



the
CHIROPRACTIC ZONE



Dr. Craig's Transformational Living News

February 2011

Taking care of yourself the way no one else can...

Why do people consider health care to be something that is only performed by someone else? The health care system is a myriad of puzzle pieces made up of traditional and complementary providers....where are you in this paradigm? This issue explores some ideas of how to empower yourself to be your own primary care provider.

Namaste,

Dr Craig



Who's Your Healer?

In the late 1800's, there was a man who was as much a philosopher as he was a health practitioner of sorts. At that time he practiced something known as magnetic healing which can be comparable to forms of subtle energy healing that is increasingly being used today. He stated that "Life is but the expression of spirit through matter and that to make life manifest, requires the union of spirit and body." His name was Daniel David (D.D.) Palmer and he is credited with being the father of Chiropractic.

The idea that the body innately knows how to function and heal on its own is not a new concept. For only a relatively short period of time has there been a dominant paradigm, and profitable one at that, which proclaims that health can come from a source outside of ourselves, be it a pill or a procedure. This "outside-in" thinking has allowed us to surrender our own healing capabilities and hand it over to more "intelligent" others. D.D. also stated that "Disease is a disturbed condition, not a thing or entity." Not a thing? Could it be that sickness is not caused by a virus, a bacteria, a fungus, etc.?

I think he is saying that these forces exist, but in and of themselves they do not cause disease. When our bodies exist in an unbalanced state, this allows for these harmful interveners to gain a foothold. So if disease is really a disturbance of our homeostasis, then it is our personal responsibility to restore balance to our bodies to maintain a state of health. In that condition, the body has its greatest chance to heal itself.

I believe that the only true healing that ever really happens is something that transpires within an individual. The inner process of integrating the physical, emotional, energetic and spiritual aspects of oneself restores an inner state in which healing can occur. Any number of interventions can be performed by an outside person or force, but

healing is an inside job. Outside help, like chiropractic and massage, for example, can be of crucial support, but if an individual cannot allow love and support in, then it is as if that help is fruitless.

When we look to ourselves as balanced, full of healing potential, we can see the possibility of overcoming any disease. I was recently working with a patient who was diagnosed with lupus. She refused to accept the diagnosis based on laboratory tests as her reality. Fortunately she had past experiences in self healing and trusting her intuition that strengthened her resolve. It was as if she drew a firm line in the sand and said "No, you shall not pass here!" She ended up being absolutely correct and she conquered "her disease" in her own powerful way. This is an example of how what we think can really matter.

My friend Mary Anne Radmacher, in her book, *Live With Intention*, asks her readers to "Run all decisions through this filter; Will this contribute to my physical well-being"? What you think about, eat, believe, drink; how you move, all the choices you make each day, either contribute to your health or to your lack of health, it's all up to you.

Do you think of your body as one that could overcome any hardship? If you were told you had only three months to live, would you be the person that would do and look at whatever it took in order to heal? Or would you only do what "the doctors" told you to do? Would you be willing to give up whatever habits or actions or ways of being that it took in order to heal your life, and not just your condition? Would healing your relationship with your self, your past, your family, your friends be part of your journey to moving towards health and wholeness?

I recently worked with another patient who was in constant pain every day and it has changed every aspect of her life. She was extremely saddened by the thought that she was no longer a good role model for her children due to her having to put so much time and attention into taking care of her physical needs. When we looked deeper, what she was able to see, was that by her taking special care of her own body, she was actually modeling a behavior that most of us have a very hard time practicing; that taking care of ourselves needs to be our first priority so that we then have what it takes to be of service and care to others.

It is time that each of us look to being response-able to our own bodies. Learning to be able to respond to what our bodies truly need is where physical well being occurs. Let's take back our health and realize how miraculous our bodies are in their ability to self heal. Let's find ways to learn to let our bodies know how grateful we are for what they do for us each day, and then we can remember that our health is something we have a lot more say about than we thought.

I am proud to be a chiropractor, but I am no healer of others. Each person is their own healer. I am however, proud that the seeds of chiropractic are firmly grounded in the idea that the body is a self healing organism that if given a fair opportunity and an absence of obstruction, will always move towards its innate state of health and well-being.

My personal thanks to friend and visionary artist Deborah Koff-Chapin, for permission to use her Touch Drawing image entitled "Emerging" used above. [Link Here](#) to explore her powerful library of images.

New Chiropractic Research Supports Its Effectiveness in the Treatment of Lower Back Pain vs Standard Medical Care

A new report published in December 2010 has powerfully validated chiropractic as the treatment of choice for acute lower back pain when compared to standard medical care (as the Chiropractic Hospital-based Interventions Research Outcomes (CHIRO) Study in the Spine Journal, one of the most frequently cited spine research journals in the world.

Patients were evaluated by a spine specialist, given acetaminophen and then referred to a chiropractor for a program including a "progressive walking program" and up to four weeks of lumbar chiropractic spinal manipulative therapy. The manipulative therapy was provided "using conventional side-posture, high-velocity, low-amplitude techniques" to the lumbar region only, and only by a chiropractor.

Patients assigned to the usual care group were referred back to their family physician, and received treatment from "a variety of professionals including family physicians, massage therapists, kinesiologists, and/or physiotherapists."

Measurements of improvement in decreasing pain, decreasing medication use and increased activities all favored the chiropractic group, increasing over time. The study also reinforced the finding that that only the spinal manipulations performed by the chiropractors were found to be effective and that previous studies that observed lesser outcomes often used non-chiropractors (i.e. MDs, PTs etc) in their study groups.

The Bishop, et al., "Chiropractic Hospital-based Interventions Research Outcomes (CHIRO) Study: A Randomized Controlled Trial on the Effectiveness of Clinical Practice Guidelines in the Medical and Chiropractic Management of Acute Mechanical Lower Back Pain," has been selected by The Spine Journal, the official journal of the North American Spine Society, to receive the 2010 Outstanding Paper Award for Medical & Interventional Science.



Change Your Body, Change Your World; A Transformational Dialogue with Mick Dodge, "The Barefoot Sensei"

Mick Dodge is known as the Barefoot Sensei. I first heard about him through several friends that were studying with this recent teacher who had relocated himself to Whidbey. I witnessed them walking barefoot around town and heard various explanations of how their bodies were feeling in greater flow and how feet that were once always painful were now healing...I knew that I had to find out more.

I met Mick a few months ago and found him to be extremely intelligent, articulate and overflowing with a passion to teach people how to live in their bodies in a way more attuned to the ways that are natural and innate to how their bodies were made to move. I knew that I needed to have him speak at our Dialogue series. So, here is Mick's first public appearance and below is some information about his work. I hope you can join us.

The Barefoot Sensei is a visionary of body, land and habitat. He was raised in the Olympic Mountains of the Pacific northwest and has created a rich and compelling cosmology of organic health and relationship, beginning with the foot.

His vision expresses an integrative union of the three habitats; the city, the wild mountain and the hut with each element having a place and a role to play. The city has its share of riches, but many dangers to the mind, body and spirit. The wild mountains offers physical challenge, spiritual exhilaration and profound teachings.

In between, lies the hut, a pivotal transition point of community, sharing and whole-body education. The integration of all three elements can occur in grounding personal or group moment practice. For further information go to [www.exuberant animal.com](http://www.exuberantanimal.com) or www.theearthgym.com. All dialogues are by donation only with a suggested donation of \$10-15. The net proceeds of this event will benefit the Langley Community Garden Fund. In future issues I will highlight in greater depth the upcoming speakers and events so that you can better appreciate and explore the depth of talent that these presenters bring to the table.

The event will also be audio-recorded and available after the event at: [HERE](#)
P.S. Pre-Registration is strongly requested... [Click Here to Register](#).



Mindfulness Meditation Spring Classes at The Chiropractic Zone

February 8- Relaxing Body and Mind

February 15- Facing Fear and Anxiety

March 1- Opening the Heart- Loving-Kindness

March 4- March 6- Weekend retreat, Aldermarsh retreat center

Stressed? Anxious? Overwhelmed?

Discover why the media is buzzing with articles about mindfulness and meditation! Research is demonstrating that the centuries old teachings of mindfulness help us relieve modern day stress and live healthier, happier more fulfilling lives.

Learn how Mindfulness Meditation helps you transform anxiety and stress, deeply relax your body and mind, and remain calm and centered in stressful times.

See latest research on mindfulness meditation-[Study Shows Meditation Changes Brain Structure in Just 8 Weeks](http://www.familyhealthguide.co.uk/mindfulness-meditation-leads-to-increases-in-brain-gray-matter-density-in-just-8-weeks.html)
<http://www.familyhealthguide.co.uk/mindfulness-meditation-leads-to-increases-in-brain-gray-matter-density-in-just-8-weeks.html>

All Classes - 7pm- 8.30pm

You will be gently guided in meditations to release tension, quiet your mind and deeply relax into the awareness of the present moment.

No experience necessary. Bring sitting cushions/mat if you have them

\$15 per class or \$30 series of 3

Erica Rayner-Horn M. A. psychotherapist, Mindfulness-Based Stress Reduction instructor and author of CD "Finding Tranquility- Guided Mindfulness Meditations for Stressful Times"

Information and registration
Erica@mindful-therapy.net
www.mindful-therapy.net

In the end, when we stare past the concretized beliefs in our own minds, we will witness the truth of life's possibilities & our innate potential shining through the cracks." -Lisa Reagan

Wishing you a February that brings you great love and well-being.

Namaste,
"Dr Craig" Weiner
The Chiropractic Zone