

## 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**

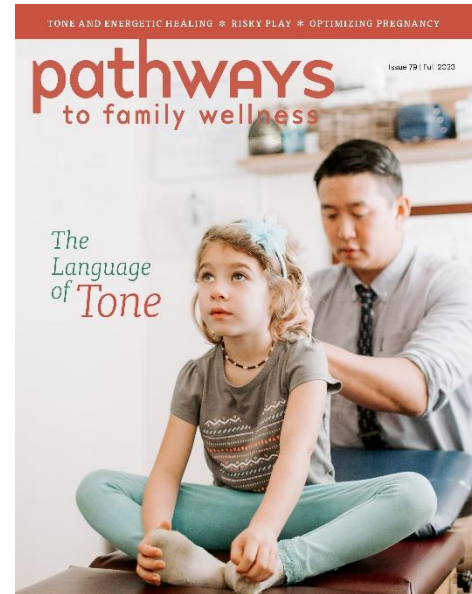
Share with the group your topic and why you chose it, why it interests you, and the importance you see in it. Summarize the article (some article summaries are provided below). You can read the entire article or article summary out loud to your group and share your thoughts at this time.

### **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 benefiting your office growth and the health of your community!



## PW Issue #79 Introduction: The Language of Tone

Chiropractic, according to the originator D.D. Palmer is a science, art, and philosophy “founded on tone.” With chiropractic, we achieve a new framework for understanding health. It’s all about tone!

Tone is a word often associated with the body’s muscles. A “toned” body denotes strength and flexibility. We don’t often hear this word “tone” in connection with the Nervous System, however this is the key principle in chiropractic philosophy. The Nervous System expresses tone, like a musical instrument expresses a vibrant sound.

Ideal tone, or “normal tone,” means the Nervous System is tuned to its ideal frequency manifesting as health and ease. D.D. Palmer discovered that “subluxations” in the body change the tone of the Nervous System, and this change in tone explains why someone expresses dis-ease, while others in a similar environment (with similar internal or external conditions) remain well.

To get to the heart of the matter, we need to understand the individual’s life, their experiences, and *how they reacted* to their distressing experiences. Because this is the key to understanding the shift in tone. Not everyone becomes subluxated when they experience stress. But some do. The goal in chiropractic is to help individuals advance through the stress to achieve an ideal expression of tone. It is so important to know, firstly, that the shift in tone caused by a stress in life is *part of an adaptive measure* in biology to overcome that unique stress! A person in a heightened tension pattern—a hyper-tonus or “sympathicotonia”—is displaying a clear need or desire to overcome a specific life-stressor. Here’s how it works:

The specific stress causes a shift in tone toward sympathicotonia. The body then adapts with specific changes in one or several organs to galvanize an effort to resolve and overcome *that unique stressor*. When the individual achieves resolution of the distress, the body enters a necessary “healing phase” with an equal and opposite tonal expression called “vagatonia” or parasympathetic fatigue, rest, and recovery, often accompanied by inflammatory symptoms in the organs.

In chiropractic, the aim is to improve the individual’s holistic capacity to adapt to their unique stressors in life, and to support the recovery phase after the stress is resolved. No one should have to adapt and recover alone. And the importance of chiropractic is in the connection it brings and the increased resilience it offers for the Nervous System. And then, when an individual shifts into a vagotonic healing phase of recovery, chiropractic philosophy ameliorates the fear or difficulty of the inflammatory symptoms, by supporting the body’s desire and ability to recover. In the vast majority of illnesses, the body will recover amazingly, if fear of the symptom is addressed, and if the individual comprehends the onsetting stressor with greater physical and emotional support.

## **PW #79 Talking Points, Group Questions, and the Chiropractic Connection**

### **Taking the Step**

### *The Origin of Health*

By Jen Santos, D.C.

In this article, Jen Santos discusses the importance of Salutogenesis and the focus on what “gives birth” to health. This consideration is important in a world overly focused on the origin of disease, usually with a localistic consideration of disease-symptoms without a holistic framework. Salutogenesis provides the holistic framework by showing us that health is far more than the absence of disease, “It is the process by which individuals maintain their sense of coherence.”

Modalities like chiropractic care are “salutogenic” because they affirm this innate process of achieving and maintaining a Sense of Coherence. To understand coherence, or Sense of Coherence (SOC) we have to consider three vital components: Comprehensibility, manageability, and meaning. In life, these translate into an individual’s ability to transmute distress into “eu-stress”, an ability, in other words, to “roll through changes and stresses of life”. In order to “maintain our sense of coherence” it is vital to feel in control, feeling that we can comprehend, manage, and derive positive meaning from our stressful life experiences.

Chiropractic offers a physical foundation for supporting this ability to gain a sense of coherence. The nervous system is the instrument by which we comprehend and manage our lives, so naturally and obviously the strength, resilience, and adaptability—or the function—of the nervous system proves highly significant in our capacity to maintain a sense of coherence throughout life. This is what chiropractors have observed time and time again, and new research into the arena of “Salutogenesis” is continuing to show how valuable chiropractic care is

#### **Questions for Consideration:**

- What is your first impression of the word “Saluto-genesis” or “Salutogenic”?
- How “salutogenic” or affirming of the sense of coherence would you say your doctor, teachers, friends, and family are?
- Do you have any practices or methods that bring you greater “comprehensibility” “manageability” and “meaning” in life?
- Would you rather live a life that is “stress free” or a life where you can overcome your stresses with positive coherence?
- Do you know anyone who you believe could particularly benefit from chiropractic care and the salutogenic support it offers?

**Taking the Step**  
*Nature's Blueprint for Health*  
*Exploring the predictive power of subluxations*  
By John Ohm

Diseases thought to be “caused” by microbes, such as Tuberculosis (TB), have remained a mystery to science whether they will “strike” one person vs. another. If TB is found in an individual, doctors or scientists could not predict “if” that individual will exhibit a disease process, let alone “where” it might occur.

This article describes the advance of the German New Medicine which fundamentally changes the state of scientific medicine with respect to these questions of disease causality, leading to a predictive model for each individual! In doing so, it simultaneously affirms the philosophy of chiropractic which holds that “Life Expresses Intelligence” and that each symptom or expression of the body has an intelligible, meaningful cause in the nervous system.

By way of new discoveries of the brain, which some have called “subluxations in the brain”, we now have a predictive science for understanding disease processes in the body, such as TB “infection,” i.e. where it will occur and even “when.” It all comes down to an individual’s unique life experiences and their reaction to those experiences. This reaction determines where the brain will “activate” and therefore which exact, corresponding organ of the body will “adapt.” Then when the experience is overcome, the body will need to recover from the previous stress, and here the body exhibits its categorical inflammation and bacterial activities, which are there to help restore the organ from its previous cellular adaptations.

With the above knowledge, disease is no longer a mystery. It is a normal, natural, **and predictable** phenomenon of biology! And chiropractic, long understood to be a central in-road for a new healthcare paradigm, becomes vindicated as a fully-functioning foundation for a new era in science and biology. Indeed, chiropractic philosophy and its focus on subluxations reveal so much. When we consider these activations in the brain (measurable and detectable in the brain on CT technology) as being subluxations in their own right, and when we understand subluxation within the context set forth by D.D. Palmer emphasizing “shifts in tone”, we begin to realize that there is now an entire model of health and biology that can lead to never-before-seen success. And just as chiropractors have intuited and artfully practiced throughout its history, this success comes down to the unique attention and love given to the individual and his or her nervous system.

**Questions for Consideration:**

- How important is the nervous system in health?
- Have you ever considered the nervous system in connection with the “immune system”?

- Have you or your child ever been adjusted by a chiropractor and symptoms of “disease” expressed thereafter? Does it make sense for you when knowing that the individual entered a “post-conflict healing phase,” because he or she was finally able to comprehend, adapt to, and overcome a unique stress, thanks to the adjustment?
- Do you know about the German New Medicine, or have ever heard of it? Do you find it interesting to look into it more? ([Learninggnm.com](http://Learninggnm.com))

## Taking the Step

### *Genes Don't Have the Last Word After All*

By Caroline Markolin, Ph.D.

Anna was born with a set of symptoms, broadly categorized as Down's Syndrome. Her parents, who were doctors themselves, felt lost within the current paradigm of understanding or addressing this condition. When Anna was 8 years old, her parents contacted Dr. Ryke Geerd Hamer who discovered German New Medicine. After work with Dr. Hamer, she and her family were able to reverse much of the condition, bringing forth newfound developmental spurts and relief from the symptoms, all despite the "Free Trisomy 21" gene remaining present in the chromosomes, indicating that there is something much more important than genetics in the expression of health.

Anna's work with the German New Medicine began with a CT scan of her brain which revealed the active conflicts in her life, causing the developmental delays and the various distinct organic symptoms in the body—each corresponding to the detection of the brain subluxations. The primary conflicts detected were in the hearing centers for both the right and left ear, corresponding to distressing, shock experiences of "I don't want to hear this." In Anna's case—as in the case of all Down Syndrome patients—these experiences occurred early in the womb, and Anna's mother recalled the primary shock-conflict, relating to her work at that time in a building where "ear shattering jackhammers" were being used for a period of 2-3 weeks.

The second conflict, impacting the second brain hemisphere, occurred later in gestation, when Anna's father's use of table saws for his work and livelihood, moved next to the house causing another "ear shattering" conflict for Anna in the womb.

By addressing these "hearing conflicts" specifically, and by encouraging a resolution to these conflicts by removing the loud noises, Anna began to experience developmental spurts of growth and recovery. Her brain imprints—subluxations—were lessened immensely, and this allowed the brain and nervous system to move through the stress affording newfound health.

Not everyone experiences stress similarly. Anna's genetics predisposed her to hearing conflicts, while other individuals may be much less affected by loud noises such as ultrasounds, jackhammers, city traffic, etc. that can occur in utero. In addition, the way we interpret environmental or emotional distress will determine how the brain is impacted and which biological response will occur in the body.

Nevertheless, this information provided Anna and her family with an immensely practical solution, and by utilizing this information, they were able to address her biological expressions with greater effort tailored to the needs of Anna's unique nervous system. With this knowledge, new measures can be given for all families, to protect and nurture the health of children, by understanding the importance of the psyche and how it connects to the brain and the body in precise ways.

**Questions for Consideration:**

- Do you know anyone with Downs Syndrome? Was there an experience of extreme or unexpected loud noise in the first trimester of pregnancy?
- Does the idea of faulty genes not being the cause of Downs Syndrome result in relief or distress for you?
- Why might the reason be, that these brain imprints discovered in 1981 and correlated to disease symptoms, are still not common knowledge in the world of science, university, and public discourse today?

**Chiropractic Connection:**

When we understand conditions in their rightful context, as being parts or consequences of biological “adaptations” directed from the brain in response to life experiences of conflict, then we can also understand why it is that individuals with a given condition are really harboring a gift. When an individual suffers conflict, their body adapts, at every level, both biologically and in the psyche. These adaptations are expressed visibly and emotionally, defining the individual’s unique personality and biological being. When someone has to adapt to unique and intense conflicts in life, or earlier in utero, they will become a unique human being as a result of that experience, with unique expressions that are not only perfect for him or her, but which show to the world a new variety of human expression full of deep meaning and the message of resilience. In the previous paradigm of health, Anna had a “condition” and was “diseased” due to a genetic “abnormality” or “deformity.” In the new paradigm afforded by the discoveries of GNM which show causality in a new light, Anna is not “diseased” but is “recovering” from an intelligent biological program of adaptation to distressing life experiences, wherein she expressed a meaningful and predictable natural response that reflected her unique journey in life. And nowhere in her is there “error” or “malformation,” but rather all her body is a perfect mirror of her life and her psyche’s journey through life. And life, always and forever, expresses intelligence.

### Staying the Course

## *Why Children Seek And Need Risky Play*

By Peter Gray, Ph.D.

Why do children love to play in risky ways? Peter Gray, Ph.D. describes that risky play is an advantageous developmental trait in animals to enable them to grow resilience in the face of life's uncertainties. In this issue of Pathways, we've discussed the importance of the nervous system and the biology of adaptation to "conflict shocks." Here we learn, through Gray's extensive research with childhood development, that nature has designed us with a built-in developmental mechanism to learn how to cope and overcome "the unknown" or the "unexpected" which is fundamental to life.

There are six common categories of Risky Play which serve this purpose. For example, Great heights, rapid speeds, dangerous tools, dangerous elements, rough and tumble, disappearing/getting lost. By dabbling in risky play, children learn to overcome fears and phobias, which serve them greatly in navigating the inevitable uncertainties of life.

**"People overcome phobias not by avoiding the feared situation but by experiencing them."**

In these words, we see a blueprint for addressing life challenges that impress at the brain and nervous system. It is ideal not to avoid the fear—whether it's a life challenge or a fear of disease—but to incur the benefits of facing these fears, as a child would face similar situations in the context of risky play. There are so many benefits of risky play. Among them are:

Prevention or reduction of phobias. Development of courage. Learning to deal with the unexpected. Tolerance of physiological arousal. Practice in risk evaluation.

Concerning "Tolerance of physiological arousal" here we see something that will directly translate in our ability to become well when faced with a health challenge. When our body expresses symptoms, our capacity to handle that situation is directly proportional to our learned behavior of coping and managing "physiological arousal" like elevated heart rate. Risky play gives us a great learning opportunity to experience physiological arousal, such as elevated heart rate as one example, allowing us to manage physiological symptoms later in life, should they ever present.

In summary, the old-time parenting wisdom of letting children explore on their own, enjoy the arousal of risk, and learn to grow through challenge, is fundamental to our capacity to maintain wellness and coherence later in life, which translates into our ability to maintain health despite the fear that is so easily associated with the topic of health.



**Questions for Consideration:**

- What can we do as parents to ameliorate or reduce our own fear of children's risky play?
- Does risky play run in your family? Who among your family members were the "riskiest" in their play as children?
- What are some good environments that encourage risky play?
- Are there any adult-centered activities that mirror "risky play" in children, and do you know any adults who seek out such activities?
- What are some things that frighten you in your own lives, that might be beneficial to face head on, for the sake of growing resilience and modeling healthy development of courage in your children?

**Chiropractic Connection:**

Too often, human beings recoil at the things that frighten them, when they could otherwise face them and grow through them. The state of our nervous system often makes the difference between our willingness to face challenges or recoil from them. As Peter Gray demonstrates in his article, children who experience falls or accidents actually grow up to be "less averse" to heights. The nervous system, when challenged, grows and becomes stronger. This is the lesson we can take in as parents. The idea that challenges, though difficult, are beneficial.

To encourage the nervous system of an individual to face and overcome challenges is one description of the meaning of "resilience" and capacity for "health" because it is in challenge where our biology is forced to adapt leading to classic symptoms of dis-ease. Chiropractic philosophy, along with the new discoveries of biology afforded by the German New medicine, shows not only a fundamental improvement in our contextual understanding of health and disease, but also reveals the timeless wisdom of parenting around the world. If we can add resilience to children from the beginning, we can expect with confidence a growth in that child's ability to maintain health and wellness throughout life. Chiropractic is a foundational model of supporting the nervous system and for supporting this drive toward resilience in humanity.