

# "SICKNESS & SYMPTOMS"

## PHILOSOPHY VIII

*Symptoms are NOT our enemies – listen to what they tell you.*

The body works diligently to maintain itself in the best possible health by adapting itself to internal and external environmental changes. If the outside temperature rises, the body takes steps to cool down. If it's cold, the body works to maintain its warmth. Every significant change in the external environment triggers an adaptive reaction in the body.

The same is true with the internal environment. When a virus or other foreign substance invades its system, the body produces the chemicals – or causes the reactions – which are required for that special circumstance. Often, knowing that it needs to rid itself of an "invader," the body will elevate its internal temperature or increase waste elimination. These are normal actions which the body takes to adapt to changes and maintain health.

Unfortunately, these actions are often looked upon and treated as a disease. We force our body down to a "normal" temperature, and consume bottles of medicine to prevent us from evacuating the toxic wastes we *need* to get rid of. By doing so, we work against the body's own instincts and make it even more difficult to adapt as it should.

This is not to say, of course, that the body will *always* be able to adapt totally to every change. Subluxations can reduce the flow of Innate Energy to the body and reduce its ability to adapt. Lack of proper nutrition, exercise, and sleep set up barriers to efficient adaptation. Pollution in the air ... chemical additives in food and water ... emotional stress ... and psychological factors also make it difficult or impossible for us to adapt totally to every environmental demand.

In addition, even a "perfect" body does not have infinite abilities. All Innate Matter has certain inherent limitations. It cannot overcome major structural defects, and it cannot adapt immediately to all changes. If it is expending its energy, for instance, fighting off an invading virus, it might not be able to respond as readily to the increased demands of physical exertion. There is nothing we can do to expand the given limitations of the body, but there is much we can do to eliminate the artificial barriers to health.

On a societal level, we can work towards improving the quality of the air and water. On a personal level, we can improve our diet, increase our exercise, get enough sleep, learn to avoid or reduce emotional stress; and attend to psychological problems as they arise. Naturally, since the correction of vertebral subluxations require specialized training and skill, we need to include regular visits to a chiropractor in this health-maintenance regimen.

We should also take care not to interfere with the adaptive actions of the body by treating "symptoms" which are really normal bodily functions! This means avoiding the unnecessary use of therapies and medications which *force* the body to act – or stop acting – in a certain way. While it's difficult to believe this when you're lying in bed with a temperature of 101 degrees, you're actually lucky to have symptoms! Sometimes, that's the only way you know that something is wrong with your body. For instance, if you put your hand on a hot stove and didn't feel pain, you could damage that hand beyond repair.

The real problem, then, arises in the *absence* of symptoms. Too often, interferences in our body's normal functioning do NOT exhibit any warning signs. When a subluxation, for instance, distorts the normal flow of Innate Energy, there may be internal changes so subtle that no outward signs are noticed. Slowly, quietly, however, that distortion takes its toll on our body.

Often, when someone dies suddenly, friends say, "But he was so healthy! He was never sick a day in his life!" Obviously, he wasn't so healthy, and he probably had been "sick" quite a bit. The problem was, he didn't exhibit any symptoms to alert him to that fact. Without the symptoms, he assumed he was healthy and allowed the interference to continue.

That is why **all** people – those who suffer frequent or occasional symptoms AND those who are "always healthy" – must take care to correct and prevent any interference to the normal flow of life energy in the body. If we wait for symptoms, it may be too late.