

CHIROPRACTIC FOR LIFE

All Your Health Solutions... As Simple As I Can Put It

By Robert Berube, D.C.
Pathways #39, page 55



Talking Points

- ❖ Robert Berube begins his discussion of health by recognizing that health is not something we can buy or gain from the outside (even though the big business of “health care” would like this to be the case). He goes on to explain the difference between two premises when it comes to health – mechanism and vitalism.
- ❖ Vitalism, as a premise, functions on the concept that life depends on a force or principle separate from the chemical or physical forces of our bodies. Mechanism, as a premise, describes the origin and phenomenon of life as purely a chemical and physical system.
- ❖ “Health” is defined as how well you are expressing life, how well you are functioning.
- ❖ How do we lose health? One main answer is STRESS. Stress comes in the form of physical, chemical or psychological.
 - In order to defend against physical stress, Berube advises that we focus on physical strength and activity. Do something you enjoy, to keep your “system in proper order.”
 - To avoid chemical stress, use the rule “the closer a food substance is to its natural form, the better it is for you. Avoid toxic substances, man-made fads, or foods heavily altered from their natural form.” (56) Once or twice a year, Berube encourages pH testing, and if possible, test for levels of specific nutrients.
 - Psychological stresses are the “granddaddy of all stresses.” We may not be able to choose everything in our environment, but “it’s important to do your best to expose yourself to positive, constructive forces on a consistent basis, and avoid most of the negativity that floats around our society.” (56)

- ❖ “Fortunately,” Berube explains, “unlike rocks, we have life, which resists and adapts to these universal forces, keeping us in active organization. If our “life force” encounters a stress it can use in the body, the stress has positive survival value. If the stress is harmful to the system, then it has negative survival value. The stress itself cannot determine if it is positive or negative. Only the individual life force can make that determination.” (56)
- ❖ While we may not feel like we have much choice over the stresses that combat our life force, Berube thinks we have more choice than we think we do. We can choose what foods we use to fuel our body, we can choose our level of activity, and we can choose to surround ourselves with uplifting ideas and supportive people.
- ❖ But keeping health is not the same for everyone. The process of supporting our life force in order to defend against stress is the same principle, but our best choices for supporting health are when our choices align with our core values. This is where the difficulty of maintaining health arises. Berube makes clear, “It is impossible for me to tell you what is right for you and what is wrong for you without knowing what it is you value and what it is you want.” (56)
- ❖ Align your health care practices with your core values. If you recognize a life force that self-heals, then honor it and protect it by utilizing health care practitioners who do the same. Restoring normal, natural function to your nervous system is the role of a good chiropractor – a health care provider who recognizes the importance of maximizing your ability to function at 100%.
- ❖ Take the Inside-Out approach. “We live in a high-stress society. Your ability to surround ourselves with positive life stresses and appropriately manage our negative life stresses will ultimately create our “health condition.” Start by taking an inside-out approach to healthcare. Strive to maintain maximum function of our body, so it can fully express life. Then, choose which stresses align with your core values and goals to maximize your life experience. Seek healthcare providers who take an inside-out approach as well, and support you in creating the best life possible.” (57)

Resources

<p>Homeopaths (USA): American Institute of Homeopathy North American Society of Homeopaths National Center for Homeopathy Practitioner Search Homeopaths (INTL) International Council for Homeopathy</p>	<p>Nutritionists (USA): National Association of Nutrition Professionals American Holistic Health Association</p>	<p>Naturopaths (USA) American Association of Naturopathic Physicians Naturopaths (INTL) International Association of Natural Health Practitioners</p>
	<p>NET practitioners (INTL)</p>	