

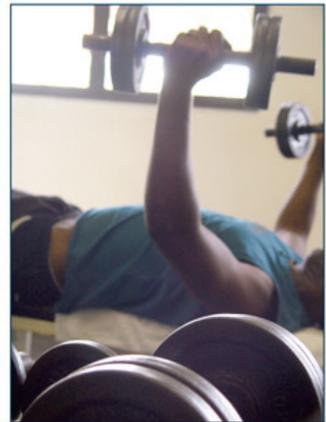


The **Wellness Practice**™

The Science of Human Wellness

Eat Well - Move Well - Think Well™

Innate Physical Fitness™ & Spinal Hygiene



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Innate Physical Fitness™ & Spinal Hygiene

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Introduction

This is now the third book in The Wellness Practice™ series. The first book, 'The 14 Foundational Premises™ for the Scientific and Philosophical Validation of the Chiropractic Wellness Paradigm', was really the foundation upon which the rest of the series rests. The 14 Premises text provided the neurophysiological validation of the afferent model of the vertebral subluxation complex and the scientific evidence supporting the importance of a properly moving and aligned spine in global physiological homeostasis.

The effects of vertebral subluxation were discussed with respect to biomechanical/structural (reduced mobility, bone and soft tissue degeneration), and neurological/dysafferentation (decreased proprioceptive and increased nociceptive input into the CNS) sequelae.

Increased nociceptive input into the CNS was shown to elicit the stress response resulting in global adaptive physiology or non-homeostatic physiology and illness. The stress response was reviewed in detail and the concept of adaptation vs disease was clarified. The fact that the body responds to stress intelligently not pathologically was established. Illness, it was established, does not represent pathological cellular behaviour, illness represents innately intelligent adaptation to pathological environmental stressors. The cause of illness is not innate, it is environmental. This is where the wellness paradigm and the allopathic paradigm were shown to differ most emphatically.

The benefits of chiropractic care were discussed in relation to proprioception and the inhibition of the stress response and the importance of proprioceptive stimulation of the CNS in terms of homeostatic visceral, emotional, cognitive, and neuromusculoskeletal function. The neuroanatomical substrates for these relationships were clearly illustrated with both diagram and literature citation. This information was and is pivotal to the understanding of the importance of chiropractic beyond an allopathic symptom-relief therapy.

Importantly, the peer-reviewed literature was also used to define the paradigm of chiropractic. Chiropractic, it was shown, represents a distinct philosophy and paradigm and it is not merely a natural therapy or a drug-free alternative medical intervention for symptom relief. Manipulation may validly be classified in this way but chiropractic may not and, furthermore, chiropractic may not be accurately or validly defined as manipulation therapy.

Chiropractic is based upon the scientifically validated premise that the body is innately and genetically programmed for self healing and self regulating – for maintaining homeostasis. The stated goal of chiropractic intervention is to remove interferences to this innate genetic ability. I defined this as physiologically compatible care. In other words, the practice of chiropractic does not involve putting anything into, or removing anything from the body unless it is compatible with allowing the body to return itself to a state of homeostasis.

Significantly, it was also pointed out that just because vertebral subluxation represents an interference to the body's ability to self regulate and heal does not mean that vertebral subluxation is the ONLY cause of illness or that correcting subluxation is the ONLY required solution to return to homeostasis.

This led to the discussion of wellness and chiropractic's role in wellness. Wellness certainly is a holistic issue and cannot be attributed to any single variable. It is widely accepted in the literature that health is the integration of body, mind, and spirit and the evidence to support this is irrefutable.

Wellness is really holistic health. Wellness cannot be separated from health; they are in an indissoluble union. I strongly believe that the term health has been so badly abused and misconstrued that a different, more holistic and more accurate term was required to get away from the reductionistic, mechanistic sickness paradigm of allopathy. The term wellness is really a way of accurately portraying health in a paradigm of holistic homeostasis.

The wellness paradigm is based upon the scientifically accurate concept of homeostasis. Wellness is about providing the body with all the required

ingredients and avoiding all the things that are toxic or interfering. Wellness is about providing the innate genetic intelligence with a homeostatic environment or homeostatic stimuli. The 14 Premises™ text provided evidence for how important a properly moving and aligned spine is in reference to providing the ability of the innate genetic intelligence to regain and/or maintain homeostasis.

This leads us to the second book, 'The Innate Diet™ & Natural Hygiene'. In this book it was important to create the link between chiropractic and wellness. Chiropractic is not wellness in and of itself. What chiropractic represents is a profession founded upon the wellness paradigm and the wellness principles of homeostasis and innate self regulation and self healing. Chiropractic is, without a doubt, the most appropriate profession to lead and provide wellness care.

The Innate Diet™ text discussed in detail what the wellness paradigm is and how it differs from the allopathic paradigm. For this discussion it was very important to define health and sickness within the wellness paradigm and to contrast this with the concepts of health and sickness that define the allopathic paradigm. As stated above, in the wellness paradigm illness does not represent pathological innate or genetic responses, illness represents innately intelligent genetic adaptation (or attempts to adapt) to pathological environmental stressors. The cause of illness is not innate, it is environmental; illness is always due to stressors that the innate genetic intelligence is forced to adapt to. Hans Selye referred to this as "diseases of adaptation".

This is where the differences between the wellness paradigm and the allopathic paradigm are most vividly apparent. Allopathy sees the cause of illness as innate or genetic, they seek to alter the physiological response of the body rather than remove the environmental stressor. Allopathy views the response of the body as pathological rather than innately intelligent. Allopathy seeks to alter the ability of the body to self heal and self regulate. In contrast, wellness seeks to support the ability of the body to self heal and self regulate. These are literally polar opposite views.

Confusingly, both these approaches can be scientifically valid, and clinically necessary within their own paradigms. This was elucidated very clearly with 'The Fire Department Analogy'. It is clear that both allopathy and wellness have important, but very different roles to play in society. The problem is when allopathy is viewed and utilized as a solution for health and wellness. This is not only scientifically invalid, it is dangerous and expensive. The same can be said about viewing wellness care as an appropriate disease treatment or emergency intervention. Each paradigm must be understood and utilized appropriately. Wellness interventions and lifestyle coaching should be used regularly in order to maintain health and wellness. Allopathic interventions should only be used in emergencies to save a life or to provide relief of a debilitating symptom.

In The Innate Diet™ text it was argued that within the wellness paradigm health is most accurately defined as a state of consistent homeostatic cell function. Illness was defined as a state of a lack of consistent homeostatic cell function. Human beings were defined as a holistic ecosystem of cells that have the innate genetic ability, and are innately genetically programmed, to self heal and self regulate. These were very important concepts to accurately understand the source of health and the cause of illness.

Equally as important is the understanding that health and homeostasis are natural, innate states. The body will always innately strive for homeostasis; it is an innate genetic drive that literally defines life. Despite popular misconception, we are NOT genetically programmed for illness. There is not a single study ever published to validate the concept that human beings are genetically or innately programmed to develop chronic illness. All available research indicates that humans are innately genetically programmed for homeostasis and health. All humans are also innately genetically programmed to adapt to stressors in the best possible way in order to maximize opportunity for survival.

This led to the establishment of the idea that if health is the homeostatic function of cells, and cells are innately programmed for homeostasis, then health is inevitable as long as the necessary nutrients are supplied and stressors or toxicities are avoided. The concept of purity and sufficiency of lifestyle choices or environment being required for all health and toxicity

and deficiency of lifestyle choices or environment being the source of all illness was established. In other words, if we supply our innate genetic intelligence or our cells with what they need and avoid things that are toxic the inevitable result is health. These concepts were defined and explained in what were termed 'The Wellness Practice™ 10 Fundamental Scientific Truths Regarding Health and Sickness'.

So where does chiropractic fit into all this? This is a very important question that had to be addressed. Clearly wellness and lack of vertebral subluxation complex are not synonymous. However, and equally clear, is the fact that it is not possible to be well if vertebral subluxation complex is present as vertebral subluxation complex represents a non-homeostatic state or a state of adaptive physiology.

Chiropractic is then a necessary component of wellness care but not the only component of wellness care. Wellness care, by definition, has the goal of creating a pure and sufficient lifestyle and removing any toxicity or deficiency from the lifestyle. Wellness practitioners then must have a thorough understanding of what a pure and sufficient lifestyle represents. They must have knowledge of what nutrients the innate genetic intelligence requires and they must have knowledge of what environmental stimuli are toxic to the innate genetic intelligence. This is the very foundation of The Wellness Practice™ certification program – to provide practitioners with the necessary information and training to become wellness experts.

So, all chiropractors are not wellness practitioners. It is possible to practice chiropractic and have as your sole goal the removal of vertebral subluxation complex and not to address other toxicities or deficiencies and not to provide information about purity and sufficiency. This would not make you less of a chiropractor, it would, however, by definition, make you less of a wellness doctor.

This raises an interesting question. Is being a wellness doctor congruent with the paradigm and philosophy of chiropractic? The answer is a resounding yes. Not only is chiropractic within the wellness paradigm, addressing wellness lifestyle choices was described as part of chiropractic practice in the earliest chiropractic texts. Furthermore, the context in which this is discussed

is in perfect alignment with the major premise of The Wellness Practice™ program.

As an example, The Chiropractic Textbook by Stephenson (1927) states that "...nutritional hygiene is not dieting but common sense. It is simply the restoration of normal and natural environmental conditions." In other words, nutrition, within the chiropractic wellness paradigm, should be based on providing nutrition that is congruent with the innate genetic intelligence.

In relation to exercise Stephenson states that "Any part of the body, whether muscles or any other part, requires a certain amount of movement daily, in order to get its share of survival value." To paraphrase, humans require daily movement and activity stimuli that are congruent with our innate genetic intelligence in order for the innate genetic intelligence to be able to regain and/or sustain homeostatic physiology. This not only mirrors the literature in the most respected physiological journals in the world, it also exactly mirrors the concepts espoused in The Wellness Practice™ program.

The more I read the early chiropractic texts the more impressed I become with the genius of our paradigm and those that created and developed it. Much of the early chiropractic writings are truly prophetic and it is incredibly sad that this is not more widely recognized both within and outside the chiropractic profession.

A wellness chiropractic practice must then, to be valid, address both vertebral subluxation complex and the concepts of purity and sufficiency and toxicity and deficiency of lifestyle. Surely even with reference to vertebral subluxation complex there is a need to address the lifestyle causes (the deficiencies and toxicities) and the lifestyle choices that support spinal health (sufficiencies and purities) in order to provide the best available care. Failing to do so is equivalent to a dentist not mentioning the importance of brushing and flossing teeth and avoiding sugar. Could this not be considered negligent?

Additionally, if we are to be consistent with the premise that the body always adapts intelligently to stressors we have to assume that the intelligence of the body creates subluxation complex as the best possible way to adapt to stressors - toxicity and/or deficiency in the environment

(chronic bad posture, traumas etc). If we change this adaptation with adjustments and do not remove the environmental stressors are we not acting in contradiction to the premise of supporting innate intelligence? If we change the body's response do we not also have to make the appropriate change in the environment in order to remain congruent?

I have heard it argued that chiropractors could just refer out to other practitioners for all wellness matters not directly related to vertebral subluxation complex. This is problematic for several reasons. First, if one chiropractor can offer wellness care in a program that does not necessitate more time spent with each patient that chiropractor will by physiological definition get better results than a chiropractor who does not address such issues.

For example, if a patient who is deficient in EPA/DHA omega 3 fatty acids comes to a wellness office and is informed about the need to supplement they will get better results in terms of health improvements than a patient who is deficient and does not get advice to supplement even if the chiropractic adjustments are exactly the same. This is true for all deficiency and toxicity. How can your patients get the same results as mine if your patients are not getting what they need in terms of nutrients and are more toxic? They can't! For both patient care and practice building reasons it would seem logical to provide the best care possible per unit of time spent with each patient.

Second, the reality is that there is nobody to refer the patients to. No other profession operates in the wellness paradigm and no professionals, including chiropractors, are trained as part of their formal education to assess toxicity and deficiency and purity and sufficiency with respect to all the necessary lifestyle nutrients. Naturopaths, homeopaths, nutritionists, and physiotherapists are all trained within the allopathic paradigm. Some may use natural remedies instead of drugs but if the intent is still to treat diseases or symptoms then regardless of the remedy it is an allopathic not a wellness intervention.

As I often say, people do not have liver function problems because they are deficient in milk thistle or suffer from colds and flus because they

are deficient in Echinacea. Whether or not these things may be effective treatments is irrelevant, neither address the root issue which is toxicity and/or deficiency. As long as these are left unaddressed, regardless of symptoms or signs of disease, homeostasis and health are not possible.

This brings up another interesting question. Is adjusting vertebral subluxation complex and doing nothing else allopathic? Certainly we can all agree that vertebral subluxation complex represents adaptive physiology that is non-homeostatic in nature. In other words, vertebral subluxation complex represents a stressor, it represents toxicity (tissue changes, nociception) and deficiency (proprioception). If one focuses entirely on correcting vertebral subluxation complex and does not address the lifestyle factors that are required to promote a healthy neuromusculoskeletal system and prevent future vertebral subluxation complex does this not represent an illness focused practice?

Understanding the holistic nature of health and homeostasis makes it absurd to think that the neuromusculoskeletal system can remain healthy or become ill independently of the rest of the human ecosystem. The very lifestyle factors that are required for the genetic expression of a healthy spine or healthy cells of the spine are the exact lifestyle factors that are required for the genetic expression of health in the rest of the cells, tissues, organs, and systems of the human ecosystem.

These truths are what make The Wellness Practice™ principles so simple and easy to implement in practice. There are some basic lifestyle nutrients that all humans require in sufficient amounts. Similarly there are some basic environmental or lifestyle stimuli that are toxic to all humans. Genetically our lifestyle or environmental requirements are virtually identical – we all require the same nutrients and we all are toxified by the same poisons! This is the foundation of discovering the truth about the source of all health and the cause of all illness (lack of health) that is introduced in detail in The Innate Diet™ book and is echoed throughout the entire Wellness Practice™ program.

The “science of wellness”, the paradigm of wellness that The Wellness Practice™ is founded upon is that health is an innate, genetic natural state

that is inevitable when pure and sufficient lifestyle choices are made. The simple yet so elusive secret to health is to live congruently with your innate genetic lifestyle requirements. The “science of wellness” is discovering what these innate genetic lifestyle requirements are. This is the very research The Wellness Practice™ program has compiled and made practitioner and patient friendly.

The “practice of wellness” is taking these concepts and applying them to every patient and arming them with simple, easy lifestyle options that are congruent with their innate genetic intelligence. The results are inevitable and guaranteed! Better health for all those who choose sufficient vs deficient and pure vs toxic lifestyle choices.

The major premises of The Wellness Practice™ program are that our genes are innately programmed for health and thus it is always within the lifestyle choices where the determinants of health and sickness rest. We have domesticated ourselves and created a lifestyle that is incongruent with our innate genetic requirements (our innate genetic intelligence). We have made ourselves ill with “diseases of lifestyle” that are now responsible for virtually all medical costs, causes of death, and causes of infirmity in industrialized societies. Furthermore, the tools of allopathy (drugs and surgery) have failed, continue to fail, and will always fail in terms of preventing illness or regaining and maintaining health. Allopathic research, professional training, and clinical intervention neither address the cause of illness (lifestyle toxicity and deficiency) nor the requirements for health (lifestyle purity and sufficiency). The Wellness Practice™ program addresses both and is clearly the only viable solution to the pandemic chronic illness in the industrialized nations. Irrefutable evidence from the peer-reviewed physiological, anthropologic, nutritional, genetic, and epidemiological literature is provided to support these premises.

This brings us to this book, Innate Physical Fitness™ & Spinal Hygiene. In the following pages you will read literature that further supports the major premises of The Wellness Practice™ program. Most importantly you will be led, with peer-reviewed literature, to the conclusion that exercise and movement are required nutrients that industrialized societies are deathly deficient in. You will read in detail how deficiency and toxicity with respect

to exercise and movement are primary causal factors in all of the “diseases of lifestyle” including cancer, heart disease, obesity, diabetes, osteoporosis etc.

The concept of Movement Deficiency Syndrome™ will be introduced and explained. You will discover that allopathic scientists, as they do with nutrition, mistakenly study and evaluate exercise as a possible treatment for disease rather than looking at lack of exercise as a primary cause of illness. Exercise is a required nutrient for homeostasis and our genes are programmed to need it in order to create healthy cell function throughout our ecosystem of cells. Choosing not to exercise is, quite bluntly, choosing to commit suicide just as choosing not to eat nutritious foods (or choosing to eat toxic foods) is choosing to commit suicide. Until these truths are understood this way people will continue to make lifestyle choices that cause the pandemic suffering and early death that now literally define industrial society.

You will also, I hope, start to fully comprehend the common themes of chronic stress or adaptive physiology and insulin resistance as not only pandemic in industrial society but also as common denominators in virtually all chronic illnesses. Furthermore it should become evident that these physiological states are not the causes of illness but are themselves caused by the epidemic deficiency and toxicity of genetically incongruent industrial life. Reviews of the stress response and the physiological role of insulin and the effects of insulin resistance are provided.

In the section on spinal hygiene I have made the connection between exercise deficiency and vertebral subluxation complex (Segmental Movement Deficiency Syndrome™). Vertebral subluxation complex is discussed in the light of being an interference to the delivery of the nutrients associated with movement and exercise. The literature regarding the effects of a lack of exercise is shown to mirror, in many ways, the literature regarding the effects of vertebral subluxation complex (a lack of movement or exercise at the segmental or regional spinal level). To understand this relationship it is necessary to review the neurological pathways associated with movement and vertebral subluxation complex (tissue changes from immobilization and concomitant dysafferentation) and a brief review of the neurological substrates outlined in The 14 Premises™ text is provided.

There is also a discussion on the toxic effects of poor posture and joint immobilization secondary to sedentary lifestyle choices. The concept of spinal hygiene is related to dental hygiene with an analogy of sitting being as hard on the spine as sugar is to the teeth. In other words industrial living is as hard on the spine as it is on our teeth and we now require regular hygiene in the form of chiropractic care and spinal hygiene exercises to counteract the toxicity of daily living. Spinal hygiene protocols are provided with recommendations based on the available literature for tissue healing and postural correction. Pictures of spinal hygiene exercises are provided and can be copied to give to patients.

The section on Innate Physical Fitness™ requirements discusses activity, energy expenditure and physical fitness requirements in terms of our innate genetic requirements. Strength, aerobic and anaerobic (speed, power, agility) requirements and activity suggestions are provided. Implementation strategies based on the principle of progression are described. Pictures of some example exercises are also included.

I now invite you to read the rest of the text and ask that you do so with the ideas from the first two texts constantly in mind. It is not possible to understand health, or the factors that influence health, without a holistic understanding of how our lifestyle choices determine the genetic (phenotypic) expression of our physiology. You can't really understand the importance of exercise without understanding the effects of nutrition and vice versa. The fourth text will add emotional-spiritual information to this so that in the end you will have a complete understanding of holistic wellness and holistic wellness care.

I hope you enjoy the book and it is my sincerest wish that the information helps you to improve your own lifestyle choices and those of your patients. I also wish you the greatest success in practice and hope the material in this book helps you to achieve your goals. I invite your comments at www.thewellnesspractice.com