



Family Wellness First

Thoughts, Trauma and Toxins: Three Causes of Subluxation

In his *Pathways* article, *Thoughts, Trauma and Toxins*, Dr. David Gustitus refers to founder of chiropractic, D.D. Palmer's, famous text, *The Chiropractor's Adjustor*, which identifies these "Three T's" as the causes of vertebral subluxation.

Dr. Gustitus reports that since the time of Palmer's text, chiropractic has expanded its understanding of subluxation to be more than misalignment of spinal bones and pinched nerves. He writes that subluxation is now agreed to be the result of both internal and external influences affecting the function of the nervous system as a whole.

Physical trauma, toxin exposure and

emotional stressors not only trigger muscular responses in the body, he writes, but these "harm signals" also reach three key areas in the brain: the hippocampus (the center for learning), the amygdala (the stress and anxiety center), and the hypothalamus (the neuroendocrine control center, which initiates a cascade of events preparing us for fight or flight).

Dr. Gustitus says to counter these types of harm we need high-quality input to the nervous system; best achieved through:

- Chiropractic adjustments
- Whole-body exercise
- Purity
- Good nutrition
- Positive and loving thoughts.

"Health really boils down to homeostasis (balanced function) at the cellular level. To create a lifetime of health...we must provide our bodies with optimal input throughout our lives".



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Modified excerpt from: *Thoughts, Trauma and Toxins* by ICPA Member, David Gustitus, DC. Read the full article in *Pathways* Issue 38: www.pathwaystofamilywellness.org

About Family Wellness First • This newsletter is provided as a membership benefit to our dedicated ICPA members. ICPA, Inc. is a non-profit organization whose mission is to engage and serve family chiropractors worldwide through education, training, and research, while advancing chiropractic for both the profession and the public. Visit our public resource site: icpa4kids.org

Establishing and Advancing the Chiropractic Family Wellness Lifestyle

Animal Chiropractic: Proactive Care for Pets

Oftentimes, we wait until our pets are very ill before seeking treatment. Like us, animals too can benefit from regular chiropractic care and adjustments. This proactive treatment will help keep your pets healthy!



- Your animal experiences pain and irritation when touched, petted or lifted.
- Your animal is reluctant or has difficulty when climbing stairs or jumping.
- Your animal has difficulty when getting up after lying down.
- Your animal exhibits negative changes in attitude or behavior.
- Your animal shows an apparent lameness or change in gait (the way it moves).
- Your animal has had changes in its athletic performance.

So how can you tell if your animal is subluxated and needs to be adjusted? Here are some things to look for that will help you recognize a potential need for an adjustment.

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Modified excerpt from: *Animal Chiropractic* by Austin Komarek, DC. Read the full article in *Pathways* Issue 39:
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