

Talking Points & Resources

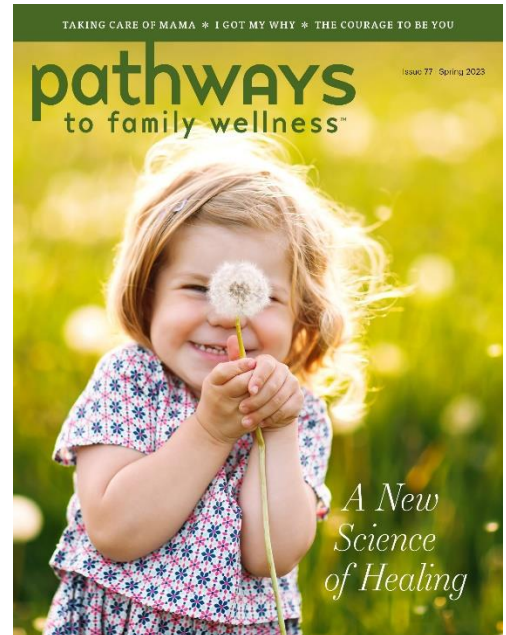
Hello Pathways Connect Group Participants,

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 #77 Introduction: A New Science of Healing

We often talk about the wisdom in the body. We recognize that there is an intelligence that made us and can therefore heal us. We see this intelligence acting every day, whenever we observe a scab forming to heal a cut, or a detox reaction to discharge a toxic substance. The body, we know well, expresses immense intelligence.

Yet in the case of disease symptoms when injury or intoxication can be ruled out, the idea of “life expressing intelligence” often gets challenged or dismissed. It would seem the body expresses intelligence sometimes, while other times it expresses the opposite—dysfunction. Or so we thought... In truth, organic diseases (those excluding injury or poisoning) encode an intelligent meaning that we are just beginning to understand for the first time in history. Chiropractic care offered an important recognition of the underlying mechanism through the idea of “subluxations” understood to precede common and chronic symptoms. In 1980, science achieved a major advancement in this direction when we discovered visible subluxations in the brain.

So what is a “brain subluxation,” and how does it affirm a new science of healing? The brain subluxation is a visibly spherical formation—or lesion—overtop an area of the brain responsible for the functionality of an organ of the body. And here’s the ultimate significance—these brain formations *arise* in synchrony with an individual’s life experience, namely their experience of “conflict shocks.” In other words, the brain lesion appears simultaneously with a unique stress or challenge in life, and it then disappears, or dissolves from the brain, when that challenge resolves in life.

The purpose of the lesion (or subluxation) in the brain is to facilitate an intelligent adaptation in the corresponding organ of the body. When the conflict (stress) resolves, the brain-subluxation dissolves with fluid edema in that area, while the organ enters a similar fluid environment to begin *reversing the previous cellular adaptations*. This is when the organ manifests its “inflammatory condition.” It’s similar to how muscles become inflamed *after* a high-stress workout. The organ’s inflammatory condition is a restoration or healing process after the unique life-stress is over, after the particular brain-organ augmented response shifts into a healing phase.

The body (or subconscious) works in harmonious relation to our environment and emotional experiences. This is an ancient, self-evident truth. Yet it has reached a new, revolutionary significance with the discovery of these brain subluxations which elucidate a new science of this mind-body connection. This new science is firmly situated in chiropractic philosophy—it is about improving a human being’s *comprehensibility of stress and life*, with a focus on the adaptability of the nervous system. And when a symptom appears, we can now recognize how it is an intelligent and meaningful healing expression of a precise adaptation, which was interwoven into the unique experiences and life journey of the individual.

PW #77 Talking Points, Group Questions, and the Chiropractic Connection

Taking the Step *Taking Care of Mama* By Kseniyz Gershberg, D.C.

The Importance of Writing a 4th Trimester Plan

In this article, chiropractor Kseniya Gershberg discusses the importance of a mother's support during the postpartum period. "Healing takes time, let's just face it. We need to step away from the 'bounce back' model instilled in moms' brains and bring awareness to the fact that it took nine months to create a baby; it can take at least nine months to heal after birth."

To the best of our abilities, each family strives to create a positive pregnancy and birth experience, while often, the idea of healing after birth goes without any mention. To fill this gap, Kseniya describes the importance of a fourth trimester plan. "Making a plan to heal your body through postpartum will help set expectations for yourself and your support team. They will know what you want and need instead of playing the guessing game."

The 4th Trimester Plan is one that will support a mom's healing, keep her in the forefront (instead of being left in the shadows which is so common in our culture) and can clarify the focus of the family and friends who are a part of their journey.

"In a 4th trimester plan, we focus on healing the body and mind, and nourishing the body from the inside out. Focusing on the whole mama is important, with a foundation in chiropractic care and other supportive therapies." Far more than some recipe to follow, the 4th trimester plan presents an opportunity for the family to acquire newfound comprehensibility and capability to navigate life after birth, and to learn how to do this from within.

Questions for Consideration:

- What was the most difficult aspect of post-partum for your family?
- Do you find it challenging to ask for help during this time? Is help nowhere to be found? What are some ways to find help if you need it?
- What are some other difficulties you can anticipate ahead of time in a post-partum period?
- Who would you like to include in your ideal 4th Trimester Plan?
- Do you think children could play a role in helping you heal?
- Do you feel pressure to "bounce back" as is described in our culture?

Chiropractic Connection:

Pregnancy and birth are well recognized to be major transitional phases in the life of the family, particularly the mother, requiring her innate adaptive intelligence to express itself. Chiropractic is a fundamental way to improve our adaptability through this time, both for mothers and their newborns. The post-partum period is rarely supported by culture unless a problem presents itself, such as pelvic floor issues or breastfeeding challenges. However, there is a growing awareness in families today that sees how chiropractic can be a vital part of supporting the journey through pregnancy, birth, and into parenthood, regardless of the presence or absence of specific issues. The purpose of chiropractic is to improve and support the family's foundational ability to *comprehend and navigate life and stress*, so this momentous time of new beginnings can be a time of positive growth in the family.

Taking the Step***Vertebral Subluxation:******How to clarify the discussion of chiropractic with friends and family***

By Stamatis Tsamoutalidis, D.C.

What is chiropractic and what does it offer? Stamatis Tsamoutalidis explains how “A common theme in my practice over the past few years is people trying to express the benefits of chiropractic care and what chiropractic is, only to find friends and family ‘not getting it.’” In this article, Stamatis offers an important way to clarify this discussion with friends, family, and the general public.

“When discussing chiropractic with others, I always focus on the central topic of vertebral subluxations. A vertebral subluxation is a situation in which one or more of the bones of your spine lose their normal alignment and function, creating pressure or irritation on the spinal cord causing those nerves to obstruct the signals traveling over them. This results in a loss of proper ‘connection’...and hinders our ability to adapt to stress.”

There are five important points about subluxation which can help people communicate the purpose and benefits of chiropractic care. In short, they are:

1. Your nerve system controls and coordinates all the functions of your body.
2. In the natural state of “ease,” you are able to adapt to your internal and external environment the way you were designed to.
3. Vertebral subluxations are evidence of “dis-ease” as the body *tries to adapt* to life’s stresses.
4. Subluxations occur regularly and in everyone!
5. Chiropractors are trained professionals in locating and helping correct subluxations and their limiting effects on the body.

The chiropractor offers a service of helping individual’s improve their underlying sense of coherence, vitality, and adaptability at the fundamental level of their nervous system, by maintaining function and alignment in the spinal column so the nervous system can adapt more freely and with greater capacity.

“The only reason someone could have for not wanting chiropractic is they still don’t know about the value of correcting subluxations, and what it can do for individual and family life.” With chiropractic support, we have the ability to perform at a far greater level. We can “give to” the day, rather than just “making it through” each day. Chiropractic is a way of maintaining and maximizing our expression of life.

Questions for Consideration:

- Have you ever tried explaining chiropractic to friends, and how did that interaction go?
- What are some issues or concerns people have with chiropractic care that you have observed them say?
- How did you first learn about chiropractic? What was said about it that made you think to seek it out?
- How do you understand the word “subluxation” and what it means?
- Do you believe vertebral subluxations could be responsible for illnesses in the body?
- Does it make sense how vertebral subluxations can limit the body’s ability to adapt to stress?

Chiropractic Connection:

In the late 19th century, D.D. Palmer believed he discovered the cause of disease to be rooted in vertebral misalignments. He later understood a bigger picture, that these misalignments could be called “subluxations” meaning they lessen the expression of “lux” or light within the body and mind. Vertebral “sub-lux-ations” denote just this: a diminishment in the individual’s “light,” which includes their ability to adapt to stress. Like any light, our innate light is meant to provide us with comprehensibility, meaning, and navigability along our journey through life.

Staying the Course
I Got My Why:
How German New Medicine
revealed the meaning of my cancer so I could heal

By Maasa Craig

Maasa Craig writes, “when I received news of a ductal carcinoma on the periphery of my right breast, I put on my detective hat and worked backwards from my ‘know’ to my ‘why’ with help from a GNM practitioner.”

In this article, Massa gives a brief description of the body of work known as German New Medicine, and how she was able to utilize the knowledge of “biological programs” to understand the cause of her cancer appearance.

“Ductal ‘carcinoma’ is the healing process, or tissue-replenishment phase, after a separation conflict that had caused the ductal tissues to ulcerate...The purpose of the ulcerations is to widen the ductal passageways—relating to a primitive nourishment response in the breast. After the conflict is over, an internal swelling occurs, sometimes seen as a tumor (more akin to an internal swollen ‘scab’ designed to heal the ductal passages.)”

Breast ducts are just one organ of many, and each organ responds to a different kind of conflict shock, affecting a cellular change that serves an innate biological purpose related to that life-challenge. Many people wonder how cancer leads to death, if it’s part of a biological program of adaptation. While this broaches a major philosophical question of what life and death is, nevertheless, the following article called, “The Cancer Sequence” describes some scenarios of what can occur in life after a primary cancer is discovered, and why people may succumb to their illness, expressing along the way many other cancer processes.

GNM represents a historic turning point out of the darkness of fear relative to our own body’s symptom expressions. This presence and dissolution of fear turns out to be the answer to so many mind-body healing mysteries, including the nocebo and placebo effect. However, GNM is not a model of “reducing fear” using one’s mind-power. Rather, GNM is a major discovery of the truth of the biological expression of disease; what disease is, where it comes from, and how it is spawned from the fear-shocks within our life story. Knowing the precise shock-moment that initiated the biological program of cellular changes, gives us a footwork in pragmatically resolving the issue at its root, both physically if necessary, and emotionally, if the problem continues to linger subconsciously (the basis of chronicity or longstanding symptoms).

By knowing our “why” behind the biological manifestation, we also learn of our core values, sometimes about values that define our very lives. We learn to see our life not as victims, but as

heroic travelers on a path that is inevitably bound for unexpected challenge and triumph and growth.

Maasa found her “why” first by identifying the unexpected separation conflict that lasted in life for 3 months. And once it resolved—once the problem was over—that’s when the body began to show a “swelling” which medicine and culture doesn’t currently know how to understand without great panic and fear. Then her “why” was revealed on a deeper, healing level by this work, when she understood how this life-conflict of separation connected intimately to her overall life story. (Feel free to read “The GNM Work Examples” on pg 41.)

Questions for Consideration:

- When you experience fear, what do you find works to shift out from that pattern?
- Can you remember for yourself or others any “healing” symptom which came exactly after a life-challenge or conflict had resolved?
- Why do college students often experience “illness” at the end of a college semester, once the break begins? Have you experienced that example?
- Have you heard of any other bodies of work that suggest “negative emotions cause illnesses in the body?”

Chiropractic Connection:

Most people understand that “stress plays a role in disease.” However, this has been a generalized idea for a long time, constituting more of a philosophical premise rather than a scientific one. One way to describe the difference between philosophy and science is in specificity. “Stress causing disease” is a general claim, whereas a “biological conflict shock of a uniquely characteristic nature tied to a particular part of the brain, leaving an imprint which controls a cellular adaptation in the tissues of a corresponding organ, resulting in ‘symptoms’” is a specific, verifiable claim offering a major scientific breakthrough. Prior to GNM, chiropractors had intuited and observed “subluxations” or negative impacts to the nervous system (caused by thoughts, traumas, and toxins) to be responsible for disease symptoms. Now we can apply this chiropractic context with a greater specificity and precision, owing to these newly discovered imprints in the brain, which can accurately be understood as “subluxations in the brain.” In short, the chiropractic connection with this new unfolding science of health is potentially very great. We can only wonder what the next 20 years will bring from it.

Living the Journey

What is an Empath?

By Gina Langan, Ph.D.

“An empath is someone with the ability to put one’s self into someone else’s place to the extent that he not only understands their position but can feel the emotions in that situation as if they were his own.”

Empaths tend to be natural healers. They have the ability to hone in on another’s situation from the clarity of their own position, able to “see the forest for the trees” appreciating the larger situation or problem. Empathy is a major skill in the art of healing.

However, “Empaths tend to also be at risk for burnout, emotional abuse, and damaged self-esteem.” Therefore, it’s important as a sensitive person or empath to protect oneself against being overwhelmed by emotion. Here are a few examples that Gina discusses:

1. Learn how to manage your energy, just as you would manage sleep and physical energy.
2. Limit exposure to external stimulants.
3. Recognize emotionally charged events.
4. Visualize yourself protected in a way that prevents you from feeling exposed.

“With appropriate training and focus, empaths can find an amazing calling because of their unique deep energy, compassion, and scaffolding ability. They can also find a sense of resilience and yielding through daily empath practices that empower both client and empath. Having the power to heal is a tremendous ability from which empaths derive great pleasure.”

Questions for Consideration:

- Who’s the most “empathic” person you know?
- What’s the difference between love and empathy?
- Have you ever considered yourself “an empath”?
- When does emotional burnout happen the most for you?
- As a healer, mother, or father, did empathy ever come across your table as a valuable “skill” we could learn and practice? What are ways to get more skilled at feeling into another person’s situation and emotions?

Chiropractic Connection:

The nervous system represents the bridge between spirit and matter (see “The Bigness of Vitalism” on pg 42.) Chiropractors have been working to bring a greater level of coherence and freedom to the nervous system, for a greater expression of life and inspiration. Work with the nervous system opens a practitioner up to the subtle communications that exist between individuals at that level. For example, when learning how to assess a person’s tension patterns and vertebral subluxations, chiropractors can learn to notice the affects these have on the overall nervous system expression. By extension, they can then infer much about the life experiences of that nervous system. When we factor in the discovery of brain subluxations and GNM, we are able to infer a great deal more, bridging the gap between body and spirit! Empathy is the pathway toward a new healing model, realizing that everything in the body reflects a larger truth about life, and that larger truth is contained in the human being’s life experience. To fully address anything in the body means addressing these larger life experiences which are reflected in the body, and they way to do this work is through the skill of empathy.