Salutogenesis: The Authentic Wellness Model for Health

Paradigm Shift – Eric L. Zielinski, D.C.

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Talking Points

- We no longer fear illness but our era isn't one of health. Conventional medicine is centered
 around the allopathic model responding to symptoms or illness with drugs or treatment.
 However, chronic metabolic and stress-affected disorders are not as easily treated by drugs or
 procedures. How does stress effect the immune system? Is the body more susceptible to illness
 when it is under stress?
- "Naturopathy, homeopathy and allopathy can all falter if they remain reactive rather than proactive in an environment of long-term illnesses. That's where salutogenesis comes in.... The priority of salutogenesis is literally 'birth of health,' helping the individual pursue wellness mentally and physically with the hope of preventative health and overall well-being." (36)
- The core of chiropractic care is the promotion of wellness. Chiropractic care is consistent with salutogenesis in that it is a wellness strategy. Chiropractic isn't always reactive care (going to see a chiropractor because of an injury) but is a preemptive strategy for health. How does chiropractic promote wellness?
- "When 197 chiropractic practitioners were evaluated for their wellness program, Life University
 College of Chiropractic in Marietta, Georgia, found that the salutogenic approach led to
 decreased risk factors for diabetes, cardiovascular issues, metabolic disorders and even cancer."
 (37)

Resources

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