

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

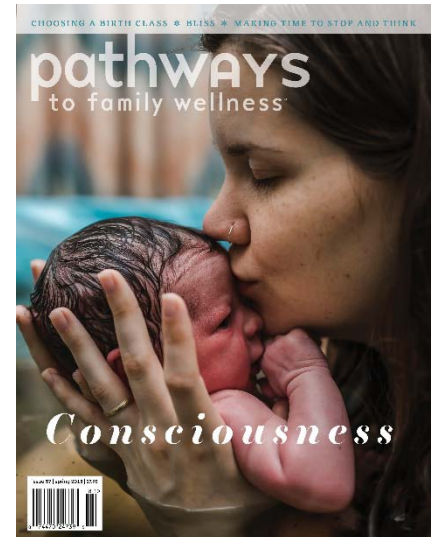
Share with the group your topic and why you chose it, why it interests you, and the importance you see in it. Summarize the article (some article summaries are provided below). You can read the entire article or article summary out loud to your group and share your thoughts at this time.

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.



PW #57 Talking Points/Group Questions**TIMELESS WISDOM*****Dando a Luz*** by Robert M. Biter, M.D.**Article Summary:**

Are we remembering to honor birth as a process of bringing the light? This question, proposed by Dr. Robert Biter, may feel redundant to those who understand the beauty, magnificence, and power of birth. But we live in political times, where much of modern maternity care has replaced the sacred with fear, traded technology for the natural beauty of human reproduction and has carelessly trampled over the rights of women along the way. The effort of maternity activists to reverse this trend in our generation should not be diminished, but political fighting has its price to pay; are we *remembering* to honor birth as a process of bringing the light?

There's a saying, indigenous to Mexico that reflects beautifully the reality of birth. It's Dando a Luz, literally, *to bring the light*. Contrast this with the hallmark words surrounding maternity care: *dolar*(pain), *colicos*(cramps) or *parto*(labor, work). These are only a few of the words used to describe birth which can, and do, betray our understanding of the real nature of birth; the nature of the power to bring the light.

To reclaim the sanctity of birth, we have to remove fear from the setting. This offers us a way to combat the error in modern maternity care on a level that transcends the battle, so to speak. We have to learn to *bring light to ourselves*, as birth providers, to situate every new mother in a physical environment of love, and to ourselves bring that love through us. "It is well-documented," Dr. Biter says, "that the time of pregnancy and birth is when lifestyle changes, adherence to therapeutic recommendations, and development of healthier dietary practices are most successful."

In order to return birth to its central place, we have to bring out the recognition of the potential birth has to effect the lives of all who are involved. We have to allow these precious moments to take place surrounded by beauty and family. As Biter says, this "permits an entire community to be healed."

Questions for Consideration:

- Have you experienced a change in perception about the process of birth, and if so, what has been your journey from one view to another?
- Do you believe the words used to describe birth today are in error of what birth really is?
- What are some stories you've heard that demonstrate an environment where birth proceeded along the lines of *honoring mother* and *bringing the light*?
- Is it more effective to enlighten a family's understanding of birth as an empowering process, or to change obstetric and hospital guidelines to foster natural physiological practices in birth?

Chiropractic Connection:

With every adjustment there's the potential to realign a person's nervous system with a greater connection to wholeness. Chiropractic, practiced with the philosophy that's true to its origins, is fundamentally holistic. Any time we break something down conceptually into its constituent parts, whether it be the body or the process underlying birth, we risk losing touch with the holistic understanding that there's a greater rhythm *uniting and animating the apparent "parts."* The nervous system interlinks us to the underlying rhythms of life, within and outside the body. With subluxation, our connection is inhibited and this reduces our willingness to relax and trust the processes underlying our physical existence. To *remember to 'bring the light'* is the mental equivalent of the physical adjustment which gives the body a somatic remembrance of this light.

HOLISTIC HEALTH***17 Things I Wish Every Woman Knew*** by Beth Bridges, Naturopath**Article Summary:**

Beth Bridges, a naturopath based in Australia, gives us some key points about health that applies to most people today:

1. Your nervous system controls everything. Fight/flight emotions, being a perfectionist, and chronic stress are more powerful than many are willing to admit. If you are struggling with chronic stress in your life, supplements, nutrition, and body movement can only do so much...
2. Your liver is your best friend. Breast tenderness, pre-menstrual head-aches, bloating, anger, and agitation, indicate the need for extra attention to your liver. It's such an important organ!
3. Veggies are life! Without needing to tout any style of eating, just knowing the importance of vegetables (copious amounts of them) for health and well-being will advance you nutritionally and hormonally beyond many various 'health fad' protocols.
4. The pill is not the answer to your hormonal issues. The pill can only mask symptoms. We need to address the conditions at their root (which can be much more challenging after many years on the pill).
5. Inspiration is everything. In other words: do what you love, do what you love, do what you love. Every day should at least be peppered with small things that inspire you.
6. Everything transforms eventually. The best we can do is surrender to the hard times, knowing that they will transform when we have integrated the lesson and completed our growth.

Questions:

- Does anyone have a personal dietary regiment that they've followed and want to share? What did you learn, gain, or lose from it? Did it recommend vegetables?
- Are there any liver cleanses, or liver protocols anyone has followed and can elaborate on their experiences?
- What are some reasons you have been living in negative chronic stress? Have you read Kelly McGonigal's "The Stress Paradox" in issue 55 to help transform your perception of stress itself?

Chiropractic Connection:

Your nervous system controls everything! This is an understatement, actually, since it's not "control" which defines the function of the nervous system, but in fact orchestration of body systems and rhythms to align with underlying cycles of nature and human existence. The fight/flight cycle is just one cycle which we inevitably must live with as biological beings. This means stress is not automatically negative. The question is: *can we flow the stress cycle upon*

the natural rhythms guiding the day, the month, and the year, and can we integrate other physiological cycles such as respiration, heart-rate, cellular division, and all the others (many of which are probably completely undetected by modern science), with the larger rhythms of life? With chiropractic care, inspired living, and a sincere respect for life, I believe such integration happens naturally.

PARADIGM SHIFT

Does My Baby Have Allergies Already? by Melissa Sell, D.C.

Article Summary:

Why does a rash appear in one area and not another? Why do some babies experience rashes at 1 month old while others flare up at 3 months, while still others eat all the same things and never have any trouble at all?

Answers to these questions appear to be complicated, involving genetics, lifestyle factors, healthcare choices, and environmental influences. Yet sometimes these factors taken together still fail to explain the facts of our experience. Are we doomed to never really know why our child gets a rash while his sibling (perhaps a twin) does not?

There's something missing from our current worldview of disease. Disease, especially childhood disease, scares the crap out of most people, doctors and parents alike. But fear should not be the active force behind things we adequately understand and can predict with accuracy. It's obvious that we are lacking such an adequate understanding of disease, and moreover, we are lacking the kind of understanding which takes each unique individual's *life-experiences* into consideration.

Melissa Sell offers us a glimpse into a profound new way of understanding disease. First of all, "disease" is a misnomer for our symptoms, since this word provokes the picture of an external (or internal) assault *against* biology. Disease, according to Melissa Sell, is a "Meaningful Special Biological Program of Nature" initiated as a biological response to a shocking, unexpected life experience perceived by the individual. Symptoms we experience and label "disease," blaming microbes or genetics in the process, are in fact the result of the *body's attempt to remedy* the uniquely perceived, shocking experience.

In the case of a childhood skin rashes, the shocking experience has been perceived as having to do with the experience of being separated (losing contact) or with wanting to be separated (from a wet diaper, tight grip etc.) Microbial and nutritional explanations of disease always seem to have glaring contradicting cases. But if we take an individual's uniquely perceived conflict-shocks as the cause of our symptoms we begin a journey of reinstating disease to their rightful place. Diseases are adaptations directed by the body with the purpose of regaining integrity and coherence after a conflict-experience. For more information, please visit LearningGNM.com

Chiropractic Connection:

German New Medicine (GNM) is a new model of understanding disease that aligns with the chiropractic model in ways that have yet to be fully explored and appreciated. There are

also correlates between GNM and the emerging science of heart-coherence which, taken together, make up a new paradigm of understanding disease, consciousness, and our interconnection with the environment.

Microbes have been registered in the mind of most people as an accursed presence on earth, and there has yet to be a coherent explanation of disease that puts microbial activity in its rightful, symbiotic (i.e. not harmful) role in human/animal biology. With the new understanding of GNM, the immune system must be re-understood, not as a defense mechanism, but as a sub-set of the nervous system which directs the activity of human cells AND microbial cells in a **cooperative endeavor** to facilitate meaningful biological changes in response to certain life-experiences.