

their science, art, and philosophy to their patients. In this way, they will facilitate healing. If through corrected health care the quality of life that a person is experiencing improves, he can better function whether or not he is cognizant of his role.

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## THE GOAL OF CHIROPRACTIC HEALTH CARE

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The essential element of chiropractic health care is enabling the patient to affect his internal homeostatic mechanisms and thereby achieve or maintain health. In order for this to be done, the inherent recuperative powers of the body must be influenced. Inherent growth, maintenance, and recuperative powers are collectively called innate intelligence.

There is a normal physiologic balance within an individual, a balance that has been functional since conception. It has determined the sequence that the new life developed, giving attention, when appropriate, to the nervous system, heart, blood vessels, bones, and muscle. It has been able to adjust itself to the needs of the individual without the benefit of outside intervention.

It is a function of the chiropractor, when homeostasis is thrown into a state of imbalance, to use his skill and knowledge to reinstate normal balance and tone to the body so it can properly function and administer to the needs of the individual.

Why is it that innate intelligence functioned so accurately in the womb, but once in society, it must be aided by doctors? The answer is simple. In a natural setting, life progresses in a natural sequence, uninhibited by any devices of man. Society is far from a natural setting. Instead, it breeds situations that can easily tax and overcome an individual's normal physiologic resistance and necessitate some form of external intervention. Universal intelligence maintains order in the universe, and it maintains order within every individual, animal, plant, and mineral. Unfortunately, society is maintained by "educated" intelligence. Educated intelligence and its materialistic viewpoints have helped to pervert natural instincts regarding health and have distorted the basic values that are conducive to peaceful, healthful living. This situation has taken many years to evolve, and there is no direct answer to the dilemma.

The only significant contribution that can be made in changing these attitudes is to treat and train individuals effectively so they can, in turn, make a greater positive contribution to society. There is little chance that society will ever improve itself to a point where there is no need for doctors, but a situation can be realized where the role of a doctor is seen as being adjunctive to a patient's health as opposed to being the source of a patient's health.

A most humanistic description of innate intelligence has been provided by Buckminster Fuller. He wrote:

I am 78 and at my age I find that I have now taken in more than 1,000 tons of water, food, and air, the chemistry of which is temporarily employed for different lengths of time as hair, skin, flesh, bone, blood, etc, then progressively discarded. Then I lost 70 pounds and I said, "Who was that 70 pounds? because here I am." The 70 pounds I got rid of was ten times the flesh and bone inventory at which I had weighed in 1895.

I am certain I am not the avoirdupois of the most recent meals that I have eaten, some of which will become my hair, only to be cut off twice a month. This lost 70 pounds of organic chemistry wasn't me, nor are any of the remaining presently associated atoms "me." We have been making great error in identifying "me" and "you" as these truly transient and ergo, sensorially, detectable chemistries.... There have been quite a number of weighings of people as they died. Many cancer-doomed paupers have been willing to have their beds placed on scales. The only difference manifest between weight before and after death is that caused by air exhaled from the lungs or urine that has been passed. Whatever life is, it doesn't weigh anything.

Like electricity, innate intelligence does not have weight, but its manifestations are so evident that it cannot be ignored with respect to the maintenance of health in an individual. Nor can it be questioned with respect to the ability to marshal the recuperative powers inherent in the body.

Unlike universal intelligence, whose power is dispersed throughout the cosmos, innate intelligence is concentrated within structure reaching its highest forms within living cells. Innate intelligence is linked with universal intelligence but is subordinate to it and does not possess the same resources. Not possessing the same resources and being under the influence of universal laws, it lends to each life an aura of mortality.

It is the purpose of innate intelligence to maintain a functioning life. When the body malfunctions, the inherent recuperative powers of the body are stimulated and initiate the natural healing processes that enable the body to restrain and eliminate the disease state. These recuperative powers are manifested through tissue which is finite in ability; ie, they are governed by the laws of manifest nature. Each time a patient is treated, there is no guarantee that a response in the form of healing will take place.

There is a finite quality to everything that concerns being human. This does not exclude a doctor's knowledge and ability but does include a patient's capability to heal. When one considers how many times a human heart beats in a lifetime, how fast a neural impulse travels, or how many cells make up the brain, there is a sense of awe and respect for the power and majesty of life. No machine on earth possesses the qualities of the human body, and no machine on earth is as cognizant of its mortality.

Each person lives an undetermined amount of time. Each person will change continually during this period of time. Doctors can only strive to help their patients stay functional and productive throughout life.

How long is life? There is no correct answer to this question. There are, however, many theories about the factors that affect life.

## **Time and the Healing Process**

In a world inundated with fast-food franchises, split-second computers, and technology that spans continents in a matter of milliseconds, it is difficult for doctors and patients to accept that all things, especially the healing process, takes time. In a society that is dominated by material and financial compensations, it is no wonder that we have little patience for the necessity of time in the natural healing process of the body. In

general, people would rather sacrifice their health than their money or possessions.

When the body is not functioning at its maximum, it should not be expected to, nor can it, achieve normal productivity. Whether or not there is a conscious acknowledgment of a patient's ill health on the part of the doctor or the patient, the body's inability to perform will reinforce the fact that the patient is ill.

Patients must be educated that their health did not change in a matter of minutes, but instead has continually and progressively developed into a state that has necessitated external intervention. The human body was not created to endure and tolerate prolonged pain, although it can if the need arises. Pain is meant to be an acute signal that there is a detrimental situation within the body. It now becomes the goal of the doctor-patient relationship to correct the imbalance and restore health to the degree possible under the circumstances.

The patient who presents to an office after trauma exhibits a direct cause-effect relationship to a problem. Granted, the time factor that is required to enable the patient to feel better is unknown. However, when the patient understands the cause of the problem and its morphogenesis, he is likely to be more tolerant of the healing process and its required time. Unfortunately, such a direct cause-effect relationship cannot be made with the ill-postured patient who comes in with a chronic low-back condition.

The patient's body is a reflection of a life that has been less than the person's ideal dreams and expectations. But through the skill of the chiropractor and the cooperation of the patient, a healing process can now be initiated that will alleviate the musculoskeletal conditions present and enable the patient to face the challenges of life from a position of better health as opposed to progressive disease.

There are factors that influence the amount of time required in the healing process. Among them are the skill of the chiropractor, the attitude and cooperation of the patient, and the stresses placed upon the patient. Because a chiropractor can only be responsible for his skill, it is unfair to project a specific amount of time to alleviate a patient's condition. It is equally unfair for a patient to expect that a doctor's skill is the only determinant in their condition.

Time is a universal concept that has been given parameters by man. To this end, man finds himself controlled by time. There is no such thing as a second, minute, hour, day, week, month, or year. These are man made parameters, devised to control or at least to give some order to daily living. In this effort to measure and control time, man has become controlled. Many people are distressed because they mark birthdays not as significant days to commemorate accomplishments, but as periods of meditation to ponder acts and things not achieved.

## **A Biopsychosocial Model**

It was Hippocrates who stressed that man should be studied in his entirety and in relation to his environment. Chiropractic has long attempted to focus not only on individual patients but on their interaction within their personal environment. A precise definition of this interaction can be seen when one considers the biopsychosocial model of a patient.

An appraisal of this model indicates that there are two distinct components within it. Those levels under the box marked "PERSON" are a definition of how a patient and his or her components are effectively treated with chiropractic care. The reaction is based upon the stimulation of the CNS, and it affects all parts of the body. Thus, although chiropractic is well known for its treatment of musculoskeletal problems, its influences within the body cannot be confined by conventional definitions or commonly held misconceptions.

Once a patient has been effectively treated, the patient is better able to relate to his environment. Therefore, those levels that supersede the box marked "PERSON" indicate the complex environment of which man is a part. In the continuity of natural systems, every unit, at the same time, is a part and a whole. The factors that affect each level of the model can be seen if one views the stacked model in the shape of a series of boxes.

Chiropractic has long emphasized ecology, both personal and environmental, as a method of treating the public's health needs. Overall health reflects a high level of intra- and inter-systemic harmony, and disruption can be initiated at any level. Whether or not this disruption is

contained or expands to other levels depends on the capacity of the system to adapt and react to change.

**The human body is an integrated organism.** There is no part of the body that does not affect the functioning of other parts. Chiropractors work on the whole person by affecting changes primarily in the spine and neuromusculoskeletal system.

**People are complex.** Situations affect different people in different ways, but the result is that people basically want to be happy and comfortable.

Even situations that occur of an unpleasant nature can be better tolerated in a healthy body. A body that is functioning optimally will maintain a positive attitude. This attitude, although initiated at one level of the biopsychosocial model, can then be reflected throughout the organism. By treating each individual patient whose disorder belongs to a system, the entire system can be affected.

By acknowledging the need of coordination in maintaining the welfare of the organism and therefore the system, there is an inherent need on the part of the practitioner for astute observation and diagnosis. For years the healing arts have viewed the study of disease to be science, while the treatment of a patient has been considered an art. Applying the biopsychosocial model to this statement proves it false. Unless the two entities, study (observation) and treatment, are exclusive, they cannot be considered separately. If a given state of disease is manifest in a patient, it is evident because it affects that person. The treatment of an individual is an attempt to alleviate the patient's problem, and it grants the patient an opportunity to contribute to his welfare and the welfare of any other person in his environment.

## **The Chiropractic Approach**

The effective application of chiropractic principles in clinical practice is the unique characteristic that separates the chiropractor from the allopath. It is this blending of science and philosophy that allows the chiropractor to approach patients with a human quality that has never been consistently duplicated by any other profession.

The chiropractic approach is undiluted with the pretense of scientific jargon that separates the patient, a person, from the doctor, another person. A chiropractor who is enthusiastic about his work shares this enthusiasm with his patients. In turn, patients share their lives with their chiropractor, and the result is a doctor-patient relationship that is dynamic. And it is only right that the chiropractor-patient relationship be dynamic, because this microcosmic relationship is an accurate description of the chiropractic profession.

The work of chiropractic pioneers established chiropractic as a profession. The tradition that has been handed down to the profession today is a challenge. Chiropractors, often the victims of intolerance, must be tolerant. The theories and methods that have laid the basis for this great profession might today be better understood in a language common to all members of the healing arts. With the current knowledge that has been accumulated in anatomy, physiology, and biomechanics, perhaps there are more effective techniques today than there were when chiropractic was new.

The leverage of chiropractic lies in the fact that it can incorporate this new body of information into the profession without compromising its basic principles that are so essential to clinical practice. In fact, the information that is currently in vogue can only strengthen the chiropractic approach to healing.

## **Intraprofessional Harmony**

Theories, by their very nature are subject to change. Principles are not. Chiropractic works. This has been proven time and again by countless pioneer chiropractors who successfully treated the sick. Their methods were different from each other and different from the methods commonly used today, but these methods produced results that were unusual at the time. In similar fashion, chiropractors embrace new techniques and are learning new approaches today. Some of these will stand the test of time, some will be refined or replaced, but all of them, to be considered chiropractic, must be consistent with the principles of chiropractic.

Education and its infatuation with scientific dogma has deprived the

doctor of a most powerful ally: one's humanity. The ability to possess knowledge and skill yet maintain faith in the intuitive ability of human instincts is rare. All too often a patient lauds a physician's skill, but finds him lacking as a human being.

A doctor cannot be lacking either in technical skill and knowledge or in humanism because the combination of the two is what makes a doctor. Technical skill alone makes a technician. Despite any title he might possess, the shortsighted, limited scope with which a patient is viewed can only be the observation of a technician. Combining this technical skill with sensitivity and empathy transforms the technician into a doctor.

## **Concluding Remarks**

Part of chiropractic art is being a doctor. This art can only be realized when a physician has enough confidence and skill so as not to be threatened by a patient's question or to be unsympathetic to a patient's needs. More than anything else, a doctor needs to be human in his approach to patients.

Chiropractic is a philosophy, art, and science. Art and science are subject to change. As these components relate to chiropractic, they have changed and will continue to change so as to strengthen the principles of chiropractic philosophy.

The triune of philosophy, art, and science must be kept in perspective if chiropractic is to continue to grow. The health of society depends on this. The future of chiropractic demands it.

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