



# Wellness News Network™

Your Source for Health & Wellness Information

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## Chiropractic Body Communication - Power of the Mind

Presented by:

### Introduction

- Accept the things I cannot change.
- Have the courage to change the things I can.
- And the wisdom to know the difference.

As this saying states, pick your battles as a means of managing stress. It is impossible to fix everything, nor should we. By adjusting our thinking we can adjust our stress levels.

How you feel today and every other day, is in part, due to how we think about the world around us. If we worry we kick in the *fight-or-flight* response. If we are chronically worried or stressed this response affects the physical body. Stress causes the body to begin secreting adrenalin and corticosteroids from the adrenal glands. It is your mind that sends the signal through the nervous system to your adrenals. So if you can control your mind you can control the production of unnecessary amounts of adrenalin and corticosteroids. So we can work to change how we interpret the world around us.



In his book, *The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles* (Mountain of Love/Elite Books, 2005; 224 pages.), Bruce Lipton expands upon this concept when he hypothesizes that how we perceive our environment is more important to our sense of well-being than the actual environment itself.

Dr. Lipton goes on to explain how previously held beliefs about genetics and its influence on the incidence and expression of disease states has been improperly attributed to our state of health. Genes, he explains, are not self-regulating. They cannot just turn themselves off and on, thus dictating our biology. Instead, they are continuously being

### True or false?

How we perceive our environment can be more influential than the environment itself

**ANSWER:**

True

### True or false?

Your physical fight-or-flight response to danger cannot lead to chronic illness

**ANSWER:**

False

### True or false?

Beliefs can affect our thoughts, our feelings, and our actions

**ANSWER:**

True

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‘triggered’ to turn off and on by environmental cues. And, it is the interpretation of these cues that makes them either significant, or insignificant, for the host

Therefore, according to this philosophy, when we change our perception (in other words, our *beliefs*), we send totally different messages to our cells and reprogram their expression. The contribution of positive and negative thoughts and their impact on cellular biology may help to explain how people can have spontaneous remissions or recover from injuries deemed to be permanent disabilities.

This philosophy raises the concept that we are not victims of stress if we change our reaction to situations. This is also a choice to be in more control over our health, by consciously choosing a more positive attitude regarding our lives and our environment.

## Chiropractic: Communications Network

Chiropractic, as a healing profession, that addresses your main conduit of communications, the spinal cord. It begins in the head as the brain-stem then travels down the spine along a canal that is surrounded by each and every vertebra in your back. In order for this system to work properly, all lines of communication must remain open. Just as the transmission of electrical impulses along a cord and the flow of water along a hose can be interrupted by ‘kinks’ in the wire or the hose, the same thing can happen when a nerve in the human body is ‘pinched’. By repositioning the vertebrae, the chiropractic adjustment can not only help alleviate the painful symptoms that can be caused by ‘pinched nerves’,

but it can also ensure the proper functioning of all bodily systems by taking the ‘kinks’ out of the body’s communication network.

## Reframing: Minimize Stress

“So seek ways to change your awareness of yourself so that you’re fully aware of your magnificence and can become receptive to inspiration, your ultimate calling.”

This quote by Wayne Dyer from his book *Inspiration Your Ultimate Calling* reminds us again that it is possible change how we view the world and ourselves. When we are stressed, worried or anxious we are choosing to be this way. Thus, if we decide not to feel this way we have the power to do so.

How this relates Chiropractic is simple. If your body is out of alignment you are contributing to your mental discomfort. This in addition to the worries around you can leave your health in a vulnerable state. Situations start to appear to worse than they really are. The brain sends the signal to the adrenal glands to produce the fight or flight adrenalin and corticosteroids. For non-threatening situations this prolonged or repetitive stress response can lead to chronic illness.

So, give some attention to how you think, try reframing what you see around you. Strive to have mind positively direct your health. Things like meditation, yoga and positive thinking are all techniques to help increase your capacity to handle stressful situations.

## Quote to Inspire

*The contented man  
is never poor;  
the discontented  
never rich”*

*- George Eliot*

## Recommended Reading on the topic of Mind/Body Health and Healing:

*The Power of Intention* by Dr. Wayne Dyer (Hay House, 2004; 259 pages.)

*Inspiration Your Ultimate Calling* by Dr. Wayne Dyer (Hay House 2006; 252 pages)

*When the Body Says No: The Cost of Hidden Stress* by Dr. Gabor Maté (Vintage Canada, 2004; 320 pages.),

*Peace, Love and Healing: Bodymind Communication & the Path to Self-Healing: An Exploration* by Dr. Bernie Siegel (Harper Paperbacks, 1990; 304 pages.),

*The Secret* by Rhonda Byrne (Atria Books/Beyond Words, 2006; 198 pages.).

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