



Hello Everyone!

You've heard it many times from us, and most of you have experienced it after months of chiropractic care: **A HEALTHY NERVOUS SYSTEM = A HEALTHIER LIFE.**

But perhaps you still don't fully understand the role of our most important organ over the rest of the body. That's why we've dedicated this month to the nervous system—the brain and its branches—as they represent the essence of Chiropractic and the source of our Health.

You'll also find on page 3 a word search puzzle to entertain both children and adults. And on the last page, our "Sweet Tooth Corner" covers the topic of Food Colorings.

Happy

Reading!

Dr. Kinnison

## The Nervous System: The Engine of Our Body

The nervous system is the body's largest control system and is of primary importance to the chiropractor. Among its functions are the control of rapid activities, such as muscle contractions, shifting visceral processes, or the intensity of secretion from certain glands.

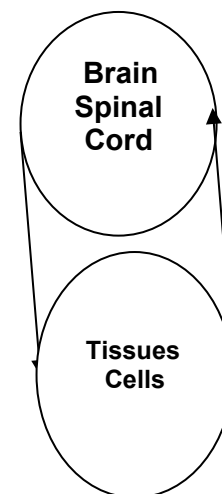
Even today, much of its capacity and impressive functioning remain a mystery. In just thousandths of a second, it is capable of receiving thousands of pieces of information, integrating them, and producing a response. Most nervous system activities stem from our experiences through the senses—primarily visual, auditory, tactile, and olfactory.

It is made up of the central nervous system (CNS) and the peripheral nervous system (PNS). The first consists of the brain, cerebellum, and spinal cord, which passes through the spinal canal within the vertebral column. This system is protected by a casing of tissues known as the meninges, along with the skull and vertebrae.

The CNS stores information, generates ideas, and initiates reactions that the body will carry out in response to these perceptions. This is the sensory part, as the sensory nerves have the ability to capture the state of our body or the surrounding environment, and then transmit outgoing signals to the motor part, carrying the information to our muscles to meet needs or fulfill desires.

On the other hand, the autonomic nervous system (which belongs to the PNS) works in relation to the subconscious, automatically and involuntarily controlling and regulating many of the functions of our internal organs, such as heart rate, intestinal rhythm, blood pressure control, sweating, body temperature, urination, and more.

### The Safety Pin Cycle



The left side of the safety pin represents the mental impulse or **efferent flow of information** that originates in the central nervous system and carries the brain's commands to the entire body.

The right side represents the **afferent impulse**, or information that rises from the peripheral nervous system, from a cell or tissue up to the brain.

The brain can only function according to the quality of the information it receives. That is why it is of utmost importance that the information reaching the brain through the peripheral nervous system (afferent) is of the highest quality. Only in this way can it respond with efferent orders to keep the body functioning in perfect harmony. And if only poor information reaches the brain, then only poor orders can come out of it.

## **THE AUTONOMIC NERVOUS SYSTEM**

The autonomic nervous system is divided into the sympathetic and parasympathetic systems.

The **sympathetic system** is directly related to the survival of the body and was designed to work intensely in the short term. It stimulates the release of stress hormones and enzymes such as adrenaline, cortisol, endorphins, and enkephalins. These substances increase heart rate, expand lung capacity, boost blood circulation, and suppress pain so we can keep fighting to survive.

However, a **vertebral subluxation** or nerve interference can keep this “fight to survive” mechanism switched on continuously—even when we are not in situations that require such a state of stress.

Chronic overstimulation of the sympathetic nervous system, and the exhaustion that follows, is currently considered by the scientific community to be one of the **main causes of disease in humans**.

On the other hand, the **parasympathetic nervous system** (also called the vegetative system) only works when we are resting, or in situations that bring us peace. For example, when we are in love, we are functioning parasympathetically. Being “in love” with life—loving what we do, and trusting that life carries us forward without the need to fight—may be the best recipe for peace.

But under stress, when the sympathetic system dominates, the parasympathetic system is suppressed and cannot do its job. This job is vitally important, because it keeps our organs functioning properly with healthy blood flow and stimulates the regeneration of damaged tissues.

Every organ and gland in the body has nerve fibers from **both systems—sympathetic and parasympathetic**. They balance and complement each other: when one excites, the other inhibits. This creates a rhythm between activity and rest, ensuring proper function of the internal organs, glands, muscles, arteries, veins, and more.

The problem arises when this delicate balance is broken, often due to a **vertebral subluxation or nerve interference**. A misaligned vertebra can pinch or irritate a nerve, blocking the proper transmission of information between the brain and the body.

It is similar to stepping on a garden hose: your foot prevents the water from flowing with enough pressure. In the same way, when there is a subluxated vertebra, the body’s **\*\*Innate Intelligence—its vital life force—\*\***is hindered. This results in a reduced ability of the body to function properly and heal itself.

Excerpt from the book “*Chiropractic*” by Elisabeth Bonshoms

### **VERTEBRAL SUBLUXATIONS CAUSE INTERFERENCE AND AFFECT THE MESSAGES SENT BETWEEN THE BRAIN AND THE BODY**

### **THE PURPOSE OF CHIROPRACTIC IS TO DETECT AND CORRECT VERTEBRAL SUBLUXATIONS, THUS RESTORING THE MESSAGES BETWEEN THE BRAIN AND THE BODY, OPTIMIZING HEALTH AND WELL-BEING**

While investigating the effects of vertebral subluxations, researchers discovered that with only **6% pressure on a nerve, the amplitude of the nerve impulse decreased by 70% after just one hour**. When the pressure was reduced, the nerve was able to recover. But when the pressure was increased to **12%, the nerve showed greater damage and minimal recovery**.

**Source:** Wall EG, Massie JB, Kwan MK, Rydevik BL, Myers RR, Garfin SR: *Experimental Stretch Neuropathy. Changes in Nerve Conduction Tension*.

When a subluxation occurs, researchers also found that with a pressure of only **5 to 10 mm Hg, venous blood flow to the nerve roots became blocked**. This significant compression of the nerve resulted in a **decrease in nerve impulses and a blockage of nutrient flow to the spinal nerves**.

**Source:** Rydevik BL: *The Effects of Compression on the Physiology of Nerve Roots*. JMPT, January 1992; 15(1), pp. 62–66.

In another study focused on the effects caused by vertebral subluxations, it was discovered that with a pressure of just **10 mm Hg (about the weight of a quarter), nerve impulses were reduced by 60% in only 30 minutes**.

**Source:** Sharpless SK: *Susceptibility of Spinal Roots to Compression Block*. NINCDS Monograph 15, DHEW Publications (NIH) 76-998, 1975, pp. 155–161.

## GAME OF THE MONTH 🎯

“Find in this word search the following conditions, which are derived from a sick nervous system.”

*(I built the word search to match your rule: words appear only horizontally, either left→right or right→left)*

I E O L H C I L O C S O F R L  
H Y P E R A C T I V I T Y J Z  
C Q H E L H Q M O G I T R E V  
E K V Z K P L N L A M H T S A  
R V C N R C I N S O M N I A M

bowel

V N Q V C B S P I N E P A I N  
I L E W O B E L B A T I R R I

pain

C Y T E I X N A Z L J X B K F  
A Y P T O R T I C O L L I S K

Fibromialgia

L R Z F D I A B E T E S T S J

Hvneractivtv

Allergies  
Anxiety  
Asthma  
Colic  
Irritable

Diabetes  
Cervical

Spine pain