

A Message from our Editor, Issue #08 - The Vitalistic Perspective

Written by Jeanne Ohm, DC

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The Vitalistic Perspective

There is a growing awareness that all health care falls into two paradigms or perspectives: vitalism and mechanism. Vitalism is based on the premise that an organized intelligence is present in matter. This energetic force is responsible for the creation and maintenance of life. Mechanism claims that existence is merely limited to material causes and mechanical properties.

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

There is a growing awareness that all health care falls into two paradigms or perspectives: vitalism and mechanism.

Vitalism is based on the premise that an organized intelligence is present in matter. This energetic force is responsible for the creation and maintenance of life. Mechanism claims that existence is merely limited to material causes and mechanical properties.

The vitalistic practitioner is concerned with the whole person and discovering the underlying causes of malfunction or dis-ease in the body. Identifying these causes, the person can choose supportive modes of care that will enhance normal, natural function. Uncovering the causes of dis-ease empowers the individual to make lifestyle choices conducive to healthy body function and overall wellness.

The mechanistic practitioner is concerned with conditions as an identifiable entity that can be overcome or eliminated with the use of drugs and or surgery. These invasive methods force the body to undergo immediate changes. Although the quick symptomatic changes may seem appealing, neglecting the cause of the problem leads to continued malfunction. Furthermore, treating symptoms without addressing cause often disrupts the normal healing processes of the body.

Today's parents are more concerned than ever about the adverse effects drugs have on their children. Parents are increasingly asking, when handed a prescription for a child's recurrent problem, "Is this really the best for my child? Is there a safer alternative?"

Parents are hesitant to merely mask symptoms with drugs and are worried about side effects. Their desire to achieve a

state of true health has led parents to seek health care options which support their children's own natural ability to be healthy.

Chiropractic care enhances normal body function. Based on the major premise that respects the natural process of healing, the purpose of chiropractic care is to identify cause, make corrections and support our inherent ability to be well. Chiropractic was founded on principles congruent with the vitalistic paradigm.

The chiropractic family wellness lifestyle is defined as a lifestyle of health based in vitalistic principles. In other words, with the understanding and trust in the body's ability to heal, we as parents can choose types of care that are supportive not suppressive. We can choose types of care that will get to the cause of dis-ease, rather than treatments that simply cover up symptoms. We can make lifestyle choices that enhance normal body function.

Our purpose in Pathways is to offer you the types of care consistent with the vitalistic perspective and a most importantly give you a greater insight and respect for the body's inherent wisdom to be well. In this and every issue, we are pleased to share the principles of chiropractic that have made it the largest natural healing profession available today.

Many Blessings,
Jeanne Ohm, D.C.



