

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 gathering, 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

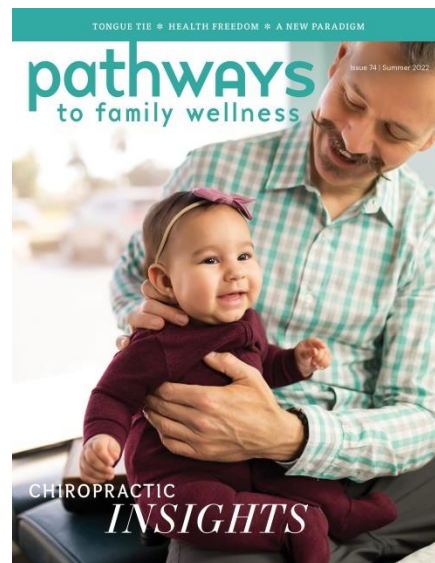
Share with the group your topic and why you chose it, why it interests you, and the importance you see in it. Summarize the article (some article summaries are provided below). You can read the entire article or article summary out loud to your group and share your thoughts at this time.

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 Issue #74 Introduction

“There is a shift of consciousness happening in all sectors of our world, and I believe family wellness chiropractic will play a significant role in this shift.” –Jeanne Ohm

We are going through a paradigm shift, one that’s been a long time coming. Some would say this shift began over a century ago, with the inception of chiropractic care and the philosophy that affirms that “life expresses intelligence” in all its manifestations. The community of parents, practitioners, and researchers aligned to this philosophy are helping to advance the world in a much needed evolution of understanding. At the core of this movement is the ability of each individual to evolve with the new knowledge and information that is becoming available.

This issue focuses on some key discoveries that so few people know about; new knowledge that changes our understanding of how the body works, and affirms the importance of a vitalistic perspective of health. These discoveries are really a natural outgrowth of the recognition that the nervous system connects us to the larger field of emotion and “perception,” and that an understanding of “health” requires a particular focus on the nervous system. Within the field of research called German New Medicine we find the science of vitalism. The science validates the philosophy of what so early healthcare geniuses intuited, including the chiropractic inceptor, D.D. Palmer, who emphasized that “subluxations,” or obstructions in the nervous system, are at the root of “disease” manifestations. The discoveries of German New Medicine show that there are “above atlas” brain subluxations that impact specific brain relays as a result of emotional shocks or life-conflicts. These “above atlas” subluxations (visible on a CT scan) control specific, intelligent, and biologically meaningful adaptations in the cellular tissues of the organs of the body. The consequence of these organ-specific changes are the well-known symptoms of disease—which are really *symptoms of recovery from the emotional conflict*. With the science of vitalism, we can now **predict** disease states, answering the question “why does one person get ill, and his contemporary does not?” With this new knowledge, all people can learn to face health challenges with newfound clarity and with a salutogenic recognition for what “gives birth to health”—our ability to adapt to the emotional trauma. In supporting the nervous system at the mechanistic and vitalistic levels, we are learning to grow our capacity to adapt and evolve and achieve higher levels of health and family well-being in our journey through life.

When enough people find the calling to venture beyond traditional frameworks of medicine, to include the importance of the nervous system, the brain, and perception, then we will reach a tipping point. In many ways, we are privileged to be witnessing the end of an old paradigm of health and disease, one that goes back thousands of years; to witness, as well, the emergence of a new kind of scientific doctor, one that has a keen interest in supporting individuals using the philosophy and science of vitalism... And more so, one that appreciates the longstanding truth that each individual has born within her the greatest of all resources—an innate intelligence that will guide the *body and mind* throughout the story of life, if we *recognize* it.

PW #73 Talking Points, Group Questions, and the Chiropractic Connection**Feature***Birth in Community, Living in Community*

By Molly Stiens, D.C.

Molly recalls the experience she recently participated in—a tradition as old as time, that is now resurfacing called a “free-birth.” It entails a birth without medical intervention, lacking the panel of traditional medical practitioners now associated with a “normal” birth. Instead, the mother giving birth is supported in labor by individuals she chooses, those whom she loves and trusts. This is the direction many mamas are now leaning towards—being surrounded by those they hold dear, those who they are confident will contribute to their ideal birth transformation. “The way we support mothers in birth shows where our societal values lie,” Molly says. “We continue to isolate moms from their work, from their loved ones in delivery, from their babies afterward...This birth I’m speaking of was almost like an alternate universe. There were moments, glimpses, a deep knowing for me: This was exactly what bringing life earth-side was designed to feel like. This little human will be imprinted by the experience. Coming into the world sensing community. Sensing support. What a beautiful narrative to begin your first moments of life.”

The old phrase “it takes a village” comes to mind while imagining the experience. Birth was never intended to be an alienated experience where the baby enters a new, foreign scene filled with people in which they will never become familiar. Their first impressions of Earth are meant to be held in the eyes of those who so love their mother, who have excitedly anticipated the arrival of a new piece of her to love, beside those who will be a part of their village, and within the places they will grow to know as home.

“We can look back to see ahead,” Molly says. “Witnessing the lives of those in indigenous cultures. Valuing the home, valuing the tribe, valuing the human pieces of us. Honoring the sanctity of gathering. Individuals excited to ask, receive, and reciprocate a helping hand, instead of the idea that we’re walking this road alone. The hallmark of a holistic paradigm is community.”

Maybe it’s not five women showing up the moment your baby is coming earth-side, but five different families assisting to make that sacred moment possible. Or families stepping up to bring you nourishment in the postpartum window. Or coming together to cover expenses of a home birth experience. All I know is that we were designed for human connection. Living is communal. Birthing is communal. Mothering is communal. Let’s start making this the narrative.”

Questions for Consideration:

- Did you have those you loved most present in your birth experience?
- If you gave birth in a medical institution, did you still achieve feeling a sense of community? Were you able to feel yourself as a leader or center of your birth transformation?
- Do you feel safe without medical professionals there to assist with birth? What are your concerns, and from where did these concerns come?
- How has your village shown up for you post-partum?
- When do you most strongly feel the need for human connection? What are the tell tales that you or your children are craving connection?
- What are some possible benefits for your child to experience a sibling's birth?

Chiropractic Connection:

“Free-births” are a natural and common experience in the lives of many people throughout time. People of all walks have learned the skills and acquired the information that alleviates the fear of birth turning it into an activity that is completely within our capacity as human beings. Chiropractors happen to represent one of the more predominant groups to choose a “free-birth” for themselves. One of the several reasons for this is due to their acute awareness and appreciation of pelvic balance, movement, and body positions that can greatly support the labor process, and our manageability of this activity. Parents do not need to become chiropractors to have a “free birth.” However, by growing and learning skills and information—which extend beyond body-centered knowledge and awareness—anyone can absolutely achieve a “life-transforming” birth, in any environment, with anyone. The Webster chiropractic profession represents more than an adjustment for pregnant moms during pregnancy and birth. It represents *a new trend in childbirth*, and the beginning of a new conversation where families come together to learn the ways to “do” this activity of birth, making it something that is familiar, understandable, manageable and completely within our scope as human beings.

Staying the Course

Tongue-Tie

By Andrew Dorough, D.C.

Tethered oral tissue is not necessarily to blame for your infant's feeding issues. In Dr. Dorough's chiropractic practice, he has witnessed the results of how tongue, head, or neck adaptations can affect feeding function, with or without a tongue-tie. The chiropractor can certainly assist with feeding dysfunction as well as possibly help your child avoid tongue-tie surgery altogether. If tongue-tie surgery is necessary, Chiropractors can assist before and after surgery in important ways.

In some cases, the nerves attached to the tongue may have become tight or oppositely, weakened. It is also possible that certain muscle malfunctions are having an effect on your baby's tongue. When a baby's tongue is tight, the mother will experience pain while breastfeeding while the baby may simultaneously have trouble transferring milk from the breast or bottle. This tightness can also act as the culprit of a baby's frequent tendency to spit up, as they struggle to swallow in entirety. A chiropractor can assist by making gentle adjustments to normalize the neck, bones and soft tissue to relieve the tightness or weakness of the tongue. This should be addressed to enhance breastfeeding function before pursuing other routes such as surgery.

The tongue muscle and the swallowing muscles are attached to the bones of the head and neck. However, if the bone structure is not aligned in position for proper function, it can restrict tongue motion and give the appearance of a tongue-tie. It causes suppression and difficulty in swallowing and breathing. The chiropractor can align any subluxations inhibiting your child's cervical spine to optimize normal function.

A medical professional may not recognize a tight jaw or a misaligned vertebrae causing ineffective latch or milk transfer, while pediatric chiropractors have special training in recognizing structural adaptations. Therefore, getting chiropractic care before a tongue-tie evaluation or surgery will allow the provider to better assess the tongue's natural state, aiding in the certainty to discern whether the tissue (frenulum) is functional or needs potential surgery.

Chiropractors offer pre-habilitation services to soften the tissue and help the baby open its mouth wider in cases where surgery is necessary. If surgery is performed with head and neck structures in abnormal alignment, the wound may heal in an abnormal position and the problem may resurface in the future. Regardless of a structural issue, your baby will benefit from pre-surgical soft tissue care. Benefits include:

- Correct motor skill development of the tongue and spine
- Ideal wound healing
- Optimizing the baby's anatomy to accommodate the change created from the surgery

Beyond these benefits, chiropractic promotes a global support for the infant's growing spine and optimal healing from any stresses, strains, or traumas, including traumas from the birth process. By taking these steps, you can significantly decrease the chance of a surgery or support whatever surgery was just performed, so your baby can achieve normal physiological function. If you suspect a tongue-tie, a pediatric chiropractor can be an essential first step on your journey to breastfeeding success.

Questions for Consideration:

- Have any of your children had issues related to feeding or attaching? How did you go about handling these issues?
- Has your chiropractic experience resulted in any changes to your child's overall function, not limited to feeding?
- Why do you think tongue-tie diagnoses are on the rise?
- How could rushing into surgery negatively contribute to your child's wellbeing? Did your health-providers discuss any risks of tongue-tie surgery?
- Has a doctor ever given you a diagnosis that, upon second opinion, you discovered wasn't correct?

Chiropractic Connection:

Within the treatment model of healthcare, a simplistic approach predominates. A "single cause" requires a "single cure." When an infant is diagnosed with tongue-tie, it would appear we have a "single cause" of his/her breastfeeding difficulties. Chiropractic is about broadening our awareness in the very practical understanding of how biomechanics, balance, and the broader physiological function is fundamental to an infant's "breastfeeding success." Any difficulties an infant may have breastfeeding can be addressed in a holistic way. As the "one-pill for every ill" approach loses credibility in families' approach to wellness, chiropractic care will often surprise families as they discover that a single adjustment for no specific illness whatsoever, can create an expression greater well-being in several different body systems.

Staying the Course

Why Does Health Freedom Matter?

By Health Freedom for Humanity

Health Freedom is your inalienable right to choose what is best for your own health. Without awareness of what our health freedom entails, we are in peril of those who are trying to remove that right from us. Without knowledge of our rights, we are allowing the fate of bodily sovereignty and health decisions to lie in the hands of another.

Health freedom provides us with the choice of deciding what kind of medical treatment we receive and who provides us that medical treatment. It is our right to decide to go the route of naturopathic care rather than allopathic if we choose, and our right to hand-pick the practitioner that we feel best suits our needs. Health freedom also provides practitioners the right to work with their patients that seek their treatment without legal punishment. In most states, it is currently punishable by law for a practitioner without a medical license to treat patients who request their services. This decision to access help by whichever healing service the patient sees fit should be up to the patient solely, not dependent on any financial or political climates.

Health freedom is the right to our own bodily autonomy. Many states are currently enforcing health-related restrictions such as forced-vaccinations and masks, while withdrawing the individual's right to objection. These restrictions are being implemented regardless of our beliefs, individual choices, or proven adverse effects. Children who are undergoing cancer treatments are being forced to finish out treatment plans even if it further declines their health. The parents who choose alternative routes are subject to investigations by Child Protective Services for noncompliance. Psychiatry is forcing mentally ill individuals to remain on certain medications without proper process. All people have the inalienable right to choose what is best for their health, and what is put into, onto, or around their bodies. Any infringements upon this right are inhumane and unethical.

Health Freedom is the right to proper informed consent from health care practitioners and pharmaceutical companies. Pharmaceutical companies knowingly withhold the dangers of their products from the public instead of being held to the highest standards of transparency. Healthcare professionals that prescribe these products need to be held accountable for thoroughly understanding the risks and presenting them to their patients. It is our right to seek alternative methods of healthcare and preventative treatments without punishment. The healthcare and insurance system currently benefit off of people being forced to use pharmaceutical products.

Simply put, Health Freedom is your right to choose what's best for your health. It is not religious, it is not political, it is not a right for one group of people; it is your right because you are a sovereign human being.

Questions for Consideration:

- Do you think there are any justifiable circumstances where anyone but the individual makes choices for their own health?
- Do you think children's health responsibilities should be shared beyond the parents?
- Have you had personal experiences where your Health freedom was limited or revoked? What did it feel like, and how could you have stood up for your health freedom in that moment?
- Do you have any friends or mentors that you can rely on to help you defend your freedoms?
- Do your children trust anyone better than you (their parent) to make health-related decisions for them?
- Are you interested in forming a community email, telegram, or meetup group to help rally together for mutual support for this specific issue?

Chiropractic Connection:

On pg. 32 of this issue, Dr. Jay Warren, D.C. discusses Private Membership Associations as a way to offer a protected space for clinicians and the public to stay clear of dictatorial regulations that serve an exclusive, special interest group. Chiropractic has a long history of standing at the forefront of health freedom. Today, a movement is occurring where the public at large is recognizing the key importance of health freedom for themselves. Chiropractic represents an important profession at the center of this movement. As the second largest healthcare profession, chiropractors have the ability to help stabilize and organize a massive transition that is occurring in the public consciousness, as the consciousness shifts away from controlled medical practices and regulations to a model of freedom and salutogenic (self-directed) approaches to health. It is becoming clear that MD's (not the individuals, but the previous doctoring model itself) will continue to decline in popularity in a trend that has been going on for decades, and chiropractors will become the predominant "primary care providers" for families, with a philosophical and scientific focus on the nervous system *as the birthplace and cause of health*. Then, we can imagine the day when chiropractors will "refer out" to surgeons (specialized doctors) whenever unique complications or acute emergencies require surgical skill-sets. Without a doubt, regardless of the future that awaits, the "prescription model" of doctoring is bound to become a historical artifact of the past.

Living the Journey
Germ Theory: New Perspectives
By Tom Cowan

Germ theory initially took off in the late 1800s. Back then it was hypothesized that all bacteria, even that which resides in our bodies, were foreign invaders dangerous to our existence and were not present when we were in a "healthy" state. Today, 150 years later, this idea appears naïve. It is now a proven fact that trillions of bacteria live in and on every surface of our bodies. Researchers have even proposed that most of our genetic material is bacterial rather than human in origin. We have conclusive evidence that certain bodily functions, such as digestion, are dependent on this bacteria. Bacteria synthesize crucial nutrients, participate in detoxification functions, help regulate and control our emotions and, in some ways, participate in every normal human function.

The early proponents of the germ theory were inaccurate in their conclusions about the role of bacteria in the human organism, and established a detrimental framework that separated humans from the microscopic world of nature. In the case of viruses, a similar shift is unfolding in the scientific community, from a previous simplistic understanding. The outdated idea that we are "virus-free" in our healthy, natural state, and that viruses enter as "pathogenic" or disease-causing entities was never actually proven. It was the ground-state hypothesis, similar to our understanding of germs, which proves to be drastically incomplete. In modern virology, we have discovered that particles which researchers believe to be "viral" are indistinguishable from other extracellular vesicles and micro-debris from the cellular break-down process. It has been hypothesized, that exosomes (one example of these vesicles) as well as their identical cousins, viruses, play a role in intelligent communication between cells. Through a kind of resonance, exosomes and viruses can communicate from one part of the body to another, or from one organism to its environment, in response to a real environmental threat.

The virus narrative is beginning to crumble, in light of new discoveries of health and disease that center on the brain and nervous system. However, paradigms are hard to change. The conventional paradigm, however, is threatening our livelihood and freedom, and we don't have time for the virologists to fade away. We must understand this shift ourselves... We humans are part of an *intelligent* dance of life. Disease (like every manifestation in biology) is a consequence of a holistic biological process, wherein micro-particles, bacteria, and living cells are "effected," but do not represent "the cause."

Questions for Consideration:

- Can you conceive of any other possible explanation for why two people "catch" the same symptoms, beyond a transfer of a microscopic particle?
- Have you read or listened, or ever heard of anyone argue that virologists have never actually proven their claims that viruses exist, and cause disease, using the scientific method?
- How do virologists go about discovering viruses, if you had to guess?

- Have you ever read a micro-biology “virus isolation” paper and the “methodology” section which explains their process of “discovering” viruses?
- Why might this topic be extra-contentious to discuss openly?
- If virology is incorrect in its conclusions about disease causality, what would this mean for childhood vaccination practices? Or for current governmental restrictions related to “virus outbreaks?”
- If microscopic particles aren’t the “cause of disease,” what would this mean for you in your own life?

Chiropractic Connection:

B.J. Palmer, the developer of chiropractic is famous for saying: If the germ theory of disease were correct, there’d be no one living to believe it. Indeed, there has been a longstanding difference of opinion on this topic of disease causality that goes back to the beginnings of germ theory and virology. Scientists and practitioners of the day contested the hypothesis that “germs and viruses cause disease” as soon as this hypothesis was made. When chiropractors grew in popularity, their differing understanding that the cause of disease was located *in disturbances in the nervous system*, led to an oppositional, politically organized group of pro-germ theorists attempting to silence and delegitimize the chiropractic philosophy and practice. They failed. And today we are seeing the difficult but necessary collapse of an old paradigm of understanding that existed—and could only have existed for this long—upon the use of harsh political tactics of control and censorship. When chiropractors suggested the Three ‘T’s of subluxations—Thoughts, Traumas, Toxins—they established a superb foundation for comprehending the cause of disease. At the time (prior to ~1950), “viruses” were considered to be hypothetical “micro-toxins” or proteins, so there was little controversy in principle. However, a new breed of virologists eventually abandoned the micro-toxin hypothesis (because it couldn’t be demonstrated scientifically) and instead adopted a brand new hypothesis. However, the methodology underpinning this new hypothesis has been drastically overlooked and has been blindly taken for granted; for if the methods by which virologists “prove” their propositions that “a virus exists as a DNA/RNA strand enveloped by a protein that can hijack cells and cause x, y, z, disease,”—if the scientific “proof” for these propositions was well-known and comprehended by the public, the world would come to agree with B.J. Palmer and would disregard the viral germ theory as little more than a debilitating superstition, and would immediately come to appreciate newer scientific understandings the nature of health and disease.

Living the Journey*Summer Sun: Freedom from the Carcinogen Fear*

By C. Andi Locke Mears

It's been reiterated over and over that the sun's ultraviolet (UV) rays damage the skin, and that's what leads to "malignant" skin cancer. So, in the summertime, we cover ourselves and our children in chemical-potent sunscreen as a preventative measure. German New Medicine (GNM) overturns this theory that the sun "causes" cancer. GNM is a new science of medicine based on newly discovered Biological Laws of Nature discovered by Dr. Ryke Geerd Hamer, which explain the cause, development, and natural healing of diseases (barring poisoning, starvation, and injury) in living beings. GNM provides predictive power over disease manifestations; with the tools of GNM, one can ascertain with certainty whether a given disease will arise in an individual. It teaches us that cancer, for instance, is not caused by random malignancies in Nature, but is instead a consequence of a natural predictable phenomena of biological adaptation to acute emotional conflicts that take us by surprise and threaten our survival. GNM links our psyche, brain, and organs- a true mind-body science that is verifiable in brain CT scans—the key component of this discovery.

According to GNM, when our psyche perceives an unexpected "attack" or "soiling" of the skin (which incidentally can include the negative **experience** of a sunburn, or the experience of an insult or a 'slap'), our body initiates a cellular growth in the corium skin (bottom layer of skin) as a protection against the perceived "attack." Depending on the severity of the shock-experience, the corium skin will respond in due proportion.

Our brain and nervous system act as the conductor of this adaptation in the skin. When any of these perceived attacks occur, our brain (from the cerebellum relay that controls corium skin function) instantly sends out the signal to grow extra cells at the site of the attack, for the purpose of creating protection. Then, when the threat is over, the body reverses this adaptation, and proceeds to break down the previous cell growth. This results in symptoms ranging from acne to shingles to cysts, to more serious bleedings, depending on the duration and severity of the previous cell-growth.

Every organ of the body has a unique, specialized "adaptation program" that can respond to a biological threat or shock we experience in life—including the possible perceived "shock" of another disease symptom. Each shock impacts the brain and controls a predictable, biologically purposeful cellular process in the body. In an environment of panic and fear, these cellular processes can compound, remain fixed and unyielding, or become exacerbated resulting in complications.

With GNM, we now have the knowledge that lets us exit the paradigm of fear of disease, to understand our bodies and support them *much more effectively*.

Questions for Consideration:

- What preventative measures do you take for your family in the summer sun? Do you typically take precautions to avoid unnecessary chemicals for you and your family? Do you have any concern for the sun as a “carcinogen?” Do your children fear the sun?
- Do you know anyone who has worn sunscreen throughout their lives in fear of skin cancer?
- Do you believe emotional shocks can cause physical disease symptoms, especially after the shock is over and gone? Have you ever credited a disease to be the result of a long-previous “stress?”
- Have you witnessed an emotional shock (such as a life-ending prognosis) take a negative toll on the health of a loved one?
- Why do you think animals, living in the same environment as humans, experience so fewer diseases?
- How can we empower our children emotionally to be courageous? How can we protect them from unexpected emotional shocks—or help them adapt and overcome these shocks as quickly and easily as possible?
- Do you think it’s important to change the paradigm to show our children that nature is not our enemy out to “get us?”

Chiropractic Connection:

D.D. Palmer, the discoverer of chiropractic, hypothesized that subluxations, or obstructions in the nervous system, are at the root of an individual’s disease expressions. This idea finds *scientific verification* in the discoveries of German New Medicine, which demonstrates how brain lesions (“above atlas” subluxations) caused by “thought-traumas” or “unexpected biological conflicts,” correspond to precise disease manifestations in the organs of the body. As these discoveries become widely known and utilized, we will witness the emergence of a healthcare revolution—a revolution which really began with the philosophy of chiropractic and its important focus on supporting the health of the nervous system and an individual’s improved adaptability. LearningGNM.com | GNMonlineSeminars.com