Two Vital Perspectives The following article is contributed by two writers, a chiropractor and a naturopath. Each offers a unique and vitalistic perspective.

The germ theory states that diseases are due to specific microorganisms, which are capable of transmission from body to body. Yet although it is widely accepted by medical professionals, forming the basis for billions of dollars of healthcare spending (actually sickness care, but that's another article), the fact that so many people believe it to be true doesn't make it so. This is one of the classic logical fallacies: argumentum ad populum, the appeal to the majority, where a thing is stated to be true simply because so many people believe it.

That didn't work for the belief that the earth was flat, and it shouldn’t work for a theory of disease that is increasingly coming under fire from the scientific community and whose fundamental premise was known to be flawed almost from the beginning. I am reminded of the famous quote by Anatole France: “If fifty million people say a foolish thing, it is still a foolish thing.”
Dr. Daniel Middleton is a 1991 graduate of Sherman College of Straight Chiropractic and has been in practice in the upstate South Carolina area for over fifteen years. Even before he started his practice, Dr. Middleton was familiar with the philosophy of health and healing that it represented—a philosophy surprisingly similar to the Asian philosophy of life and health that it represented. Dr. Middleton is also a writer whose articles have been featured in national martial arts publications. Read about him here: adjustingroom.com.

Pasteur's final comment on his most famous theory: “Bernard avait raison. Le germ n'est rien, c'est le terrain qui est tout.” (“Bernard was right. The seed is nothing, the soil is everything.”) Everyone is familiar with Pasteur's name, but one of his contemporaries and chief opponents was a scientist named Claude Bernard (1813–1878), who argued that it was not the 'seed' (the germ) that caused disease, but was instead the 'soil' (the human body). Bernard argued that exposure to a germ almost always equals disease, when common sense tells us that this simply is not the case.

Is it any wonder that we all grew up believing in the medical model of health care? After all, it is the dominant model in our culture. With the number of drug ads on television and in magazines, and news shows touting the latest medical advancement to treat this or that disease (many of which show up later with unpredicted—maybe even unpredictable—side effects or problems) and the countless TV shows idolizing medicine (e.g. House, ER, Grey's Anatomy, Nip/Tuck, etc.) all the way back to the early days of television (City Hospital and The Doctor first appeared back in 1951, with the more well-known and iconoclastic Dr. Kildare and Ben Casey showing up ten years later).

Is it any wonder that we all grew up believing in the medical model of health care? After all, it is the dominant model in our culture. With the number of drug ads on television and in magazines, and news shows touting the latest medical advancement to treat this or that disease (many of which show up later with unpredicted—maybe even unpredictable—side effects or problems) and the countless TV shows idolizing medicine (e.g. House, ER, Grey's Anatomy, Nip/Tuck, etc.) all the way back to the early days of television (City Hospital and The Doctor first appeared back in 1951, with the more well-known and iconoclastic Dr. Kildare and Ben Casey showing up ten years later).

The germ (or virus or bacteria) might well be the agent of disease, but the cause is much more complex than that. Otherwise, as chiropractic pioneer B.J. Palmer said, eventually no one would be alive to tell you about it! If our bodies can be kept whole and healthy, then the germs, which are a part of our environment and why. Very often, it's at odds with the predominant (mechanistic) model of health that everyone is used to. With the number of drug ads on television and in magazines, and news shows touting the latest medical advancement to treat this or that disease (many of which show up later with unpredicted—maybe even unpredictable—side effects or problems) and the countless TV shows idolizing medicine (e.g. House, ER, Grey's Anatomy, Nip/Tuck, etc.) all the way back to the early days of television (City Hospital and The Doctor first appeared back in 1951, with the more well-known and iconoclastic Dr. Kildare and Ben Casey showing up ten years later).