

Talking Points & Resources

Hello Pathways Connect Group Participants,

Preliminary note: There is no wrong way

To run your Pathways Connect Gathering, the steps below are to help guide you. However, we encourage you to embrace the flow of your gathering and allow for your meeting to take on its own momentum in whatever direction it might go.

Step 1: Select topics

Prior to your group gatherings, find and select one or more of the magazine articles that you found interesting and want to share. Pick topics that make you passionate, as these are the easiest to talk about and spark discussion.

Step 2: The Gathering

Welcome everyone present in the group and ask each person to introduce themselves and share a little about themselves. Be sure to share about yourself as well.

Step 3: Introduce the topic

Share with the group your topic and why you chose it, why it interests you, and the importance you see in it. Summarize the article (article summaries are provided below). You can read the article or summary out loud to your group and share your thoughts at this time.

Step 4: Encourage conversation

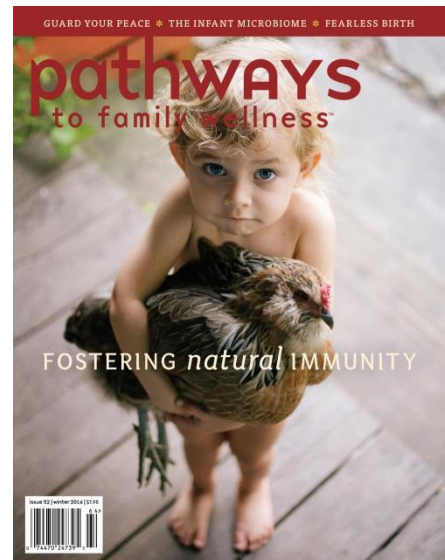
We provide questions after each summary section that will help people to engage. Make use of these questions or devise your own.

Step 5: Make the chiropractic connection

At the end of each article summary are notes about how this topic relates to chiropractic. If you utilize these meetings to educate parents on the importance of chiropractic care you will be benefitting your office growth and the health of your community.

Live Alive,

Janaiah



PW #52 Talking Points/Group Questions**The Blessed State** By Jeanne Ohm, DC**Article Summary:**

In this article we learn about artist Mila Furstova and her journey into motherhood as well as her journey into becoming the artist for Coldplay's new album. In this article we learn how motherhood gave Mila a deeper perception into her own art and we see the undeniable connection between motherhood and artistry.

"I don't like doing sketches," Mila says, "I like drawing straight into the plate. When I draw I sometimes stop and think for a long time. If somebody saw me in my studio they'd go, 'what is happening?' because suddenly I will stop and go to the corner of the room, or I'll turn the plate upside down, and ask, 'what's coming next?' Because I don't know what's coming I almost try to imagine that the plate already exists, and I try to think of some sort of 'memory of the future' – what will be there? And then I trace it, like archeology. I try to pull it out."

This quote about the artistic process also speaks to parenting. "Not drawing sketches" is akin to not putting our children into boxes based on how we want them to turn out. Instead we may stop and study, see what is already there before it's brought to the surface and help bring it out. As parents this level of intuition, patience and grace—this "memory of the future"—is what will allow our children to come forth in their own perfection.

This article also touches on the stereotypes around "working mothers." For Mila her art allowed her to express her many emotions around motherhood, and motherhood allowed her art to take on a deeper meaning. Many careers can be illuminated by the intensity that comes with parenthood, and children can reap benefits as well when we take Jean Leidoff's Continuum Concept into consideration.

Questions:

- In what ways have you noticed that motherhood has changed who you are, not just what you do in your day?
- Have you found that motherhood has brought a deeper passion to other parts of your life?
- In what ways does it benefit our children when we have interests that we are passionate about?
- Has motherhood allowed you to utilize and build your intuitive muscles more?
- In a society that often values reasoning over intuition, what are some experiences in the art form of motherhood that have taught you otherwise?

Exercise:

Review Mila Fustova's artwork in the Pathways to Family Wellness Magazine and share with each other what emotions the art evokes from you.

Chiropractic Connection:

Just as the industrialized world has contrasted nature, healthcare has contrasted wellbeing. As we return to the basics, let us take all that we have learned from this contrast so we may successfully move into a new mode of health and wellbeing. Chiropractic care is based on the basic concept that life expresses intelligence, and that through the removal of interference (vertebral misalignments or subluxations) the body tends towards wellness all on its own. Nothing has forged the full potential for chiropractic quite so much as the current system that has left so many in need of real care and guidance.

Vision of a Freebirth Community by Jeannine Parvati Baker**Article Summary:**

This article shares the positive effects our culture could experience as a 'freebirth' society. Jeannine Parvati Baker envisions a freebirth community where every mother is her own midwife; where women are empowered by their birthing experience, instead of disempowered; where the bond between mother and baby is nurtured, and babies learn that power does not mean control.

Baker explores the spiritual significance of breastfeeding and how the more milk the baby is given, the more the mother's body produces, but if the baby is cut off, the supply will begin to diminish. How similar is this to the outpour of love? The more we give, the more we become full of love.

The native American's have a saying "We did not inherit the Earth from our ancestors so much as we have borrowed the Earth from our children."

By manifesting freebirth into our society we bring back the original mother/child bond that is so necessary for us to truly feel the nurturance of mother earth and respect her power instead of acting like rebellious children who trash her.

"We must reclaim birth as a sacred creation event and free ourselves from old primal patterns."

Questions:

- What does freebirth mean to you?
- How do you think the freebirth movement might empower women?
- What benefits do you believe freebirth has for the baby?
- Would you feel afraid to birth this way? If so why?
- Do you believe that education can empower this movement?
- What is the best way to educate people about freebirth, and its benefits?
- Do you see the correlation between our connections during the birthing experience and our connection to the earth?
- Do you have an empowering freebirth experience that you would like to share?

Suggest Handout:

The article **Consideration for Pregnancy, Birth, and Early Mothering** provides 12 suggestions for every pregnant mother to consider.

Chiropractic Connection:

The disconnect of responsibility that people feel toward their planet or their children begins with an internal disconnect. Our bodies have an innate ability to heal and be well, to respond to our surrounding environment with nurture and love. When subluxation, or vertebral misalignments, interfere with that ability we can see a disconnect not only in physical healing but in the emotional and spiritual healing as well. Chiropractic care removes the interference that disallows the body from properly sending messages through the nervous system (essentially talking to itself).

Fearless Birth by Laura Shanley**Article Summary:**

In this article the author suggests that much of the pain experienced in labor is due to fear. Here we learn that fear causes the body to have the fight or flight response, which absorbs the energy of the organs to allow the body to redistribute that energy into the body parts necessary to flee impending danger. This response does not support the actions necessary for the uterus to deliver the baby in a painless fashion.

In reading this article we learn that the author has a vision for the world to see birth in a new light, instead of the excruciating and painful experience that it has been depicted in. The author suggests that by releasing our fears and having faith in the process birthing can be done in a relaxed state and lead to a pleasurable experience.

Questions:

- Do you believe that fear plays a part in labor pains?
- Can you share a birthing experience where your ability to relax relieved pain?
- Do you believe there is a biological reason to feel pain during childbirth?
- What are some things you could do, or thoughts you could think, to encourage a relaxed birthing experience?
- How can we shift the expectation of a dramatic, fearful, and painful labor into one of beauty, and relaxation?
- Have you or anyone you've known had a pain-free childbirth experience that someone would like to share?
- What was your birthing experience, and did fear play a major role? How were you able to turn that around?

Chiropractic Connection:

We learn about the fight or flight response in this article and its negative effects on labor. This is why chiropractic care is so important during pregnancy because a subluxation or vertebral misalignment can cause interference within the nervous system which causes stress, and this induces the fight or flight response. While a woman's body is incredible in its adaptability during pregnancy we still live in a fast-paced world where most pregnant women are required to extend themselves to exhaustive limits. When these physical demands meet the demands of facilitating a baby's growth and development it is easy to understand why this time can be taxing on the nervous system and increase the likelihood of stress inducing misalignments. When the chiropractic adjustment is introduced, removing that interference, and allowing the body to respond in its natural way to the birthing process, we find women experience less pain, and increased relaxation during labor.

Mind Over Genes by Bruce Lipton, PhD**Article Summary:**

Throughout this article we are reminded of the importance of prenatal care and the messages our children receive in their first few years of life. We begin to understand from a scientific perspective that children do not receive information in the same way that adults do. They basically download the world around them as fact based primarily on the state of their parents and the environment of the world around them. Our choices surrounding pregnancy, birth and how to “raise” our children determine the state of people’s lives. This raises the question: If we as parents did not receive the love, affection, comfort and stability to download a peaceful perception of the world into our nervous system, how can we in turn emulate such traits for our children?

Throughout the exploration of these articles we learn about epigenetics, which has drastically changed how scientists look at biology. Once a subject to our genes, we now know that our environment and beliefs play a major role and that, in fact, it is never too late to evolve into love.

Dr. Bruce Lipton explains that the subconscious brain does not learn and apply in the same way as the conscious brain. We can only make real and lasting changes through these three applications:

- 1) Hypnosis/dream state
- 2) Repetition
- 3) Energy Psychology (super learning techniques)

Nicole Moore discusses several of these techniques including emotional freedom techniques (EFT) and meditation. Both authors share their views asking us to make a choice for love and apply techniques so that our children can download a loving experience which will become their belief and behavior.

Questions:

- Do you believe that birth creates a lifelong blueprint by which we see the world?
- Based on the science of epigenetics what change do you feel is possible in your life?
- Has anyone had experience with energy/subconscious learning techniques?
- With the understanding that children are downloading their surroundings what are some things that emerge as a priority for you as a parent?
- How can we teach children about epigenetics?
- Do you sometimes feel it’s too late to change a habit/emotion/lifestyle/reaction/perspective?
- Of the three applications for subconscious change given by Dr. Bruce Lipton what do you feel would work best for you?

Chiropractic Connection:

The chiropractic principle “Life expresses intelligence” is never more apparent than in the scientific study of biology and epigenetics. Chiropractic is based on an understanding that the body has an innate ability to heal and be well, and the chiropractic adjustment is a resource used to remove the interference that prevents the body from being in its natural state. In much the same way we understand that our natural state is one of love, but that interference and the introduction of stress and fear during infancy and early childhood disallows us from growing in our natural state. It is through the removal of these disempowering beliefs that we can return our mind to its natural state of healing and expansion.

Don't Blame the Bugs by R. Newman Turner, ND, DO, Bac**Article Summary:**

In this article the author sets out to explain some fundamental flaws in the germ theory, the over sanitization of life, and a better outlook for perceiving illness and health. The germ theory was based on four principles, and all but the first have since been proven false.

1. That bacteria were found everywhere in the atmosphere.
2. That each type of bacteria is a distinct species and that this species alone causes a specific disease.
3. That a normally healthy animal has bacteriologically sterile tissues and therefore...
4. Any disease of bacterial origin must be caused by an invasion of external germs through direct or indirect contact with pre-existing cases of the disease.

Despite these theories being widely disproven the pharmaceutical industry still endeavors to provide new vaccines to prevent contamination which in many cases simply weaken the immune system, making people more vulnerable to internal microbes.

A better outlook says that we are not victims of disease, and that our health is sustained by a dynamic interplay of many factors. How we think, act and feel, our posture, physical condition, biochemistry, and nutrition all play important roles in our health.

By focusing on our internal balancing system, instead of every perceived microbe or bacteria in the external world, we begin understanding the meaning of health.

"Above all you will gain a confidence that can eradicate the leading cause of disease which is fear itself." —R. Turner

Questions:

- Do you know anyone who considers themselves germaphobic? Is all of society germaphobic?
- Is the act of avoiding germs ever independent of fear?
- Can "germs" really be avoided?
- What are ways to build health on the inside, instead of fighting "bugs" on the outside?
- What are some ways the germ theory has disempowered us, and given power to the pharmaceutical companies?

Chiropractic Connection:

Our bodies have an incredible system in place that is ever meeting and greeting bacteria creating antibodies to help assimilate them. This system is the immune system. Our immune system relies on our nervous system. Chiropractic care ensures that the nervous system is

functioning optimally. When there are vertebral misalignments or other interferences that obstruct the nervous system from properly sending and receiving messages we prevent the body from adequately assimilating to its environment. A chiropractic adjustment can remove that interference allowing the body to function effectively.

The Arc of Healing by Heidi Skye, DC**Article Summary:**

In this article, Dr. Skye brings us through the process of illness in our children from the initial symptoms through the crescendo peak of discomfort. In this process the body goes from reaction to integration where deep healing and immunity occur. We learn to expect this cycle and understand that it is when we feel the most helpless to relieve our children of discomfort that their bodies are probably doing the most healing.

Dr. Skye shares what has changed her own parenting mindset from a fear of the escalating symptoms to appreciation for the healing that is taking place. “It will get worse before it gets better, and when it’s the worst you are 95% of the time 24 hours from resolution of the illness.”

We learn that the immune system is learning about the pathogen and allowing the body to become symptomatic in order to integrate it. Suppressing the immune system during this time may relieve our initial discomforts but it won’t support the body’s efforts in healing.

“Though it feels counterintuitive, giving the symptoms room to play means you’re creating a learning environment for the immune system.”

Questions:

- What are some helpful supports parents can offer their children during the peak of an illness that will not hinder their healing, immune response?
- Have you seen this “arc of healing” in your own children?
- What are some good ways to explain this process to our children so they better understand the positive side of their discomfort?
- What benefits have you seen from allowing this natural response to take place?
- Have you intervened in ways that may have suppressed the immune response, in the past?
- Has there been a time where you’ve used something to support the immune system, and it peaked symptoms? (Most see this as a negative response, but we better understand that elevated symptoms are not necessarily increased illness, but the body’s surge of healing.)

Example: Sometimes children will develop a fever following a chiropractic adjustment. As their immune system is given a boost it begins a healing process.

Chiropractic Connection:

When a child is ill their immune system is hard at work learning the nature of the pathogen and the best way for the body to adapt and return to normal health. During this time support of the child’s immune system is crucial. A chiropractic adjustment can remove interference that arrests the body’s own ability to identify the illness and support the immune response.

Are We Making Our Children Sick? By Maya Shetreat-Klein, MD**Article Summary:**

In this article Dr. Maya Shetreat-Klein, author of *The Dirt Cure*, walks us through a Q&A addressing the issue of chronic sickness that is plaguing many of our children.

Exercise:

Using the Q&A in this article you can ask participants to weigh in with their answers. Compare to those given by Dr. Maya Shetreat-Klein, and discuss these paradigm shifting answers as a group. Discuss these ideas openly with the group. Ask participants to weigh in or share what they find interesting or challenging in the answers provided. Allow participants to expand on these answers adding their own helpful tips.

Chiropractic Connection:

This article gives way to a great opportunity to discuss the importance of chiropractic care for children. It would be ideal to wrap up this meeting by sharing chiropractic's importance in helping all systems of the body function effectively through the removal of any interference within the nervous system.

Rethinking Bugs by Sarah Wickham, PhD, RM**Article Summary:**

In this article Dr. Wickham shares her enthusiasm in seeing bacteria making a trendy come back as more and more people are educated on its importance. Wickham asks us to think back to when we first learned about bacteria and how it was presented to us. Many of us have been taught from a very young age that bacteria is bad. For many of us, it isn't until much later in life that we learn the benefits of bacteria. As we now understand bacteria to be essential to our survival and more children are learning at a young age about "good" bacteria, this may change the way we as a culture view "bugs" in general.

It's important that we shift our focus from ways that a bacterium may be harmful to the ways we can support the body and the bacteria that live within it. We are beginning to have a better understanding of germs wherein a healthy body prevents harmful bacteria without harming the necessary ones.

Questions:

- What are some of your first experiences learning about bacteria?
- Were you taught to fear "germs"?
- How do you explain bacteria to your children?
- What are ways to support the body so that it can maintain the proper balance of bacteria?
- How do you feel this shift in understanding will support better health?
- What changes have you seen due to a better understanding of bacteria in our culture?
- What are some reasons that antibiotics can be harmful?

Chiropractic Connection:

The more we learn about how the body works the more we understand that it is a delicate ecosystem protected by our immune system. When we alter this system, though we may think it's initially helping, negative effects may over time thwart our good bacteria and tax the immune system in unique ways. Chiropractic care respects the body's own ability to heal and be well. With this understanding, a chiropractor will use a chiropractic adjustment to remove any stress from vertebral misalignments that may prohibit the body from functioning properly. With the removal of interference the body is better able to react to any threats using the defense of the immune system to integrate something, thus allowing the body to adapt to it.

Role of the Microbiome in Infant Development by Kate Raines**Article Summary:**

This article brings us into the world of the microbiome and its effect on the developing infant. We learn that during the late gestational period in the womb, a baby is already being exposed to the microbiome of the mother through her amniotic fluid, as well as during the passage through the birth canal at birth. For this reason, premature babies often have an increased rate of health issues from asthma to autism. Some studies show that this gut flora, which begins while a baby is in the womb may even be responsible for personality traits such as calmness, and sociability. Though we have a limited understanding of the gut microbiome, the more we discover the more we will be able to negotiate protocols that many claim to have a negative effect on the developing microbiome such as use of antibiotics, vaccines, and unnecessary C-sections.

Questions:

- What are some discoveries in your lifetime that have drastically changed the way we care for infants?
- How does this and further discoveries of the gut microbiome effect the way we view birth?
- What are some things that may negatively alter the role of the microbiome in a developing baby?
- What steps can be taken during pregnancy and infancy to support this?
- We are ever learning and discovering that nothing is without purpose in the natural way of life. How does this study alter your thoughts on other interventions and the effects they may have?

Chiropractic Connection:

There is much we do not understand about the human body. As science catches up to what nature has always known more and more we learn that life expresses intelligence and that intelligence is far superior to things we've learned. It is for this reason that chiropractic care has value in a world that is starting to understand the importance of not interfering with the innate intelligence the body that has in its own self-regulation and healing mechanisms. Through the chiropractic adjustment interference is removed offering support to the body's own function.

Perspectives on Chiropractic and Immunity with Special Contributors**Article Summary:**

In this article, we learn about salutogenesis and pathogenesis and how they relate to healthcare. Pathogenesis is the study of the origin and cause of disease and how people can avoid, manage or eliminate that disease. This is the medical model that our current healthcare system is based on. Salutogenesis is the study of what supports human health and well being. Instead of looking at the disease, salutogenesis looks at how to create, enhance and improve mental, physical, and social well-being.

Chiropractic care is built on the salutogenesis model by focusing on what keeps people healthy as opposed to treating symptoms of illness. Chiropractic and holistic practitioners support normal physiology by trusting in the bodies inherent wisdom to function.

During the 1917-1918 influenza epidemic where an estimated 20 million people died, it was the success that chiropractic had in preserving lives over the medical treatments that lead to the chiropractic profession's licensure in many states.

The chiropractic profession promotes positive life-style practices in conjunction to enhance the performance of the nervous system. Research reveals connections between the brain and immune system suggesting that even your mental state plays a part in your physical health. The correlation through the connecting nervous system suggests that both states, our physical and mental, are effected by spinal subluxations or vertebral misalignments. The chiropractic adjustment is used to remove this interference releasing the body's innate ability to heal and be well.

Question:

- What are some ways to boost natural immunity?
- How does focusing on optimal health, as opposed to fighting disease, change your approach to healthcare?
- Understanding the mind/body connection, how would a focus on building health, instead of fighting illness benefit our mental state, and how might that improve our physiology?
- What are some normalized healthcare practices that introduce foreign substances and may cause increased stress on the body?
- How has the medical profession managed to push counter intuitive measures on the vast population?
- What are things we can do or say within our own community to support the shift from sick care to health care?

Exercise:

Share a personal experience where holistic or chiropractic care improved your wellbeing and invite others to share their accounts as well.

You can also share the short story on page 52 called, *Polio, The March of Dimes, and the Miracle of Chiropractic*.

Honest Disagreement in a Pro Vaccine World by Louise Kuo Habakus**Article Summary:**

Anyone who has opinions that do not align with vaccine mandates has likely been presented with the same argument this author received from someone expressing dismay at the fact that she “relies on other parents to vaccinate their children in order to keep her immunocompromised children with Selective IgA Deficiency safe.”

Through the author’s compassion and evidence we learn that all vaccines pose some risk so the morality of forcing that risk on one child in efforts to spare another does not stand. We learn that many parents of immunocompromised children do have a choice according to CDC reports; children with IgA Deficiency, asymptomatic HIV, kidney or spleen failure can get vaccinations, contrary to conventional belief. This article also exposes the vaccine bully system where open discussion, research, and reports of vaccine injuries are washed away to promote a message of the obscure, unmeasurable “greater good”.

While public health interests assert that vaccines are “safe and effective” there is no mention of Federal government’s National Vaccine Injury Compensation Program, Federal government’s Vaccine Adverse Events Reporting System, Vaccine makers’ package inserts all eye-opening disclosures concerning the reality of vaccines.

“The risk of vaccine injury is why there must be choice, and there should be personal belief and religious exemptions in all fifty states.”

Questions:

- Have you ever been presented with arguments like “herd immunity” “immunocompromised children” or “the greater good” to discriminate against parental choice?
- Do you feel you have the language and understanding to openly discuss these issues?
- How do you think parents of vaccine injured children handle the vaccine bias that silences their experiences of pain or loss?
- What are some nonthreatening ways we can respond to cruelty or misunderstanding from those who are pro-vaccine?
- Do you feel there is a bully mentality that renders this subject difficult to discuss openly, and how can we move past that to share our voice?

Exercise:

Openly discuss experiences within your group where someone has felt belittled for their choice to seek out immunity outside of vaccinations. What research and data has been successfully shared, and how has your group handled discrimination for their choices.

Chiropractic Connection:

Read, or ask a member of the group to read the story “Guard Your Peace” in this edition of Pathways to Family Wellness, about a mother who has found the importance of chiropractic care after her vaccine injured child was diagnosed with regressive autism. This article discusses the mother’s own emotional healing after shifting her pain of loss and injustice, into a passion for the benefits of chiropractic.