



## *Weekly Newsletter*



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### **What is Chiropractic? What are Subluxations and Adjustments?**

-Ruston Tippetts D.C.



Undoubtably you have had someone ask you why you go to the chiropractor, or what it is that we do for you and why you love going. If not, trust me it will happen eventually!

We have people ask us all the time what it is that we do. The complex answer goes into the structure and function of the brain, spinal cord and vertebral column, motor and sensory pathways, etc. We don't expect you to go into that level of detail, but we do want to make sure you understand and have a good answer!



Not everyone knows what chiropractic can do, thanks to all of you, they're finding out. Today we're going to go over the basics and give everyone a solid understanding!

## Definitions:



The word chiropractic is a combination of two roots. Chir-, which means hand, and -practic, as in practical or practicum.

Thus the most basic definition of chiropractic is the practical use of the hands. No meds, no surgery, nothing added or taken away from your body. Simply assisting the body to function the way it should!

Subluxation is the word that describes why we work on the areas of the spine that we do.

Sub is a prefix meaning less. *Lux* is a Latin word meaning light or energy. Lastly, -ation means a state of being or charge, from the word ion.

All together a subluxation is a state of less light, life, or energy flowing through the body.





Adjustment describes the treatment itself. Adjust means to change, alter, or move. The Latin word *mens* is where we get the word mental, indicating the mind. *Ment* is also a suffix that indicates a result or action.

An adjustment, then, is a change in mental state or impulse that creates a new result.

The words defining themselves makes answering questions easy!

What is chiropractic?

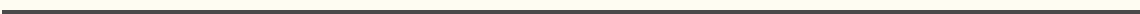
The practical use of the hands. (Spinal adjustments have actually been depicted as far back in history as Egyptian hieroglyphics)

What is a subluxation?

A state of less life, light, or energy flowing through the body.

What does an adjustment do?

Causes a change in mental impulse affecting the brain and nervous system.



The basic premise behind chiropractic is that the power that made the body heals the body. Healing means creating new, healthy tissue. The only thing that can make that happen is your body. The only limitations are time, and matter. We want all of the available power flowing through the body from your brain so that it has the best chance possible for optimal function. Less pain, slower aging, better mobility, and better biomechanics are a direct result of that!

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