



Lifestyle-Based™ Care  
for A Better You™

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## August 2008 Issue

### Truth Sets You Free

“And ye shall know the truth and the truth shall set you free”—John 8:32. This passage found in the Bible refers to a specific truth. However, the principle appears to work for all truth. Perhaps if we look at the principle from the end result, we can see that a good guideline for the determination of what truth is would be whether or not it creates greater freedom for the individual. One of the most important philosophical concepts in chiropractic is that chiropractic sets an individual free. It is far more than just the freedom from pain and suffering. Medicine can do that also. However, medicine, in treating symptoms while neglecting cause, merely changes masters. The patient exchanges the slavery to drugs. Chiropractic, however, removes a cause.

Chiropractic offers much more than freedom from pain. It offers the freedom from the fear of disease. The major difference between disease prevention, which medicine is now embracing, and health maintenance, which chiropractic has been practicing for more than one hundred years, is that one is done based upon fear (of disease) and the other is based upon love (of health). It is interesting that

while one of these mental attitudes is enslaving, the other creates freedom. Those people, who are doing what is necessary to maintain their health, particularly keeping their spines free of nerve interference, do not live their lives enslaved to certain diets, activity regimens, medical tests and unenjoyable lifestyles. They are free to enjoy life and its pleasures.

The chiropractic philosophy offers a third freedom, the freedom to be yourself. Medicine attempts to place people into a mold, a mold that says your weight, heart rate, insulin level, blood pressure, and every other function must conform to a national average. Chiropractic says that each person is an individual expression of the innate intelligence of his or her body and should be free to be that expression.

Setting standards reduces freedom. Certain standards are necessary, especially for children and the potential criminal. However, that is because the child is unlearned and the criminal thinks incorrectly. The innate intelligence of the body is perfect in its thinking. Setting standards is an insult to that intelligence and the Wisdom which placed it in the human body. The need for laws in

society is a manifestation of man’s tendency to act irresponsibly when given freedom. The innate intelligence of the body always acts responsibly.

Chiropractic, by removing nerve interference caused by vertebral subluxation, allows the innate intelligence to act responsibly. The only dependency that exists in chiropractic care and the only impingement upon the individual’s freedom is the dependency that the patient has upon the chiropractor. People often ask whether they must go to a chiropractor for the rest of their lives once they begin care. Of course the answer is, “No, only as long as you want to be healthy!” If that is dependency, it is no more so than being dependent upon food, water, air, rest, and exercise in order to remain healthy. It is true, however, that the patient must go to a trained practitioner. This restriction is not the fault of chiropractic or its philosophy. It is a limitation of matter. It just so happens that the vertebral column is located in the one part of the human anatomy that is inaccessible to its owner!

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That is why even chiropractors need chiropractors. If spinal subluxations occurred in the leg, everyone could be taught to adjust their own subluxations, and chiropractors would be unnecessary, except perhaps to teach the art. We do not teach people to adjust their own subluxations and free them from dependency upon a chiropractor, because even if we did, it would be anatomically impossible for them to do it! Patients must give up a certain amount of their free time and restrict the free use of some of their money in order to obtain chiropractic care.

**Chiropractic care offers a degree of freedom to every individual, no matter what his or her age or health status. It offers greater opportunity to enjoy life, experience the freedom of an active lifestyle, and pursue happiness.**

## News for August

[Click Here](#) to check our Upcoming Events for updated office hours for the month of August as well as other things we have going on here at Doctor V's.

Thank you for all the referrals during the month of July! Remember, you can have your friends and family download their **About You forms** on our website and bring them along to the office. To access the forms, [Click Here](#).

As the new school year start approaches, having your child's spine checked for subluxations may be one of the best decisions you could make. Early detection of subluxations in your child's spine may have a positive effect on his/her ability to perform well in school, in sports, and in their development. [Click Here to learn more.](#)

### Chiropractic Perks™



Refer your friends and family members so we can help them benefit from chiropractic adjustments. Our Chiropractic Perks™ program rewards you and helps you save money on future chiropractic care.

### Pass It Along

Please share this newsletter with your friends and family.

## Benefits We Offer...

- All Walk-In! (Established Clients)
- Little or No Wait to Be Seen
- Affordable Chiropractic Care
- Gentle Care for All Ages - Infants and Adults
- Monthly and Family Plans are Available
- Same day appointments for new clients

**First Visit By Appointment Only**