

Written by Jeanne Ohm, DC

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Chiropractic for Greater Life Expression

On September 18, 2005, the profession of chiropractic is celebrating its 110th birthday. Chiropractic was founded in 1895 by D.D. Palmer and then developed by his son, BJ Palmer into what is now the largest drug-free healing profession in the world.



from the editor **JEANNE OHM, D.C.**

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Chiropractic was founded in 1895 by D.D. Palmer and then developed by his son, BJ Palmer into what is now the largest drug-free healing profession in the world.

Through its 110 year evolution, chiropractic has been embraced as a safe, effective and vitalistic choice for wellness. Its unique approach to health has brought the profession forward as leaders in lifestyle solutions to wellness including nutrition, exercise, posture and most importantly proper nerve system function.

The major emphasis of chiropractic care has always been to respect and enhance normal body function. Although many other health providers today are now also recognizing the importance of nutrition, exercise and posture, the chiropractic emphasis on nerve system function gives chiropractic patients a unique advantage.

Chiropractic is founded on the vitalistic principle that the body is a self healing organism. The principles of chiropractic acknowledge that a healthy nerve system is imperative for normal body function, healing and repair. The objective of the chiropractic adjustment is to reduce stress to the nerve system so that the body can regain optimal performance and therefore improve its potential for healing and wellness.

Since its beginnings, chiropractic has embraced the importance of the adjustment for family health. In 1910, D.D. Palmer published his book, "The Chiropractor's Adjustor". Along with numerous other statements on vitalism and wellness, Palmer wrote, "The principles of chiropractic should be known and utilized in the growth of the infant and continue as a safeguard throughout life". His emphasis for improving nerve system function from birth and throughout life reveals the core relationship between chiropractic and the family wellness lifestyle.

This month, the members of the International Chiropractic Pediatric Association proudly celebrate the unique approach to wellness the chiropractic adjustment offers humanity. Pathways magazine provides you, the parent, with articles and resources consistent with our founder's mission. It is our hope that the information provided to you in Pathways will encourage you to make essential, lifetime choices for your family. Our purpose is for your whole family to experience a new level of health and also to celebrate our passion for greater life expression.

Many Blessings,

Jeanne Ohm, DC



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A Message from our Editor, Issue #07 - Chiropractic for Greater Life Expression

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