

THOUGHT

Thoughts can indeed cause changes in our physiology, which in turn result in structural changes including vertebral subluxation complexes. The Chinese discovered over 3,000 years ago that certain emotional thoughts had adverse effects on the meridian system (the energy system of the body). Examples of negative emotion causing physiological and structural conditions would include:

- 1 **Anger** interferes with liver energy and results in spinal misalignment in the mid thoracic spine (between the shoulders), as well as the upper cervical spine causing headaches.
- 2 **Fear** interferes with kidney energy resulting in spinal misalignment in the lumbar spine causing low back and leg pains.
- 3 **Grief** interferes with lung energy resulting in spinal misalignments in the upper back and causing respiratory conditions.

These few examples illustrate the kind of damage obsessive thoughts can have on a person's health. Occasionally if a person needs to be adjusted repeatedly in the same area there could be a problem with negative emotional thoughts. Specific treatments to help resolve this underlying issue may be necessary to correct the spinal condition.

Spiritual, mental, and emotional thoughts play a large part in our health. It is not our intention to impose our philosophy on a patient; however, it is important to find and treat the source of any condition to obtain optimum results.