

# Chiropractic Principles

When all of your body's inter-related systems-including your musculoskeletal, nervous and vascular systems-are in balance and functioning properly, your body possesses a remarkable knack for healing itself. This state is called homeostasis.

Stress, accidents, sports injuries, even over-exertion, can cause your spine to fall out of its natural alignment. When this happens, your nervous system ceases to function properly, and this could lead to back and neck pain, headaches, and other kinds of problems. Moreover, many types of pain and disease can be linked to problems with your spinal cord and nervous system. It is this "mind-body" connection that forms the tenet of the principles under which chiropractors practice their healing art.

The two major, underlying principles are:

- The structure and condition of the body influences how it functions and heals.
- The mind-body relationship is essential in maintaining health and healing.

Put another way:

- Your body's functions are all interrelated, and its ability to heal is contingent on these interrelationships.
- A healthy body comes from a healthy nervous system, especially a healthy spine.

Chiropractors believe in a holistic approach to patient care by focusing on a patient's total wellness, or well-being, instead of specific diseases, or ailments. It is this intricate physiological and biochemical interrelationship among various parts of your body-including its spinal, musculoskeletal, neurological, and vascular systems-that chiropractors dedicate themselves to exploring and treating, with special attention to nutrition, exercise, and healthy emotional and environmental relationships. When one or more of these systems is impaired, your body ceases to function normally and your resistance to disease is compromised.