

52 Weeks to Success Chiropractic Assistant Program

Benchmark 1: **Chiropractic's Core Ideas**

Chiropractic is founded on the principles of healing from the inside out. These are centered on three basic principles, much like the primary colors, Red, Blue and Yellow. From those three primary colors you can create an infinite number of combinations. The three basic principles are:

1. **Principle #1** - The living body is a self-healing, self-regulating organism that is directed, controlled and coordinated by an innate or inborn intelligence that is conducted through the nervous system. Example: if you cut your finger, it heals on its own, right? The blood begins to coagulate, the tissue sets up an inflammatory response to protect the area, and muscle and skin cells begin to regenerate. All without you thinking about it!

2. **Principle #2** - The nervous system is the master and director of all body functions. Everything you experience as a human being is processed through the nervous system. There can be interference to the normal expression of this innate intelligence through interference to the nervous system. For example, if you've ever had a root canal (no fun), you know that the dentist drills into the tooth and CUTS the nerve to the tooth. What happens next? The tooth DIES (and subsequently you need a crown to support a dead tooth). Why? Because once the nerve is interfered with, it cannot get the life force to the tooth. That is the same thing that happens in the body when nerves are interfered with.

3. **Principle #3**- When this interference occurs in the spine, it is called a Vertebral Subluxation. This is what Chiropractors work with: adjusting the spine to remove the interference to the nerves, allowing the nerves to function fully, and the body to restore itself back to health. And by continuing to keep the nerve pathways clear, the individual can continue to express their full health potential.
When there is interference with the function of the nervous system, not only does it affect your physical health – but because it distorts your perception of the world, it can result in psychoemotional problems as well. When this happens to a substantial amount of people in a society, you get a sick society.