

Excerpt from “Kids First – Health With No Interference : How to Raise a Healthy Child Outside the Medical Model”

By Dr. Ogi Ressel

Chapter 3: Chiropractic

Handmade Health Care

Chiropractic, as you probably know, has been scoffed at in the media, ridiculed, criticized as being unscientific, and generally harassed because it is different, and based on totally different healing principles than allopathic Medicine. For years traditional Medicine has attempted to discredit the profession of Chiropractic as being cultist, unscientific, etc. Nothing could be further from the truth. The reason is quite simple. Chiropractic is competition. Medicine fears our profession because its increasing popularity, public dislike of drugs, fear of drug side-effects, and the fact that it is based on healing principles which appeal to people; they are honest, logical, scientific and make sense to the average person.

To put the shoe on the other foot, Professor David Eddy of North Carolina was quoted in a recent research paper entitled, “Where is the Wisdom – The Poverty of Medical Evidence,” where he stated that “only 15 percent of medicine is based on solid science. The rest is based on conjecture, opinion, whims and “flights of fancy.” Only approximately one percent of medical research has any creditability and is based on scientific thought.” There you have it!

Many people ask why the professions of Chiropractic and Medicine do not get along. My answer is actually very simple. Both professions are diametrically opposed when approaching an individual's health. As I mentioned earlier, Medicine is essentially “crisis control” and seems to work in “opposites” Let me illustrate. If you have high blood pressure, they will give you a drug to lower it. If your pressure is too low they will raise it. If your heart is beating too quickly, they will slow it down. If it is beating too slowly, they will increase it. If your stomach is producing too much acid, your physician will give you a drug to lower it. If it is not producing enough, he will give you something else to stimulate acid production. Yes, the whole medical system seems to be based on creating the opposite effect. And on it goes *ad nauseum*. No one ever asks “WHY” this would be occurring in your body. Think about this for a moment; why would your body not produce enough stomach acid, for example? Interesting question isn't it?

PRINCIPLES OF HEALTH

OK ... you now realize that Medicine works in creating the opposite effect in the Body. Chiropractic, on the other hand, is very different. It is based on four very important and profound principles. In a nutshell, they are:

1. SELF-HEALING

Your body is a self-healing, self-regulating organism. It is designed to heal itself and regulate all its own functions. Many patients are surprised when I mention that once a month, they get a brand new liver. Liver cells die and you get new ones approximately every 24 days. What an amazing concept! The next time you are at a party you can amaze your neighbours with this fact. Listen to this; every four months all your red blood cells are replaced, like clockwork, for the rest of your life! What an awesome thought!

When you go home in the evening and change your clothes as you get ready for bed, you literally shed millions of skin cells in the process. They float in the air and drop onto your carpet. Did you know that 98 percent of all the dust in your house is made up of dead skin cells? You actually vacuum up yourself when you clean the house. This sounds gross doesn't it? But it is very true. So, the point I am making is that your body designed to repair and heal itself. In order for it to do that however, it must follow a very exact program that is set into notion almost from the time you are conceived. I always have fun with my patients when I am doing consultations because I always have fun them "I want to know why you, Betty, are not following your program. Think about this for a moment – what is preventing your body from doing what it is designed and programmed to do?"

Ponder this for a moment: when you are not well, your body is not following your program. Sounds simple and logical, doesn't it? And yet for most people this is a foreign thought – you have been trained to learn that drugs are the answer to your health quest! The alarming thought is that as adults, you still think this way! ... And the most damaging aspect of this is that you pass these bizarre principles of drugs and health onto your children.

Not OK!

2. COMPUTER CONTROL

The second principle is even more interesting. It is based on the fact that the nervous system is the master controller of the body. It is like a computer control system that runs you! It runs and executes your program. As long as your nervous system is able to communicate effectively with every cell, tissue, every nook and cranny of you, you then should have the very best health you have ever had in your life. We simply call this normal. It's what being healthy is all about!

3. INTERFERENCE

Here is where this gets really cool: if your nervous system is not able to communicate with every tissue, cell and nook and cranny of you, for whatever reason, your body will not be able to do what it is programmed and designed to do. In other words, you will not be *able* to follow or execute you own program. Your body will start to do its own "thing." We call this

Malfunction ... And Malfunction can take many different forms: I'll discuss these in detail in a page or two.

4. COMMUNICATION BREAK

My responsibility as a Doctor of Chiropractic is to simply restore Law & Order. To locate areas in your spine where this is a break in this communication. Such a break interferes with your normal nervous system function – an area of your spine where the nerve signal is being interrupted or interfered with. Chiropractors call these areas of interference *vertebral subluxations*. Our mission is simple: correct any vertebral subluxations so the normal nerve function is restored. This will make the nervous system able to communicate and control body functions once again – health is the result!

Let's look at this process in light of a child who had conditions that I see quite often: Crohn's disease, Ulcerative colitis, stomach ulcers, Asthma, bed-wetting, Colic, ear infections, "growing pains", A.D.H.D. (Attention Deficit Hyperactivity Disorder), or any other myriad of illnesses for which parents bring their children to our Center or any other wellness chiropractor.

NEUROLOGY FOR DUMMIES

You need to understand that your brain controls you – totally. It controls the function of every organ, cell and tissue; your brain and nervous system controls every part of your being. Your nervous system is comparable to a Super Computer that runs the whole show. In order for your brain to communicate effectively with your body, however, there must be a connection between the brain and the body. That connection is called the spinal cord – part of your nervous system. For those of you, who are not clinically oriented, think of the spinal cord as a telephone cable containing millions of tiny "wires," called nerves. They originate in your brain and travel along your spinal cord to differentiate parts of your body; the longest nerve in your body being the sciatic nerve – it can be up to seven feet long. That's a lot of nerve! The function of these nerves is to transmit information and messages between your brain and your body so that you can execute your program and maintain normal function and health. Isn't that amazing?

The above message transmission is referred to as *Synaptic Transmission*. The nerve has to fire information across a tiny space – a synapse, between the nerve and what is called, the end organ. This system relies on the release of neurotransmitter chemicals to affect message transmission. Synaptic transmission is the conventional thought when people envision a "pinched nerve".

Very recent evidence, however, points to a system that utilizes non-synaptic transmission to cause an effect on body function. This research is brand new and deals with the idea of "wave propagation" and tone. It was discovered that messages sent by the nervous system could travel through wave amplification centers and affect other, neighbouring centers through resonance. Sounds complicated? Not really. Imagine holding a tuning fork that is vibrating in the proximity of one that is not. You'll not

that the vibration of one will start to affect the other. Thus, information is transmitted throughout the body by non-sympathetic means.

To complicate matters even more, recent evidence by Sturm, points to a “chaotic construct” and individual cell neuronal synchronization – cell message centers – let’s leave it at that for the time being.

The bottom line is that if the nervous system is allowed to function normally and transmit information from the brain to the body and from the body to the brain with nothing interfering in this process, then you should have the best health you’ve ever had. That is simply called normal.

Imagine, however, taking a knife and cutting the spinal cord in half between the neck and the shoulders. How many of you suspect that this would not be a good thing to do? You are right. We have just caused a serious breach in communication between the brain and the rest of you. It would mean instant death.

MALFUNCTION

If on the other hand, we caused a small interference in the spinal cord making only part of your nervous system inoperative, the rest transmitting information fairly normally, your body would then not function normally. In other words, your body would no longer be able to follow the program. It would malfunction.

Let’s look at this closer. Consider, for example, driving your brand new Lincoln. Instead of having it running on eight cylinders, as it should, it is now only running on five. The dash board warning bells, whistles and lights are all on, there is smoke appearing in the back of the vehicle and at every stoplight it stalls. But generally, it is still driveable. This would be a good example of malfunction.

Your body is similar. It can still function to a degree but it would not be what we call good health. I call this survival or just simply getting by. It is not OK. Yet, to many of us this seems to be the normal operating state for a human being. We even *expect* this state of affairs when we “get older,” and over our lifetime we surround ourselves with things we are no longer able to do. It soon becomes a wall so high we are unable to see over it. That is not health.

What would be examples of malfunction in the body? Let’s see ... stiffness of movement (especially in the morning), numbness and tingling in the hands or feet, chronic cough, diarrhea, constipation, wheezing, dribbling in your underwear when you cough or sneeze (yes, the *DEPENDS* people love you!), ear infections, etc. There are thousands of examples of malfunction.

While I’m on this topic, allow me to say a word on the use of “Depends” or “Attends.” In order to chase the prescription god, Medicine must first be able to diagnose your condition. This is very important because once diagnosed, a physician can now write you a prescription.

So, the simple problem of bladder incontinence affecting millions of people had been transformed into a “disease” so that a diagnosis can now be made and a drug can now be prescribed. Yes, this is now called “Overactive Bladder Disease.” Have you heard of it? I’ll bet you have. Listen up, how bizarre is that

concept? Your bladder decided to dribble all by itself? Without your permission? Who is in charge anyway?

DISEASE

If some part of the body is not functioning normally (i.e. malfunctioning) and is allowed to remain in such a state, what do you think would happen given time? The part of your body that is not functioning will start to breakdown and become sick. We call this next step *disease*. Look at this further: When we take the word “disease” and analyze it closely, it is really made up of two separate words – *dis* and *ease*. *Dis* is a Latin derivative meaning “not” and “ease” means “not comfortable.” *Dis-ease* then means your body is not comfortable, not at ease. Medicine took out the hyphen and created this new word called “disease” – something to be feared!

Once we have disease we then give it labels, which we can pick out thousands of different names, such as Asthma, Colitis, Pneumonia, Bronchitis, Meningitis, etc. This is done because for that name there is - you guessed it, a drug to deal with that particular disease. What a concept!

SYMPTOMS

Consider this scenario for a moment. When you reach a point where your body has had enough, and it can no longer handle this disease “thing,” it will actually talk to you in a language you can readily understand. We call that language “symptoms”. Very often, your body will scream and we call that symptom *pain*. And, as you know, there are all types of different symptoms. There is pain, there is heartburn, difficult breathing, itching of the skin, watering of the eyes, sputtering, coughing, chest pain, arm pain, numbness, constipation, diarrhea, gas, bloating, bladder incontinence, neck pain, back pain, headaches, etc. There are literally thousands of symptoms. And by now you’ve guessed there is a drug to deal with every one of those symptoms. Isn’t that wonderful? Isn’t it a terrific service the drug industry is providing for us? But the really amazing thing is that we accept this as health care. Nothing could be further from the truth.

Let’s look at this a little bit further. Let’s go back to the child who is sitting in front of me at our Center and has some of the conditions I have just mentioned. What if I took some miracle drugs, sang some songs, danced, did some magic, sprinkled stardust in this child’s eyes, did voodoo, and magically I was able to get rid of their symptoms. This child would now feel terrific. Look Ma, no symptoms! Aha! Would this patient now be healthy? Think about this. Would he/she be healthy? Absolutely not! What did I just do? Did I correct the problem that caused his body not to function normally, or did I merely get rid of his symptoms? Good question. I simply got rid of his symptoms. That’s all I have done. The problem is still present. But this child feels terrific – even though his body is not functioning normally.

Now, you need to think of this from a different perspective. The symptoms that an individual experiences can be likened to an alarm system. Your body possesses its very own alarm system to let you know if you can handle what it is going on inside you. It is similar to having a fire break out in your living room. The alarm system would go off in the house. In that instance, you have a choice – either put out the fire or turn off the alarm system. Guess what most people do? Do you think they search for the

cause of the problem or and put out the fire, or do they look for a quick fix and turn off the alarm system – the symptoms? You're right! I would estimate that 98 percent of Earthlings are thrilled to just turn off the alarm system, living in happy oblivion until their body finally says at some point "no you don't, I have had enough, this is it, I quit." I mean, if your body were to wear out, where would you live?

The medical pharmaceutical cartel, as mentioned earlier, is making billions of dollars on this type of thinking. As a matter of fact, they propagate this type of reality because it is very profitable. The more symptoms we deal with, the wealthier the drug industry gets because we are not looking after the problem, which means things will fail down the road and get worse. When this occurs, we will be dependent on drugs to sustain what is left of life. That is our health care system in North America. By now you are either agreeing with me or you are convinced that I'm insane – there is not middle ground!

RECOVERY

Our approach, as chiropractors, is totally different. Instead of putting out the alarm system, let's see if we can correct the interference that caused the nervous system not to function normally in the first place. Would you agree this approach makes more sense? As I mentioned earlier, we call this interference a "vertebral subluxation" – a "misalignment" of one of the vertebrae of the spine that interferes in the manner with which the nervous system transmits information. When a subluxation is in the process of being corrected, you soon notice that symptoms begin to subside and disappear. This does not mean the patient is healthy or the problem is corrected, it just means that the body is more able to handle it on its own. This is a very important distinction. Another positive result is that the malfunction the body has been experiencing starts to subside. In other words, things start to function the way they were actually designed. You are beginning to follow the program again and the disease process actually starts to reverse itself. The pathology begins to heal and you start on the road to recovery. This is very important.

Let me illustrate this point using an analogy I use quite often with my patients: You are standing in a hill in the winter and I had you a snowball. You fumble it, drop it, and we are chasing it down the hill. Near the bottom, guess what happens to the size of this snowball? You are right, it is huge – we have an avalanche!

At this point, we only have two things that must be accomplished: One, we need to stop the snowball from rolling down the hill further, and two, dig our heels in, shoulder this snowball, and start to till it back to the top of the hill. In other words, reverse the damage, the pathophysiology, and the pathology. The rest of it we have all been plagued with *ad nauseum*, such as exercise, vitamins, supplements, diet, nutrition, etc., can be viewed as window dressing. Without these two most important points, the rest of the plethora of self-help that is available to the public will not be effective. Period.

It is because of these profound principles that Chiropractic has set itself apart from allopathic Medicine. Many patients ask me "Why don't chiropractors and physicians get together?" I do not honestly know how to answer that question because the two professions are so vastly different; like oil and water, and I can never see them mixing together successfully. The principles of health and life are so vastly different between both of them.

VERTEBRAL SUBLUXATION

I would like to expand on those strange words I used earlier – the vertebral subluxation. In simple terms, it is a misalignment of the spinal vertebrae. These vertebral subluxations are most often painless but do cause interference all over your body. Deepak Chopra M.D. once stated, “The mysterious breakdowns in the body’s intelligence ... may be traceable to a single distortion, a wrong detour ...”

A distortion in the function and alignment of your spine will cause your body to malfunction and this will eventually produce a state of disease. Chiropractors have spent years studying how to locate and correct subluxations of the spine, thereby allowing your nervous system to function normally. This eventually reconnects you to the innate intelligence that runs your body – all without drugs or surgery. What an amazing discovery! Let me give you some examples of how truly amazing it is.

Infant Apnea – A case of Medical Mayhem and Ignorance

A young father came to my clinic recently looking haggard and emotionally exhausted. He had just returned from vacation with his wife but did not radiate the typical picture of a good holiday. He informed me that his wife gave birth to their first child, Breanna, just a week ago and the baby stopped breathing one hour and twenty minutes after delivery. An obstetrician at a local hospital delivered the baby. The delivery was induced and the mother was given an epidural block (more on epidurals in a later chapter). An APGAR numerical score of one to ten is given to an infant at birth, and five minutes after, to determine the stress of delivery on the baby. APGAR stands for Activity, Pulse, Grimace (crying ability), Appearance of the skin, and Respiration. A perfect score would be a 10.

In young Breanna’s case, the APGAR score was noted to be a 6 at birth, and 8 at 5 minutes. For the average human, this is a normal uncomplicated delivery. Little Breanna was resuscitated and subjected to a variety of tests like CT SCAN, EEGs, etc. The results were inconclusive. No reason for cessation of breathing was found. She was transferred to a neonatal unit at a university teaching hospital as was placed under the care of a pediatric neurologist. There she baffled the best of the best and went into respiratory arrest every twenty minutes. In the true sense of allopathic lunacy, she was placed on a course of antibiotic therapy for a few days, then prescribed phenobarbital for the possibility of seizures, as well as vitamins. Brilliant!

She was released from the hospital and sent home with a twenty-four hour breathing monitor. This device monitored her breathing pattern and went off every twenty minutes over the course of the next few weeks. I do not need to tell you the mental and emotional state of the parents. As a matter of fact, the parents were told to pick up their child from her crib and shake her like a clock so that she would literally start ticking.

I saw Breanna at two and a half weeks of age, “a beautiful young child.” The mother mentioned forceps were not used but my visual inspection and examination of the head indicated otherwise. There was considerable molding and asymmetry of the head. The neurological signs seemed to be within normal limits and Breanna would feed from her mother’s breast with little difficulty. When I checked for

vertebral subluxations, I found problems at the first and second vertebrae in the spine, which affect the manner in which the spinal cord transmits information.

That particular area of the spine deals with the respiratory centers, which seemed to be suppressed. After two months of care, Breanna's breathing monitor had disappeared and she was able to breathe very happily on her own. What never ceases to amaze me is how the current medical system simply cannot find a correlation between traumatic birth (which I will talk about in detail later) and its affect on the respiratory centers. A second quarter chiropractic student could have figured this out. All in all, dealing with little Breanna and her family has been a pleasure. It is overwhelming to see the power of innate.

Cyclic Vomiting Syndrome

Another case that comes to mind is of a ten- year-old girl named Alison, who came to the clinic recently with a chronic stomach problem. She was diagnosed with Cyclic Vomiting Syndrome (CVS). I doubt that anyone reading this book would have heard of this condition. I certainly never have and I deal with pediatrics almost exclusively. Apparently, there are only a handful of people across Canada and the rest of the world who have this strange disease – and she was one of the lucky ones. As a matter of fact, there is a town northwest of Toronto that has a world CVS support group where parents fly in from all parts of North America to talk about their children's condition and learn how to cope with it – and deal with it. I feel that coping and dealing with something when you can actually have the possibility of wiping it out? This girl's symptoms were absolutely bizarre – she would start to retch and vomit for no apparent reason to the point where she would actually vomit blood. The vomiting was severe and debilitating.

When I first met Alison, I had to ask myself why a beautiful ten-year old girl would be afflicted with such a condition. There must be a reason. This was not a normal state of affairs. Following my intuition and training, I decided to check the state and function of her nervous system. I found she had a vertebral subluxation in her spine that affected the part of her nervous system which controlled her stomach function. After the subluxation was corrected, the vomiting stopped and had not come back since. The parents and the child were thrilled, but at the same time a little upset that they could no longer belong to the support group because of their child's recovery. The support group had become a big part of their social life. The recovery of the daughter had not created a whole different set of social circumstances. They now had to find a different circle of friends.

Although you might laugh and find this bizarre, many patients I meet have had a problem for a number of years and consider their problem to be their pet gorilla, which they feed, stroke, fondle, and hang on to. If you think what I am saying is fanatical, then just think of the friends you have with a health condition and how they take care of it. In many cases, just having a health problem becomes their whole life. Think of your Aunt Betty who loves to talk about her bowels! We are very strange creatures, we human beings.

CAUSES OF SUBLUXATION

You may be thinking at this point, “Where do subluxations come from?” How do you get these things? Do you find them in your cereal, do you find them in your soup, and so they descend upon you from the heavens? No, most of them are caused by trauma, and a percentage is caused by stress (emotional and even chemical.) The most common cause of vertebral subluxations (85 percent) is actually caused by the birth and delivery process. In other words, the way you were brought into the world. Birth. Yes! Let me ask you this: How many of you have had this experience? See my drift? In other words, the stress and pressure of actually being squeezed through a little tiny 10 centimeter canal and someone grabbing your head and twisting it and pulling you out.

There are also many other causes of vertebral subluxations such as car accidents, old habits, poor posture, sport injuries. The list is endless. Birth, however, is number one. It is for this reason that many chiropractors put a great amount of emphasis on children and infants. As a matter of fact, our Center was probably one of the few in North America that was totally devoted to children. I must add that although I am no longer in active practice, my mission is still the same: To help as many people in my lifetime as I can –especially children! I now teach other doctors how to do it through my Practice Evolution Program.

I feel it is imperative for parents to have children checked at an early age to ensure optimal health and development for life. As a society, it should be our highest calling.

For more information on Dr. Ogi’s book or to purchase a copy for yourself or other loved one please speak with Dr. Moore.