

## Changing Health Paradigms

Human nature is to make decisions based on past events and current beliefs. A system of beliefs, or paradigm, are what shape our every day actions and reactions. The current mainstream Health paradigm teaches people that we are healthy in the absence of symptoms, and sick in the presence of symptoms.

Ever notice how more and more drugs are being made for more and more symptoms? This medicalization of society has turned people into helpless victims of bad germs, bad genes, or bad luck. Victims by definition are not responsible for their loss of health and therefore have no responsibility to regain health. This paradigm puts people on a medical treadmill of increasing drugs and decreasing health.

Chiropractic offers a completely new paradigm. Chiropractors understand the human body is a Dynamic and Self-Healing organism.

A dynamic body is always changing. Health is not an event, it is a process. Our cells and systems are in a constant state of breakdown and repair. When breakdown happens faster than repair, the body loses health. When repair happens faster than breakdown, the body gains health. Breakdown is a passive process that requires no assistance. Repair, on the other hand, is an active process that people must take responsibility for. Through an optimally functioning Nervous System and healthy lifestyle choices, you can be certain the repair process is happening faster than breakdown.

A self-healing organism, simply put, heals on its own. With a cut on the arm, the body stops the bleeding, forms a scab, and regenerates new skin. With a broken bone, a cast merely stabilizes while the body repairs the bone. Both of these examples require communication from the place of injury to the control center (brain) and back to the place of injury. This is facilitated with uninterrupted nerve supply from an optimally functioning spine and nervous system.

By educating people about healthy lifestyles, chiropractic restores the responsibility of health to the individual. However, the chiropractors number one focus is the function of the nervous system. The chiropractic paradigm says that if the spine is maintained in integrity through proper alignment and movement, the nervous system will function optimally, thus achieving optimal health.

Osborne Family Chiropractic specializes in both nervous system correction and lifestyle direction!