

Thoughts, Traumas, & Toxins

Or, what they may not have told you about your health



As a doctor, I am often asked by my patients where to lay the most blame for the condition they are in when I first meet them – is it genetics or upbringing? Was it nature or nurture? Either answer is only correct in part – both are of equal importance in how you got where ever you currently are.

Your life today is an accumulation of your body's Innate ability (nature) to express itself through the events of the past (nurture). Our goal is for you to experience a healthier tomorrow. That is a lofty goal, so to realize it, we must start today. You have already taken the first step by reading this article. Like all good things in life, it will be a journey, but the benefits far outweigh the small effort required of you. To a certain extent it is true that you have little power to directly change your genetic potential. Gene expression may be modified by environment, and as a human being you have the ability to change your environment in small ways - but you have no conscious control over the particular genes that are turned on or off and modified by your behavior. You have far greater power to improve the way your body's Innate potential is able to express itself and handle the events of tomorrow by becoming healthier today.

At the turn of the 20th century, Dr. B.J. Palmer broke down these events into three categories: thoughts, traumas and toxins, or “the three Ts”. Understanding the three Ts will improve your every day life, due to their direct and indirect effects on the nervous system. The nervous system is the communication network between the brain and the body, responsible for maintaining life in the face of a changing environment. Both sensory (input) and motor control (output) messages flow over this system of intricate nerve fibers to every cell in your body. Interruption to the flow of communication over this network results in decreased performance of all body functions, both physical and mental in nature.

Thoughts

Let us begin with thought, as that is where all life began. Thought is the specific combination of chemical reactions in the brain that set in motion the ability for man to consciously adapt within his environment. Just as universal forces are both positive and negative, thought has potential to be both constructive and destructive. Unlike other living organisms, man represents a dichotomy in his approach to life. Most animals possess an inborn ability to perform all functions of daily life which science has termed instinct. Man is born with this as well, a power within the body to support all life functions and to repair itself, which we have termed Innate. However, man has also the ability of cognizant thought: to learn, to think, to worry, to puzzle or contemplate on his life and origins. The opposite of Innate, Dr. Palmer termed this other part of man the Educated. **All conscious thought comes from the Educated, while instinct, intuitiveness and hunches come from the Innate.**

When modern psychology and behavioral thought were still in their early years, Dr. Palmer insisted that the Educated was not always in concert with the Innate. In fact, he found them to be quite conflicting at times, depending on the amount of reliance one placed upon the Educated brain to perform all functions of life. In simpler terms, some things are just better left to the Innate ability in the body. Constructive thought is at a deeper level in accord with Innate and helps make decisions in life that will best benefit the body. An example of constructive thought is, “I am feeling tired; let me lie down and rest, and I will finish this paper when I feel more refreshed.” In this example, the person’s Educated brain is in sync with the Innate of the body, and senses the current depletion of energy. This person consciously knows that he or she will perform better when energized, and so lies down to rest and restore the mind and body as a result.

In contrast, destructive thought from the Educated brain is out of touch with the body’s Innate, and can only serve to harm the body if left to its own devices for long periods of time. To continue our example, what if the person had said, “I am feeling tired, but I have so many things to do! I had better keep writing this paper...” and let us suppose the person wrote well into the night, and went to their workplace early the next morning, without giving the body a chance to rest and properly restore itself. Even though their conscious mind knew that the body needed rest, the Educated purposely refused Innate’s request, resulting in depletion of resources and imbalance within the body. Understandably, the person in this example will not be “on top of their game” at work the next morning.



You will find that most destructive thought comes from worry or stress – often the result of placing too great a load on our Educated brain – either from procrastination and letting the demands of life pile up, or just failing to say “no” to tasks too large for us to handle alone.

Keeping tight reign on our thoughts - realizing there are things in life we can control and things to let go of - and using the Educated brain to our advantage will enable us to outperform the average. When the connection between Innate and Educated is clear of interference, our mind will sense when our body is fatigued and will let it rest, so that permanent or longstanding damage does not occur within our cells. It will also sense when our body is energized and use that extra strength to climb to the top when appropriate.

Thought, whether constructive or destructive, has a large impact on our physical being and Innate's ability to achieve a positive expression of life. If managed appropriately, conscious thought may lead us to the fullest expression of life on earth. If managed inappropriately, it will starve our life of its full potential, even to the extent of physical damage such as adrenal burnout or taut muscles and soft tissue that lock vertebra in misaligned positions. Over time, the misalignment may become fixated, causing a *subluxation, the term for vertebral misalignment provoking pressure on the brain-stem and spinal cord.* The result is interference with the nervous system and limitation to Innate's ability to express life to its fullest potential in your body.

Traumas

Next, let us examine traumas. This is undoubtedly the easiest of the three Ts for many people to grasp, but the least fully understood. Traumas affect the body in two ways. The first is an immediate decrease in function of all cells involved until the body's Innate has had the time and sufficient resources to repair them. This is the most obvious outcome of trauma, and the part that most people are concerned with when they consider a trauma. The second is cumulative damage in the form of scar tissue and structural change that will affect some level of Innate's ability to be expressed in that physical body, sometimes forever. This is the less obvious result of trauma to some people, and the one they should be more concerned with. It directly affects the ageing process, including physical function and mental capacity. The body's Innate ability is unlimited in nature, but its physical expression is limited by matter. It only has a certain amount of resources to work with, and traumas decrease the availability and quality of those resources.

It should be mentioned in passing, that life begins as the egg cell is fertilized, followed by rapid cell division and differentiation, forming what will be the base of the brain. From there, the cells begin to form other portions of the brain and a line extending out from the brain-stem area known as the primitive streak, which will become the spinal cord. Next, tiny branches are formed off the primitive streak that are the precursors of nerve fibers leading to every organ and cell in the body. In this way, the body grows from above - down and inside - out. **The results of a trauma are that the body reacts in the opposite way of growth, retreating inward from its extremities, to protect the brain and spinal cord.** This is similar to an army in retreat, falling back to protect its country's capitol city. Following a significant trauma, Innate takes full control of the body, and often the person will later recall a state of "shock" or more seriously, a total "black out". Innate realizes the body's critical state, and luxuries are foregone for necessities. Thought, conscious control of our life, located in the frontal or parietal lobes, is at this moment a luxury to the body's very existence; breathing, nerve cell repair, and blood flow are not. Therefore, as the body pulls inward from its extremities toward its necessary functions of life in the cerebellum, the Educated loses consciousness.



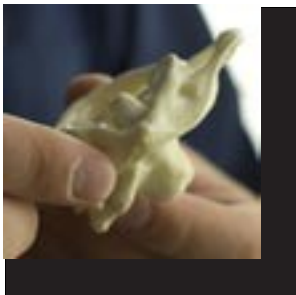
Following trauma, the body begins to open life's warranty claim. Cells are repaired or replaced at Innate's option, until the damage is resolved and proper function is restored in the body. **This is where trauma's cumulative damage is manifested, and aspects such as prior negative thoughts, traumas or toxins come into play.** Perhaps the body is worn down by stress from the Educated when the trauma occurs. Maybe it is depleted of nutrients and necessary amino acids from previous traumas, or cell function is half stagnated by toxins that have built up over time in the body. All of these conditions at the moment of impact play a large part in determining the lasting effects of a trauma.

In a perfect scenario, the body's Innate healing ability is able to utilize the available physical resources to completely repair all the damaged cells. This could be the case of a small scrape or cut, where in time the healing is so complete, there is no outward indication that a trauma ever existed. At the other end of the spectrum, at times, despite its best effort, the Innate is limited by the physical body to such an extent that repair is impossible, and death results.

In many instances, the result of trauma is neither perfect healing nor death, but lies somewhere between these two extremes. A snapshot of the body at the instant a trauma occurs would reveal a list of positives Innate can work with. These would include such items as nutrients in the blood stream or stored in cells, positive thoughts (will power), Innate having been in a similar situation before, and strong genetic potential regarding cell repair. The snapshot would also include a list of negative factors that could include previous traumas leading to nutrient depletion and cellular fatigue, stress leading to negative thoughts or mental burnout, toxins in the body that inhibit cellular function and possibly poor genetic potential. Out of this ledger sheet of pros and cons, Innate will always try to maintain a positive balance, and life will be restored, at least to the extent possible with the available matter. If the body survives long enough for outside help to arrive, it can be rejuvenated within a more positive environment, and Innate will have more at its disposal to work with.

The most important aspect of trauma to consider is the cumulative nature.

What we consider to be life-threatening, serious traumas, are rare compared to minor traumas that we consider annoyances at best. Here, knowledge of *anatomy*, or what makes up the body, shows us the true amount of damage sustained in a trauma. There exists a shock absorbing pad called a *disc*, between all articulating or movable segments of the spine except one at the very top – the *atlas*, or C1. No disc is present between the atlas and the vertebra below it, the *axis* or C2, due to the great rotational component that must exist there in order to turn the head to the right and left. Nor is one present between the atlas and the base of the skull, or *occiput*, because should the body sustain a trauma so intense that the shock wave is reverberated along the entire spine, making it through every disc, the shock wave would then resonate against the occiput, and the brain would be thrown against the skull, resulting in severe damage. Instead, the atlas, with no spinal disc, is sacrificed and misaligned by the forceful trauma to save the brain.



The atlas was designed to act as the body's "circuit breaker" during a trauma. Just as an electrical circuit breaker "trips" to prevent a larger catastrophe such as a fire, the atlas misaligns to prevent brain damage and severe injury to the Educated and Innate. The lasting effect of these traumas, however, are the fixated atlas misalignments that cause subluxations, creating interference within the nervous system. As you now recognize, over time, this nervous system interference leads to lower expression of Innate intelligence from the brain to the rest of the body, resulting in pain, illness, decreased mental clarity, or chemical imbalance in the body.

Toxins

Lastly, let us move on to toxins. This is a somewhat controversial subject to discuss in detail, and if I may be frank, in the grand scope of all man's scientific learning, perhaps the least is known regarding toxins in the body and Innate's reaction to them. A great deal is now known about chemical compounds and physical chemistry in general. **However, due in part to the literally millions of combinations of matter that may be ingested, absorbed or inhaled into the body at any given time, scientists cannot hope to know the effects of every combination on the human body.** This is what makes poor diet, pollution, and drugs so dangerous.

Science has shown us that just as there are essential building blocks for the expression of life, substances also exist, that even in trace amounts, spell certain death for the human body. A substance is considered a toxin if a relatively small amount of it interferes with proper function of the body. That is not to say that substances normally considered *non-toxic* or safe, would still be considered non-toxic in large quantities. There is the potential for even safe compounds to accumulate within the body and overwhelm proper

cellular function. Another characteristic of toxins is their *solubility*, or what they may be dissolved in. Some toxins are water soluble, some are fat soluble, and some are only soluble in non-organic compounds. As a result, certain toxins will naturally be flushed out, while other toxins have a tendency to remain in the body. If the intake of water and other nutrients is out of balance, toxins may build up in the body due to decreased solubility. This means that even organic toxins become trapped in the body and cannot be flushed out because the necessary components are lacking. If a subluxation exists from vertebral misalignment at the brain-stem level, decreasing nerve flow from brain to cells, Innate may be unable to communicate the need to flush out substances in a timely manner to the rest of the body. Thus, even safe substances can build up to toxic levels within the body, undetected until too late.

Most known toxins are researched from the aspect of *ingestion*, or what would happen when those substances were eaten. If you are concerned about any substance in your diet, even if present only in small amounts, I encourage you to look up the physical properties of that substance. Some will be inert, and some will be considered toxic if ingested in certain amounts. From a dietary standpoint, it is also known that almost any edible substance, even essential vitamins and amino acids may become a toxin to the body when ingested in great quantity. Therefore, it is cautioned that a diet be filled with foods from a variety of food groups and even physical (geographical) sources, which will act to shield the body from a buildup of toxins over time.

Absorbed toxins are substances that come in contact with the skin, whether intentionally or not, and may affect the nervous system or organs of the body in certain quantity. Toxins that are inhaled are generally considered air born pollutants, and can be of concern in large metropolitan areas or with certain occupational hazards such as smoke, air born particles or chemical vapors. Obvious precautions should be taken to limit your body's exposure to these substances. Often, these inhaled particles become toxic due to build-up within the body. This should not preclude you from traveling to most areas, but the length of time you spend in the presence of a potential toxin should be the determining factor.



When a toxin is detected in the body, adaptation must occur, either by flushing out the toxin or changing the cellular activity in such a way that the toxin no longer interferes with cell function, and the body becomes immune. Adaptation takes time, and Innate must throw this process into overdrive while fighting for the body's very existence. Some toxins, including ingested liquid poisons, act very fast due to their chemical nature, and result in death before the body's cells can react to Innate's call for action. Other toxins are slower acting, their toxicity based in part on accumulation factors, and if the brain and body are communicating properly, there is enough time for the body to mount a defense. A nervous system free of interference will help to mount a stronger defense when toxins are detected by relaying messages more quickly from brain to cells when time is of the essence. Conversely, toxins built up in the body can result in poor cellular function, inability to completely recover from a trauma, and greater probability of subluxation to exist and further decrease the expression of life.

Your body was designed by nature to have all the resources necessary for life, including a built-in, Innate Intelligence to manage those resources and ensure a positive expression of life while adapting to your environment. The three Ts, thoughts, traumas and toxins, are the fundamental cause of restriction to this expression of Innate, resulting in detrimental conditions not only in the physical body, but in the mind as well. You will confront at least one of the three Ts, whether knowingly or unknowingly, several times per day. So how is it that we gain the victory over the three Ts? A properly functioning nervous system is a crucial part of living a more productive life by overcoming the daily challenges presented to your body by the three Ts. Subluxations causing pressure on the spinal cord will interfere with communication between the brain and body, and must be corrected for proper nervous system function to occur. Special attention must be given to atlas or axis subluxations existing at the brain-stem level, for it is from here that all life is either blocked or flows from the brain to the body as it should. These specific techniques are primarily practiced only by doctors specializing in chiropractic. Similar results may not be found with other types of care. In no way should the following examples be construed as the limit of your body's Innate healing ability, but should serve to demonstrate some of the conditions that I have personally facilitated improvement with under Specific Care: Vertigo, Migraine Headaches, Bi-Polar Disorder, Tinnitus, Seizures, Physical Pain, and Stress related conditions.



Due to the complexity of the human body and your unique situation, I encourage you to take advantage of a complimentary consultation to determine if specific chiropractic is suitable for your health care needs and those of your loved ones. For more information regarding chiropractic and natural health care, please visit our website at: www.Venturawg.com.

Best wishes for a healthy tomorrow,

Jedidiah T. Smith, D.C.