

Live Life Fully

Chiropractic for Life – Jeanne Ohm, D.C.
Pathways #43, page 32



Talking Points

- ❖ Jeanne begins this article by paraphrasing the words of acclaimed chiropractor Christopher Kent, DC: “Everything we experience is processed through our nervous system. If our nervous system is not functioning to its optimal level, our perception of the world is distorted and our ability to respond appropriately is compromised. This not only affects our physical health, but also our emotional and psychological function as well.” (33)
- ❖ Life expression on all levels (physical, emotional, mental, social and spiritual) can be affected by our nervous system’s ability to transmit impulses of intelligences from the brain to body and back to the brain.
- ❖ Something to always remember, “Chiropractic is not the treatment of any condition or disease, nor do chiropractors try to alter or palliate diagnosed symptoms. Merely treating symptoms does not address the underlying causes; overall function is dependent on nerve system performance. Chiropractic adjustments restore normal nerve function” (33)
- ❖ Chiropractic recognizes that everything that happens to us (physically, emotionally and chemically) imprints itself into our brains via the nervous system. These stressors that we expose ourselves to in this modern day have increased. Can you think of any?
- ❖ Unhealthy nerve performance can create a vicious cycle of nerve stress overload which leads to more unhealthy nerve performance, which leads to more nerve stress overload, which leads to...
- ❖ Chiropractic gets your nervous system performing at its best.
- ❖ This issue deals with identifiable conditions from an overburdened nervous system. Today’s world is one that is overloaded with such stressors. Dr. Ohm points out that “our innate ability to adapt is burdened by the less-than-optimal ability of our nerve system to perform.” (33)
- ❖ Jeanne gives her advice as to what to do if you have been diagnosed with ADHD or not:
 - “Get your nervous system performing at its best with chiropractic adjustments.” (34)
 - “Look at the many lifestyle choices that are offered in Pathways, and consider what you can change about your own life. Reducing physical, emotional and chemical stressors will strengthen your nerve system’s ability to experience and manifest life more fully.” (34)
 - “As your nerve system begins to perform with greater ease and expression, notice the shift in your perspectives...express who you are, allow yourself to live life fully!” (34)

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

"Designed for Hope: How Chiropractic Honors the Health Already Within Your Child" by Nick Spano, DC
<http://pathwaystofamilywellness.org/Inspirational/designed-for-hope-how-chiropractic-honors-the-health-already-within-your-child.html>

"Kids Out of Balance" by Jennifer Barham-Floreani, B.App.Clin.Sci, B.Chiropractic
<http://pathwaystofamilywellness.org/Chiropractic/kids-out-of-balance.html>