

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 #81 Introduction: Structure and Function

Spring Issue 81 is a Chiropractic-centered issue focusing on health and how we can “measure” health in new ways. We delve into the topic of “structure and function” where the structure of the nervous system is interwoven into the very expression of safety and growth, or its opposite: inhibition and dis-ease.

Underlying the chiropractic paradigm and measure of health is the idea of Salutogenesis, or the focus on what “gives birth to health” and we have a comprehensive article in this issue that explains the principles of this great foundation of healing. A fundamental way to revitalize any area of your life is to understand what it is that “gives birth to health” in your life.

Chiropractors offer universal support, aligning the nervous system to be attuned to life’s inborn intelligence. While this is beneficial for so many, the major premise of chiropractic is much larger, recognizing that the intelligence must be expressed through you, by you, from within the soul of the individual.

An amazing overview of the chiropractic philosophy of life and healing science, especially as it relates to the newborn period, is the Feature article “Tongue to Toes.” This article really summarizes it all, from the biological to the structural to the emotional and spiritual, all wrapped around the emergent topic of “tongue tie” which, for many parents, has become a light or signal to seek out and discover chiropractic for the greater benefit of the whole family.

Enjoy this and many other articles, such as “The Terrain is Everything,” “Breaking School Habits” “Parent-Child Play” and others that bring us to that mental expansion, so important for Pathways to Family Wellness.

One idea we introduce in this issue is the “chiropractic measure of health.” In a word, this measure is that of adaptability though this can only be comprehensively assessed within a holistic framework that includes the human being as a whole recognizing not only the physical but also the emotional dimensions of life.

We are learning how to measure this holistic adaptability to life at both levels, and how to see and ascertain how our adaptability is “reflected” in the nervous system, where the nervous system then becomes our greatest teacher, perfectly mirroring the key significant patterns in our life story, i.e. the evidence of important challenges, and the underlying desire and need to rise above the challenges of our unique past.

For within the nervous system, we can see the story of an individual as well as the logical rhythms of his or her biological expression of health. When we are challenged in life, the body reflects the signal to our intellect that offers an important light that lights the way forward, a light that is only beginning to be appreciated in the life sciences and healing arts.

This body of ours is a perfect teacher, to be trusted, and understood, not feared or maligned, where the greatest gift to come from its lessons is the revelation of our individual and community templates for health and happiness. Enjoy!

PW #81 Talking Points, Group Questions, and the Chiropractic Connection

Taking the Step

What a Year of Chiropractic Care Could Mean for You.

By Eric Plasker, D.C.

Imagine stepping into a lifestyle where every aspect of your health is enhanced. Chiropractic care offers more than just a remedy for ailments; it's a pathway to a robust, full life. Regular visits to a chiropractor not only alleviate immediate pain but also contribute to long-term health benefits such as increased energy, improved mood, and enhanced physical performance.

This holistic approach focuses on maintaining optimal function of the mind, body, spine, and nervous system, promoting efficient communication between the brain and body. Whether you're facing a physical crisis or simply aiming to boost your overall wellness, chiropractic care can be a transformative journey over the course of a year.

Questions for Consideration:

1. Have you considered chiropractic care as a part of your regular health regimen? Why or why not?
2. What are some changes you've noticed in your health and wellness when you've made a significant lifestyle adjustment?
3. For those who have experienced chiropractic care, how did it impact your daily stress levels or physical performance?
4. Discuss any apprehensions you might have about integrating chiropractic care into your lifestyle. What information could help alleviate these concerns?
5. How do you think a commitment to long-term health practices like chiropractic care can affect family dynamics and relationships?

Chiropractic Connection:

Chiropractic care is not just about addressing the immediate ailments—it's about fostering an environment where your body can function at its peak, preventing issues before they arise. This proactive approach to health can lead to a reduction in hospital visits and a general increase in life quality. Engaging in regular chiropractic sessions can open doors to a lifestyle of wellness that many find rewarding enough to pursue for a lifetime. Explore more about how chiropractic care can enhance your life at the100yearlifestyle.com.

Feature*Tongue to Toes*

By Gabrielle Goldach, D.C.

Challenging Traditional Views on Chiropractic Care

Chiropractic care is often boxed into narrow perceptions related to spine manipulation and pain relief. However, the field is vast and encompasses a holistic approach to health, particularly focusing on the nervous system. This article dives deep into redefining chiropractic care beyond its traditional confines, emphasizing its integral role in overall wellness and intergenerational health.

Generational Trauma and the Nervous System

One of the themes of this article centers around a fascinating study of male rodents, which illustrated how trauma responses can be inherited across generations. Rodents conditioned to associate the scent of cherry blossoms with an electric shock exhibited a stress response which was also observed in their offspring and even their grandchildren, despite these later generations not experiencing the shock themselves. This example highlights how deeply trauma can be embedded within our physiological responses, transmitted through generations.

Chiropractic care, with its deep understanding of the nervous system, can play a crucial role in breaking these cycles of trauma. By creating a state of safety and trust, chiropractic practices can help individuals and families not only manage their physical ailments but also navigate and heal from generational stresses.

Chiropractic care is a comprehensive approach that extends beyond immediate relief to facilitating an environment where the nervous system operates optimally. This practice is seen as essential in helping the body maintain a state of growth, healing, and restoration, which is crucial for infants with any form of myofascial or systemic tension.

Tongue Tie, Facial Tension and the Nervous System

The article reveals much about the complex issue of “tongue tie,” challenging the prevailing quick-fix approach of surgical intervention. It highlights how tongue tie is often perceived as a “genetic problem” requiring immediate surgical release, but this approach overlooks the underlying systemic issues. The author emphasizes that tongue tie is not an isolated condition but part of a broader fascial system that extends from the tongue

to the toes. This system can become restricted due to the body's protective response to stress or trauma, signaling a deeper tension within the body's fascial and nervous systems. By focusing on realigning and soothing these systems through chiropractic and craniosacral therapies, a more holistic and effective resolution to tongue tie can be achieved. This approach supports not just the mechanical aspect of tongue movement but also the overall well-being and integration of the infant's body, promoting a more sustainable healing process.

Questions for Consideration:

1. How does the concept of inherited trauma change your view of health and wellness practices?
2. In what ways can creating a 'safe space' within health practices improve overall health outcomes?
3. Have you experienced or observed the benefits of integrating chiropractic care into regular health maintenance? What were these benefits?
4. How can we better educate communities about the broader benefits of chiropractic care beyond just physical pain management?
5. Discuss the role of traditional and alternative medicine in addressing not just symptoms but the root causes of health issues, including emotional and generational traumas.

Chiropractic Connection:

The article stresses the importance of viewing chiropractic care as a tool for profound generational healing. By addressing the nervous system's role in trauma response and recovery, chiropractic practices can support individuals in recognizing and overcoming inherited stress patterns. This perspective invites us to rethink the role of chiropractic care in our lives, not just as a remedy for physical ailments but as a crucial component of comprehensive health and well-being.

The call to action is clear: chiropractic care should be seen as a valuable partner in the journey towards holistic health, capable of transforming not just individual lives but also influencing generational health patterns. The narrative encourages embracing a new paradigm where chiropractic care is integrated into our daily lives, promoting a deep and enduring sense of wellness.

Taking the Step*The Healing Power of Unconditional Love*

By John Demartini, D.C.

John Demartini introduces the now well-established idea that our own perceptions, particularly how we see and judge others, have a direct impact on our health and biological expression. He argues that when we put others on pedestals or cast them down into pits, we're not only engaging in an act of inauthentic judgment but also affecting our physiological state. This imbalance can manifest as various symptoms or dis-eases, which are actually feedback mechanisms from our bodies, urging us to return to a state of balance and authenticity.

The process involves recognizing that the traits we admire or despise in others are also within us, often disowned because they are too uncomfortable to acknowledge. By re-owning these traits, we can achieve a state of authenticity and internal balance, which is essential for health. Demartini explains that this dynamic is not just psychological but has tangible effects on our nervous system, toggling between the sympathetic (fight or flight) and parasympathetic (rest and digest) responses based on how we perceive others.

In the article, Demartini goes into depth about how the symptomology of the body serves as a critical form of feedback, alerting us to the imbalances in our perceptions and emotional states. When we experience physical symptoms, they are not merely signs of illness but are often indications of deeper emotional and psychological disturbances that stem from how we perceive and relate to others and ourselves. These symptoms are the body's way of communicating that our perspectives may be skewed—either overly positive or negative—resulting in physiological responses that can manifest as illness. By recognizing these symptoms as feedback rather than mere ailments, we are invited to delve into self-reflection and to restore balance within our autonomic nervous system. This approach shifts the paradigm from treating symptoms as nuisances to be eradicated, to understanding them as valuable signals pointing towards the need for greater authenticity and equilibrium in our lives.

Questions for Consideration:

1. Have you ever noticed a physical change in your health or stress levels based on how you perceive others and your environment?
2. Can you identify any traits in others that you might be denying in yourself? How could acknowledging these traits change your interactions?
3. Discuss how shifting from judgment to gratitude could impact your overall wellness. Have you experienced this shift before in certain areas of your life?
4. What are some ways to cultivate a frequent practice of seeing both the positive and negative traits in others you hold in high and low regard, to maintain balanced perceptions about them?
5. How does embracing the concept that nothing is missing in you alter your perception of self and others? What are the things you tend to find most “missing?” And now reflect on all evidence of the opposite being true.

Chiropractic Connection:

In chiropractic, understanding the whole person is crucial, and Demartini’s insights align with the holistic approach of chiropractic care. He suggests that by achieving balance and authenticity in our perceptions and judgments, we can influence our health and thus resolve the manifestation of symptoms. This approach encourages us to honor the surface symptoms in order to address the underlying emotional and experiential imbalances that contribute to physical ailments. By integrating these principles, chiropractic care can support patients not only physically but also in their journey toward connecting with their true self and their environmental well-being, reinforcing the interconnectedness of body and mind.

Staying the Course*The Terrain is Everything*

By Dr. Isaac Hernandez, D.C.

Debunking the Germ-Centric View of Disease

Dr. Isaac Hernandez challenges the conventional germ theory of disease, which posits that germs are the primary cause of illness. Tracing its origins to the discoveries enabled by the first compound microscopes, germ theory gained significant traction in the 19th century due to the work of Louis Pasteur. However, Hernandez points to the critical voices of Pasteur's contemporaries, such as Claude Bernard and Antoine Bechamp, who argued that the condition of the body's internal environment—its terrain—plays a more decisive role in health than the mere presence of germs.

The Terrain Theory Explained

According to terrain theory, the internal environment dictates the function and activity of microbes, shifting the focus from the germs themselves to the overall health of the individual. This means a holistic robustness of physical and mental health—not a “germ-specific defense mechanism”—is the coherent premise that best honors the science and logic of microbial activity.

This theory is supported by modern understanding of the human microbiome, which highlights that our bodies naturally host trillions of microorganisms that perform essential functions and typically exist in harmony with us. Hernandez emphasizes that it's not the germs that are inherently harmful, but rather an imbalanced internal terrain (requiring a holistic understanding) that leads to illness.

Drawing on historical anecdotes and modern scientific findings, Hernandez invites us to reconsider this idea called “germ theory.” He references a legend that on his deathbed, Pasteur recanted his germ theory, allegedly admitting that “the germ is nothing, the terrain is everything.” Whatever the case may be with Pasteur, a man many would argue was propped up to an unearned social-media status of his time, the evidence for the need of a larger, coherent, inclusive model of health and well-being is obvious to many honest researchers today.

Questions for Consideration:

1. How does the concept of the human microbiome challenge the traditional germ theory of disease?
2. What practical steps can individuals take to strengthen their internal terrain?
3. How do current health practices need to change to better reflect the principles of terrain theory?
4. What role does chiropractic care play in maintaining a healthy internal terrain?
5. Do you have any stories or personal insights into how others have outgrown culture's blind allegiance to "germ theory?"

Chiropractic Connection:

In the chiropractic perspective, as articulated by early chiropractors and thinkers like Dr. BJ Palmer, there is a significant emphasis on maintaining health through the care of the spine and nervous system, reflecting the principles of terrain theory, but really offering an avenue to something far more insightful as well. This focus on the internal environment and the emphasis on the nervous system is at the heart of a new model of health that seeks to support the body's innate healing capabilities and maintain homeostasis at the core of biology. Chiropractors therefore encourage a holistic approach to health that includes regular chiropractic adjustments, proper nutrition, exercise, and also an open mind, all of which ensure a robust and adaptable nervous system which is where each of us "gives birth" to health.

Living the Journey
Parent-Child Play; When is it Real?

By Peter Gray, Ph.D.

Understanding Parent-Child Play Dynamics

Peter Gray delves into the nuances of parent-child play, highlighting a pervasive sense of obligation that many parents feel, which often strips the joy from what should be a fun and bonding activity. Gray presents evidence suggesting that when parents play with their children out of a sense of duty rather than genuine desire, the interaction may not constitute true play. He raises important questions about why parents feel compelled to engage in play and whether this aligns with natural human behavior.

Cultural Expectations Versus Natural Interactions

Drawing from anthropologist David Lancy's insights, Gray points out that the modern Western notion of parents as playmates is not a universal norm. In many parts of the world, children's play is predominantly with other children, not adults. This perspective is supported by historical and cross-cultural examples where adult involvement in child play is minimal and typically occurs only in brief, spontaneous moments rather than as a structured activity.

The Struggle with Play

Gray discusses the internal conflict many parents face, as evidenced by numerous online posts from parents who express guilt and dissatisfaction with playing with their children. These parents often find themselves acting out scripted roles rather than engaging in genuine play, leading to feelings of boredom and frustration. This conflict is exacerbated by societal pressures and expert advice that suggests parents should constantly entertain and educate their children through play.

Peter Gray emphasizes the crucial role of peer-settings, describing it as the "bread and butter of childhood play." He advocates for creating environments where children can freely engage with their peers, underscoring that this type of play is fundamentally different from play with adults. When children play with other children, they are immersed in a dynamic where no single participant holds authoritative power; instead, play evolves through negotiation, compromise, and mutual agreement, otherwise the play comes to an end, something adults may feel guilty to do. Gray argues, in most cultures, adults are

busy doing adult things, and that's good! Sometimes adults will join in on the fun, but it's no "obligation."

Authentic Play and Its Benefits

Despite the challenges of child-parent play, Gray suggests that there can be enjoyable ways for parents to engage with their children if they shift their perspective from obligation to self-enjoyment. He proposes that true enjoyment arises when both parent and child are equally engaged, and the activity is mutually enjoyable. If it's not, it shouldn't be obliged to continue. Gray advises parents to explore activities that genuinely interest them as well as their children, allowing for more natural and fulfilling interactions.

Questions for Consideration:

1. What are your personal experiences with playing with your children? Do you feel it's out of obligation or enjoyment?
2. How do cultural expectations about parent-child play affect your approach to playtime?
3. Can you think of ways to make playing with your children more enjoyable for both of you?
4. How might societal norms be adjusted to support more authentic play among children?
5. What are the long-term impacts on children when their parents engage in play out of a sense of duty rather than desire?