was titled Timeless Healing: The Biology of Belief. For some reason (I think divine intervention) I decided to spend some of the very little money I had left and buy the

book. It changed my life forever!! This book, and the many others that I subsequently read, made me realize that the reductionist, mechanistic paradigm I had been trained in was wrong! I had an 'aha' moment. I was so excited that I began reading all kinds of research and books that discussed holism and vitalism in valid intelligent ways. I also began to read about the philosophy of chiropractic instead of just listening to other people discuss their versions of it. I read the works of D.D. Palmer and I read the great interpretations by Coulter in JMPT.

It soon became obvious to me that the paradigm created by the philosophy of chiropractic was correct. I was literally stunned and excited at the same time. From my study of philosophical, scientific, and human physiological research I established that the philosophy of chiropractic regarding the holistic, vitalistic, natural, conservative, and critically rational branches of philosophy that were amalgamated by D.D. Palmer (The Founder of Chiropractic) to create the unique paradigm of chiropractic health care (as opposed to the allopathic sickness care paradigm of medicine) had been more than sufficiently validated. I also established beyond any reasonable doubt that the ideas of D.D. Palmer regarding physical, chemical, and emotional stressors being at the root of all human health problems were correct. Hans Selye's now famous work on stress and the General Adaptation Syndrome confirmed what D.D. Palmer hypothesized in 1895 regarding traumas, toxins, and autosuggestion being the three primary categories of stressors that lead to dis-ease. Based on these scientifically substantiated concepts D.D. Palmer recognized that the only way to create health is to provide care or an intervention aimed at supporting the bodymind's own self healing abilities rather than aimed at merely alleviating the symptoms of a dysfunctional and weakened bodymind that had been rendered incapable of properly self healing. In other words to create healthy physiology you have to provide physiologically compatible care™!!

As I read more and more I realized that medicine (allopathy), although it had to be recognized as having the very important ability to save lives in emergency situations, was woefully inadequate at improving health and function because drugs are not physiologically compatible – they do not

even claim to be!! Allopathic medicine provides care aimed at treating diseases and/or symptoms of diseases not at improving health and function – their care is physiologically incompatible. Medicine studies sickness not health. Medicine provides sickness care not health care. Medicine results in less symptoms of sickness but even less health because the person has to deal with the original sickness and the effects of the physiologically incompatible toxic chemical that was prescribed. In the infamous words of Dr. Daniel Kress M.D., “Drugs never cure disease. They merely hush the voice of Nature’s protest and pull down the danger signals she erects along the pathway of transgression. Any poison taken into the system has to be reckoned with later on even though it palliates present symptoms. Pain may disappear but the patient is left in a worse condition, though unconscious of it at the time.”

This is precisely why my study of the medical system revealed beyond any reasonable doubt that although we spend more money, have more medical doctors, more nurses, and more hospital beds per capita every year we actually continue to have more sick people per capita!! Medicine does not produce healthy individuals it produces individuals with less symptoms. The actual physiological problem that caused them to have symptoms in the first place is not addressed AND they are now forced to deal with the toxic drug that was prescribed. Drugs may make individuals FEEL better while they are sick but they will never make them FUNCTION better and get well.

D.D. Palmer recognized the simple but irrefutable fact that the natural state of the bodymind is health and therefore sickness is a result of some interference to the bodymind’s natural abilities. Sickness is not from bad luck, it is certainly not due to a lack of drugs or surgery, and it can never be restored in any way other than providing the body something it needs but is lacking or by stopping giving the bodymind something that is toxic that it is getting. In other words if we simply remove interferences to the bodymind’s healing abilities and provide it with the essential NATURAL ingredients for health then health and wellbeing will ensue. Of course there are cases where interferences have been present for such a long time that recovery is no longer possible.

However, and very importantly, providing physiologically compatible care is still the ONLY hope of recovery.

Medicine may temporarily save a bodymind from death but it can never restore health. The only way to restore health, based on the scientific laws of physiology, is to provide what the body's cells require for proper function and to remove interferences to proper cell function. These irrefutable scientific facts are what D.D. Palmer based the paradigm of chiropractic upon and these facts are what I have used to design The Wellness Practice™ model that I believe will take chiropractic to the top of the wellness delivery ladder in the 21st century.

So I had finally established beyond any reasonable doubt that the philosophy of chiropractic was valid and that the paradigm of physiologically compatible health care that was created from it was scientifically and philosophically superior to that of allopathic medicine in terms of health. HOWEVER, there was still the question of whether or not a subluxation complex existed! There was very little conclusive information available regarding this incredibly important question. Those who said it did exist had little scientific proof and those who said it didn't exist had none. Once again my questions seemed unwelcome so I realized I had to pursue my own answers. It was long, difficult, tiring, frustrating, and rewarding all at the same time. I met much prejudice, dogma, and political agenda against the concept of the subluxation complex but I never met a sound scientific argument against it.

There was an overwhelming amount of clinical data available showing beyond any reasonable doubt that chiropractic adjustments changed physiology. The problem from a scientific viewpoint was that there was virtually no data available explaining how. I was in my second chiropractic crisis. I realized that the philosophy of chiropractic was so great and so powerful that I could use it to save lives whether I adjusted people or not!! However if the subluxation was as devastating to global physiological function and health as some claimed it would be unethical for me not to correct it. On the other hand if it did not exist it would be unethical for me

to charge people money to correct it. I also realized it would be unethical for me to choose to be a chiropractor and not find out all I could about this most important issue.

One of the biggest obstacles I had, and still have, when discussing the concept of the subluxation complex is that, because there was so little conclusive scientific evidence for either side of the debate, I found most of the discussions turned into subjective philosophical arguments rather than objective scientific debates. There is no greater divisive issue in chiropractic than the issue of the existence of the subluxation complex yet neither side seemed willing to research it properly. The issue of subluxation very erroneously became one of philosophy rather than science. Subluxation is not a philosophical concept it is a scientific one! There is either a structural lesion in the spine that effects neurological function or there isn't. No amount of philosophical debate or study will ever answer this question. Confusingly many within chiropractic who deny the existence of a subluxation politically label themselves scientific rather than philosophical and vice versa. This is not only a sign of ignorance regarding the relationship between science and philosophy it is a sign of ignorance regarding the understanding of the philosophy of chiropractic. It is one of my missions to end the era of dogma within chiropractic that surrounds the issue of subluxation and the concomitant debate regarding the goal of chiropractic intervention (decreasing symptoms or increasing function). I hope this book contributes to taking chiropractic in the direction of subluxation-centred scientific research and toward the original chiropractic functional model of healthcare and away from the allopathic symptom model of sickness care.

I decided to devote my life to finding out whether or not subluxations existed. I read at least two or three articles a day and read books every evening. What I discovered was that D.D. Palmer and B.J. Palmer and all their disciples were more correct than I could ever have imagined regarding the devastating effects of the subluxation and the incredible healing power of the chiropractic adjustment. What I also discovered was that their efferent model of the subluxation, although very scientific and logical at the time, would need to be revised and that the afferent model would likely

take it's place and represent the vast majority of subluxation complex seen in clinical practice.

As I gathered the research for this book so that I could share the wonderful validating experience I had with others I realized that much of our research was being aimed in the wrong direction. Chiropractic got trapped asking the wrong questions. We have been asking allopathic questions regarding which diseases or symptoms chiropractic can alleviate instead of what I see as the fundamental chiropractic questions outlined below. The goal of my research and this book is to answer these questions (and stimulate research to investigate these questions) so that we have a bullet proof scientific and philosophical validation of chiropractic.

These questions are what “The 14 Foundational Premises™ for the Scientific and Philosophical Validation of the Chiropractic Wellness Paradigm” have successfully answered for chiropractic advocates and critics alike.

1. What is the role of normally functioning spinal and extremity joints in local and global human physiology?
2. How is improper function of spinal and extremity joints (subluxation complex) caused? Is this common in the human experience? How do we detect it? Is it always painful or can it occur asymptotically?
3. What are the local and global physiological consequences of improperly functioning spinal and extremity joints (subluxation complex)?
4. Based on these physiological consequences what is the most accurate terminology to describe this lesion?
5. What are the physiological effects of a chiropractic adjustment?

6. What clinical care protocols are required to return spinal and extremity joints and the related proprioceptive and nociceptive pathways to normal function? (correct subluxation complex) Can this be determined solely by symptoms?

7. Based on available VALID research, is the chiropractic adjustment a safe intervention?