

● Healing and curing

People consult health care professionals for many different reasons. Some want to be free of a particular illness or set of symptoms. Others want to prevent an illness from occurring. Still others, already feeling quite healthy, want to be the best they can be. Generally people consult a practitioner because they want to improve their health. When choosing which type of health care professional to consult it is often helpful to consider whether their emphasis is upon 'healing' or 'curing'.

'Curing' involves removing symptoms, treating a part of the body, or controlling a process.

'Healing' involves helping people to become more whole and function at a higher level.

Frequently 'symptoms' are a healthy response to excessive stresses, like a runny nose, a cough etc.. Although not essentially pleasant, they are your body 'cleaning house'. Symptoms may also be a sign that you have not been functioning well and can no longer adapt to the stresses upon you. Healing oriented professionals consider symptoms (and 'abnormal' pathological tests) as an indication that parts of you need YOUR attention, rather than an abnormal or inappropriate response.



Curing involves judging whether a symptom is 'bad' or 'good' and attempting to control those which are viewed as inappropriate.

'Curing' can be an essential part of the healing process.

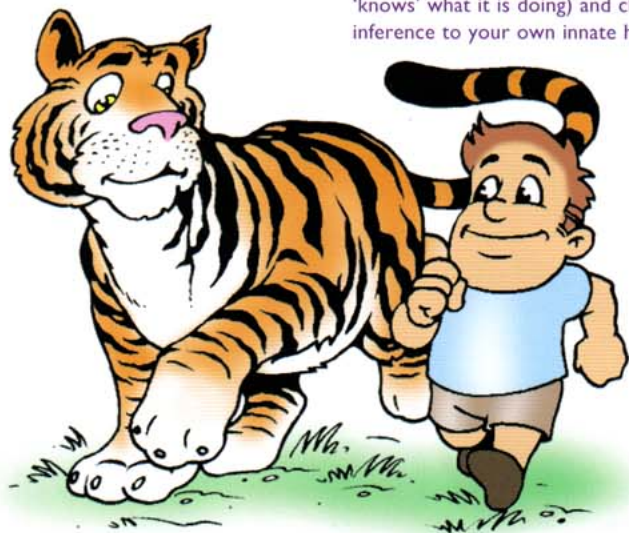
Curing professions, whether orthodox medicine or natural/alternative, tend to concentrate upon symptoms and abnormal pathological tests (such as blood tests, etc.). Their emphasis is upon removing symptoms and 'normalising' the results of laboratory tests, seeking to return you to the state you were in before you became aware of an illness.

Healing professions are based upon the knowledge that you have an innate intelligence and healing ability which knows far more about your needs than any other person, and that all you need to realise your maximum health potential is no interference to this ability.

A healing oriented practitioner concentrates upon how YOU are functioning rather than merely focusing on the presence or absence of symptoms. You don't need to be ill before consulting a healing practitioner, all you need is a desire to improve.

In their own ways healing professions seek to enhance your expression of your innate healing ability and help you perform at your best. They help to empower and encourage you to make more supportive health choices.

Healing involves exploring what a symptom, or absence of them, may be telling you about yourself (with the knowledge that your body 'knows' what it is doing) and clearing inference to your own innate healing ability.



If your health declines, curing techniques (medications or other procedures designed to remove symptoms) can be very beneficial and they may be invaluable in emergency situations. They help you to function in the short term and assist in keeping many people alive. This gives you the opportunity to choose a lifestyle which is more supportive of your health. When curing techniques are used as a short term solution and symptoms are known to be an indication for the need to change, they become a valuable part of the healing process and a stepping stone to greater levels of health.

How does Chiropractic enhance your healing process?

Your nervous system controls and coordinates every organ, cell and tissue in your body. Information passes through your nervous system telling each of your trillions of cells what to do and when. The function of each of your cells is adapted every instant in harmony with your changing requirements and as stresses upon you vary. Your innate intelligence coordinates this, keeping you alive, healthy and performing at your best.

Malfunctions or misalignments (subluxations) of your spine, pelvis and skull interfere with the function of your nervous system. This disrupts the communication of your innate intelligence and results in parts of you becoming 'disconnected', reducing your ability to adapt to the stresses upon you and lowering your level of health.

Doctors of Chiropractic correct subluxations, relieving interference to your nervous system. This allows your inherent wisdom and healing ability to express itself more fully and it gives you a greater ability to adapt to stresses as you become increasingly 'connected'. It also enables you to sense more clearly all the different regions of your body.

The first step in the healing process is experiencing your body more fully.

As your healing progresses you will become more aware of different regions of yourself and your body's ability to 'clean house' will be enhanced. This may result in various 'symptoms' becoming more noticeable for a short time.

Your current state of health is a result of your lifetime of experiences and choices. As healing progresses your experience of the results of your choices will grow, as will your experience of yourself.

With a nervous system becoming free of interference you will become increasingly 'in touch' with how you feel or respond to various situations. This often enables you to make better choices regarding various aspects of your life. More supportive choices will result in you becoming healthier and more able to sense how your lifestyle affects you, resulting in even greater health choices... all the while you will become healthier and more vibrant. You will be able to perform at a higher level, adapt to stresses more easily and experience yourself and your environment more fully.

Chiropractic helps you realise your health potential and improve the quality of your life.

Helping yourself

**“What you are is what you have been,
what you will be is what you do now.”**

Tibetan Buddhist teaching from *The Tibetan Book of Living and Dying*, by Sogyal Rinpoche

Healing is usually associated with changes in your lifestyle.

As subluxations are normally not associated with spinal pain or other obvious symptoms, we recommend that everyone develop the habit of visiting a Doctor of Chiropractic on a regular basis. Helping you express your innate intelligence and enhancing your ability to make supportive choices, Chiropractic is a key to helping you realise your maximum health potential.

Some other guidelines may help to enhance your healing process:

- Be an informed consumer; learn as much about yourself and the healing process as possible.
Other material available in this office is a great place to start.
- Eat simple, fresh foods – predominantly vegetables and fruit, minimizing preservatives and manufactured foods.
- Breathe deeply and fully 'into' your lower abdomen, especially when stressed.
- Develop a caring, loving and nurturing attitude towards yourself and others.
- Rest, give yourself a chance to repair and rejuvenate.
- Minimise alcohol and recreational drug usage.
- Give yourself and your family the gift of Chiropractic care!

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