

Pain and Essential Oils from a Chiropractic Perspective

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Purpose of spinal adjustments: improve function of the body by improving communication within the brain, and between the brain and the rest of the musculoskeletal system, and to all the organs.

Long term goal: improve communication throughout the entire system so your body can better *adapt* and respond to threats both internal and external, thus decreasing dis-ease.

Dis-ease is caused by Neurological Interference. This is what is cleared by a Chiropractic adjustment.

Neurological Interference is caused by three things:

- 1.Thoughts

- 2.Traumas

3.Toxins

-Somewhere in between Traumas and Toxins we have Pathogens and Disease.

Now that we have a better understanding of what pain is, and what causes it, let's look into how to heal it.

1. Chiropractic adjustments: removed Neurological Interference, restores proper communication, so your body can heal itself whether the initial pain was brought on by thoughts, traumas, or toxins.
2. Essential Oils: addresses the 3 Ts in a different way, making them a wonderful ally in a Chiropractic practice. They are toxin free, relaxing to the soft tissues, and decreases inflammation.

