

STRESS AND THE VERTEBRAL SUBLUXATION

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In addition to classical chiropractic and the “pinched nerve” theory, new discoveries reveal that subluxations cause a decreased amount of afferent stimulation to the brain, affecting brain function and manifesting throughout the body as various malfunctioning systems, organs and cells causing dis-ease. This is a new paradigm of chiropractic that was developed by Dr. Ted Carrick and taught in the chiropractic neurology program. This new paradigm not only is very effective and predictable based on the functional anatomical pathways of the nervous system, it is also very well understood and accepted by the scientific community including medical doctors, osteopaths and neuroscientists. Dr. Carrick teaches that stimulation of nerve endings in the joints and muscles of the body, especially the spine, provide very powerful stimulatory effects to central neurons. In simplified terms, when a vertebra becomes subluxated, there is a decreased stimulation to specific areas of the brain that cause imbalance, termed ‘hemisphericity’ and other neurological sequelae. Using neurologically based spinal adjustments along with specific types of neurological rehabilitative exercises, it is possible to bring back neurological function to the brain and therefore change its manifestation in the body.

The Bio-Kinetics Health System is based on this premise, and recognizes that this hemisphericity, and the accompanying neurological sequelae, are not always a static phenomenon. They can be a dynamic process, based on neurological reactivity to some external stimulus that is stored in memory. These stressors can cause the brain to react in a certain way that causes imbalance leading ultimately to, among other things, what we see manifested in the spine as misalignment, hypomobility, abnormal curvatures and postural changes. If these triggers are the cause of the patient’s subluxation complex, traditional chiropractic will not effectively fully correct it. These neurological memory circuits will need to be cleared in order for permanent correction to happen. This is the ‘auto-suggestion’ component of the subluxation complex as defined by D.D. Palmer, and opens up the true understanding of how to best correct some subluxation complexes, or in some ways, correct them on a deeper and more permanent basis. It also helps answer the basic question of which comes first, the subluxation or the neurological imbalance. In some cases, such as trauma or habitual postural deviations, the physical subluxation is primary and needs to be addressed. However in many cases, there is a primary ‘memory’ component that needs to be addressed in order for the subluxation to be fully corrected.

HOW THE BODY REACTS TO VARIOUS STRESSORS AND DEVELOPS STRESS MEMORIES

Stress is a neurological phenomenon in the brain that is then manifested somewhere in the body. It is not primarily a muscular, spinal, adrenal, or other organ problem. It is the brain reacting to something in its environment that it perceives as a threat to its survival triggering the various responses. This is a protective mechanism to allow the organism to adapt to, or avoid, a dangerous and potentially life-threatening situation. This is a serious process for the brain, and since it is so serious, the brain develops a memory that we call the “Stress Memory”. This memory protects the organism against any similar future threats, and may get triggered frequently or lay dormant for years. When it is triggered, it

stimulates the same neurological pathway and response as it did initially but on a lesser magnitude, again manifesting somewhere in the body.

There are four distinct types or causes of stress memories that can be stored in the nervous system and become triggered. Physical, Emotional, Chemical (Immune) and Electromagnetic. Physical stress memories are memories of physical events such as old injuries, scars, cuts, strains, sprains, organ malfunctions, etc. Literally any physical injury can set up a stress memory. Emotional stress memories are memories from emotional traumas, experiences or circumstances. Chemical stress memories manifest in the form of allergies, intolerances, inflammations, pH changes, detoxification blockages or lowered immune function leading to chronic infections. And electromagnetic stress memories are caused by exposure to various electromagnetic energy fields and wave patterns. It is important to understand that, to the brain and nervous system, all these triggers can cause the same, or similar, neurological reactions with interrelationships between them all. And since they are neurologically the same or similar, they all can be interrupted, or cleared, in the same manner. Using an example of a physical injury, when a person twists their ankle and falls, this injury triggers an initial stress response. As it heals, the stress response also heals. However the stress response typically does not fully resolve. After physical healing is complete, there remains a small memory of this event in case it ever happens again. Then, every time the person moves their ankle, the brain will react in a protective manner using the stress response. This stress reaction is called a 'Reactive Stress Memory', 'Reactive Stress Pattern' or just 'Reactive Stress' and will remain part of this person's neurology forever, or until something is done to specifically interrupt or clear it. In the same manner, triggering an emotional, chemical or electromagnetic memory would also trigger this response. Close evaluation of the patient's various body language clues would reveal that the stress pattern has been triggered. These sometimes-subtle clues include brain imbalance (hemisphericity), muscle weakness, arm or leg imbalances, postural changes, spinal misalignments (subluxation), pupillary responses, autonomic skin reactions, and various other neurological signs.

One or two reactive stress memories during a person's life-time would not cause major problems because our bodies were designed to tolerate or 'adapt' to a certain amount of stress. The major problem is, as we accumulate these residual stress memories from years of physical, emotional, chemical or E.M.F. exposure, our 'stress bucket' gets full and stress memories are constantly being triggered at any given moment, keeping our bodies perpetually in stress/protection mode and leading to a constant state of reactive stress. Dr. Bruce Lipton, a prominent cellular biologist, stated that we can either be in protection mode or healing mode, but we cannot be in both at the same time. If the body is in protection mode, it is not healing, or healing is slowed or interfered with. This can also cause recurring subluxation patterns that seem to repeat and require the same adjustment every time the patient presents to the office.

CORRECTING THESE REACTIVE STRESS PATTERNS

The chiropractic profession prides itself on correcting the cause, and in many cases it does. Repeated adjustments over time may, in some cases, correct these reactive stress patterns, especially physical ones related to the spine. However there is a more effective way to target these patterns and interrupt

them using a specific type of mechanical stimulation into the brain where these stress patterns are stored. All four sources of stress patterns (physical, emotional, chemical and E.M.F.) can trigger the same type of reaction in the brain and therefore be cleared in the same way. Once a stress pattern is found and the pathway is facilitated, a precisely tuned afferent input is supplied using a small hand-held device (called the New-Stim) to mechanically activate nerve endings in the upper cervical spine. This precise afferent stimulation interrupts the firing rate along the stress-memory circuitry and causes the brain to re-evaluate or re-set the memory pattern. The upper cervical area is used because it has the highest population of neuroreceptors in the entire body that supply the brain with afferent input, and therefore is the most powerful. This low force procedure can be repeated until the reactive stress pattern is completely cleared and the triggering stressor no longer causes a neurological reaction, reducing the corrective process from weeks or months to, in many cases, minutes. Over time, clearing these individual reactive stress patterns will clear the accumulated reactive stress in the stress bucket, putting the patient back in the adaptive zone and allowing the body to remain in healing mode for maximum health potential. Specific physical issues, emotional problems, allergies/intolerances and the effects of electromagnetic energies can all be cleared using one universal and simple to apply process.

BEYOND THE SUBLUXATION

Tapping into and modulating or resetting the body's neurological response to stress goes beyond just correcting subluxations, because in this instance the subluxation is a result of, not a cause of the malfunction in the body. Old emotional patterns can be cleared allowing dysfunctional feelings, moods, behaviors and old somatized muscle patterns to resolve. Immune reactions such as allergies and intolerances to foods and environmental items (pollens, fabrics, plastics, etc) can be cleared. It can also change the body's reaction to electromagnetic energies including cell phones, appliances, microwaves, and more, harmonizing the body to these frequencies and allowing them to pass thru without affect.

Chiropractic philosophy is rooted in neurology and helping the nervous system function at a higher level. When dysfunction is the result of stored stress memory patterns, they must be addressed and cleared for the nervous system to create maximum health potential. Going from simply correcting the subluxation using spinal adjustments to diving deep into how the nervous system is doing what it is doing and why, and being able to reset these reactions, is the next chapter in the Chiropractic story. It truly brings us back to our roots and will take chiropractic and health care into a new level of effectiveness, acceptance and service to our patients.

ABOUT THE AUTHOR

Donald J. Baune, D.C., D.A.C.N.B. is a 1979 graduate of Palmer – Davenport and has been in active practice for 39 years. He is a Carrick-trained chiropractic neurologist and a diplomat of the American Chiropractic Neurology Board. He worked with Dr. Lawrence Newsum during the development of the Bio-Kinetics process, contributing neurological perspectives and insights. He has also helped teach this process since 1995 and currently teaches the Bio-Kinetics Health System in seminars throughout the world.

