

THE PIVOT REVIEW

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piv'ot (piv'ut) n. 1. a point, fixed pin, or short axis on the end of which something turns. 3. That upon or around which something turns or depends; the central, cardinal, or crucial factor, member, part, person, etc.

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A Rose by any Other Name or What's so Bad About Mixing?

There seems to be an increased interest in wellness care and chiropractic. This increased interest is in no small part due to the efforts of James L. Chestnut, BEd, MSc, DC, CCWP. Dr. Chestnut has a very well constructed and very well articulated message. He proposes that "wellness and chiropractic... have the potential to form a perfect marriage." His message, unlike other aspects of mixing in chiropractic, is not blatantly therapeutic. He uses chiropractic

philosophical concepts and philosophical terms to support his wellness care program. The problem is that his chiropractic wellness care is not consistent with traditional palmerian chiropractic philosophy nor with modern non-therapeutic, objective straight chiropractic. What's more, a "mixed" marriage has only limited chance of working when the differing philosophies of the individuals are diametrically opposed. I would suggest that this is the case in this proposed union. A lofty sounding title like

"Wellness Care" is still mixing a therapeutic model with non-therapeutic chiropractic.

Dr. Chestnut emphasizes that not incorporating a wellness program into your practice would not make you less of a chiropractor, just less of a wellness doctor. However, I am told that when speaking at seminars he does say that you are in fact, less of a chiropractor and he infers it in his article saying you would be as negligent as a dentist who did not tell you to brush, floss and avoid sugar.

Dr. Chestnut defines Wellness Chiropractic Practice "...as addressing both vertebral subluxation complex and the concepts of purity and sufficiency and toxicity and deficiency of lifestyle." Therefore, the chiropractor should be involved in making recommendations related to an individual's lifestyle including, but not limited to, diet, exercise, rest and mental, emotional, and spiritual counseling.

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(Wellness and Chiropractic: Oxymoronic, Redundant, Synonymous, or Simply a Perfect Marriage, *The Chiropractic Choice*, International Chiropractors Association, October 2006.) I find that analogy to be inaccurate. Straight chiropractic is not about preventing disease. The dental profession clearly believes that failure to brush and floss and eating sugar is causing dental problems, which takes us back to the old argument that chiropractors should be preventing vertebral subluxations and disease as the dentists (and others) do to attempt to prevent diseases.

I have covered the issue of preventing subluxations in other articles so I will only briefly touch upon it here. Vertebral subluxation occurs when external invasive forces overcome internal resistive forces. External invasive forces are all around us and are caused by, as the poster in my office says, “just living.” We as chiropractors cannot, nor should we try, to reduce external invasive forces. Most are a part of the normal, natural flow of life and to reduce them would decrease our ability to handle these challenges, build survival values and ultimately to adapt. We cannot always know which are the normal, external invasive forces of life and which are abnormal. However, more important than reducing external invasive forces is the task of increasing internal resistive forces and that is an impossible task. The innate intelligence of the body is fully capable of producing all the internal resistive forces necessary to adapt to the **normal** external invasive forces of life. It is only limited by the expression of these forces and that is where the chiropractor comes in. We correct vertebral interferences to the transmission of internal resistive forces. So as we adjust vertebral subluxations, we are doing all that can humanly be done to increase

internal resistive forces and in so doing help to prevent more vertebral subluxations.

Having said all this, there is no analogy between preventive dentistry and straight chiropractic care. Wellness care in this context seems to be addressing the matter, that is reducing its limitations (by increasing its quality). That, in my opinion is part of the therapeutic paradigm. The dentist attempts to get rid of the germs that cause cavities by affecting their breeding ground. The medical field as a whole addresses the matter of the body, attempting to improve it or improve its environment. That may make it more resistant to external invasive forces but that is the medical objective not the chiropractic objective.

From my understanding, Dr. Chestnut teaches that a wellness program involves lifestyle changes in the area of nutrition, hygiene, exercise and mental/emotional/spiritual health. He says that this type of program is “congruent with the paradigm and philosophy of chiropractic” and uses Stephenson’s *The Chiropractic Textbook* (1927) to support his argument. He quotes Stephenson “...nutritional hygiene is not dieting but common sense.” My thought is if nutrition is common sense, why do chiropractors have to learn it in a certification program so they can teach it to the public? Common sense is just what it says it is, common to all. Eat right, avoid toxins, exercise and maintain a good mental, emotional, and spiritual mindset. That viewpoint is common sense because everyone knows that. Is there anyone in this world who believes that good health is the result of a steady diet of chips and beer and lying around all day on the couch watching reruns of Law and Order? What we need to teach people is that you cannot cheat on a common sense lifestyle and get away with it. You eventually pay a

price. Do we need a certification course to explain to our practice members the above information, the common sense idea of a healthy lifestyle, something they already know?

Dr. Chestnut also suggests that chiropractors should do this because there is no one else out there doing it. Yet, I see everybody else out there doing it. We have health clubs, dozens of health magazines and newsletters, medical doctors, as well as every therapeutic health care practitioner telling people what is common sense, what they should already know. Of course “the experts” are also telling people that only they know what is best for them relative to their life. That is not common sense. No one but us teaches people about chiropractic and an ADIO viewpoint, but that is a subject for another time. Dr. Chestnut believes we should be telling them about wellness care instead of teaching them about chiropractic. You cannot teach both when they contradict one another.

What we need to teach them, besides the importance of regular chiropractic care, is what a healthy lifestyle is. One thing it is not is following the prescription of one more doctor who does not and never will know what the innate intelligence of your body needs and wants. It may be true that “if a patient who is deficient in EPA/DHA omega 3 fatty acids... is informed about the need to supplement, they will get better results in terms of health (and usually symptoms) improvements...” However, making that determination requires both a diagnosis and a prescription for the treatment of a particular condition. I do not know about Canada but in the U.S. that is the practice of medicine and whether you call it wellness care or not, in my understanding, it is mixing the practice of medicine with chiropractic.

The title of the article questions whether wellness and chiropractic is an oxymoron. My definition of an oxymoron is something like the book titled *The Innate Diet*. An innate diet would be whatever is determined by the innate intelligence of the body. Our philosophy teaches that determination is far beyond our educated intelligence to understand and different for every individual and different for each individual every day. It is the height of arrogance (and ignorance of the chiropractic philosophy) to suggest that we can relegate an innate diet to the pages of a book, not to mention one singular diet for everyone!

It is true, as Dr. Chestnut says, that “chiropractic can be practiced within the wellness paradigm.” Chiropractic today is practiced in a variety of forms representing several schools of thought, however, the wellness program that is being presented falls within an outside-in paradigm and his form of wellness care is therapeutic, in that it is the doctor who prescribes the care, not the in-

nate intelligence of the person’s body. There is no question that chiropractic can be practiced in a therapeutic paradigm. Most chiropractors are doing just that. However, it is not objective straight chiropractic. It is, in the true sense of the word, therapeutic and in that sense, misses the point of helping individuals live an autonomous, innate-directed life relative to matters of life, health, and true wellness. We are trying to get people to live more innately-directed lifestyle. We cannot do that by prescribing a lifestyle for them, telling them what to eat, what supplements to take, what things to avoid and what exercises they should do.

If your idea of innate intelligence is just a matter of the genomes then you have no problem making suggestions and changes, or giving the body directions. However, if you believe that there is truly something greater, over and above the matter of the body that directs its actions, you should only want to remove interference to its expression and get out of the way. Δ

Innate genetic intelligence is a term that appears to have been coined by James L. Chestnut, BEd, MSc, DC, CCWP. It is inconsistent with chiropractic philosophy. The innate intelligence of the body is not part of the genetic material. “Material” is matter, one aspect of the Triune of Life. Intelligence is another aspect, so innate genetic intelligence in essence destroys the chiropractic Triune. The innate intelligence of life is the principle that creates the genetic material. It is separate and distinct from it. While this term may satisfy the naturalistic philosophy that says that matter is self creating, it is inconsistent with our chiropractic philosophy that maintains that intelligence transcends matter and is the cause/creator of that matter. The use of this term seems to be yet another attempt to incorporate the philosophy of naturalism into chiropractic. In actuality that incorporation is necessary to validate the “wellness and chiropractic” model.

Michigan--Now There's a Scary Place

At the risk of offending my few friends in the state of Michigan, I would like to ask a question—What the heck is the matter with you people? I recently read that the state’s two organizations have merged. Sorry, but that is not good news. In the last few years more has occurred within this profession to demonstrate that there are vast differences between aspects of the profession, differences so great that they cry out for two different professions. Maybe having two professions is not a possibility in the next few years, perhaps it will never occur, but I would think that there are enough chiropractors in the state who believe that the differences are sufficient that at least two organizations are needed to represent those points of view. I mean, we are

not talking about a state that only has a handful of chiropractors. This is Michigan, one of the states with the largest population of chiropractors... chiropractors who profess to be straight, or so I thought.

So why is there now only one state organization? I can remember when there were two straight organizations, both led by good straight chiropractors, both contributing to the straight chiropractic community. “...and then there were none.” What happened? To paraphrase an old folk song from the 60’s, “Where have all the straight chiropractors gone?” If they’re all gone, well then I appreciate the problem, but I really doubt that is the case. The president of the new organization says, “the differences between the two organizations

had diminished.” Apparently, vast differences do not exist in Michigan. Could it be that Michigan chiropractors do not see the need to be less medical in their procedures rather than more medical, the direction most of the profession seems to be moving? Another possibility might be that Michigan has always been an “insurance state.” With the auto industry’s presence, chiropractors have been very well compensated via insurance. Perhaps the loss of insurance is part of the “daunting health care challenges” that the organization’s president mentioned, that precipitated the merger. If that is the case, it is sad that the straight chiropractors gave up their identity and their unique needs that can only be served by a separate organization to

merge and form “a stronger organization.” It has been suggested that apathy on the part of the straights is a cause. There is no shortage of apathy within this profession but to the degree that no straights in such a large state want their own organization?

Another possibility is that the straight chiropractors in Michigan believe that there is not enough difference between the state’s organizations to warrant an organization to meet the needs and the objective of

non-therapeutic chiropractors. It is one thing for the average chiropractor to not see a difference. But we expect the leadership of a straight organization would see the difference in the purpose of the organization. That is usually why a straight organization is formed in the first place, because a few chiropractors see the need and hope to persuade others of their point of view. If there is no need for a straight organization in Michigan, then that is real scary. Michigan has

always been a bellwether state. This action does not bode well for the rest of the straight organizations in the country, be they state, national or academic. And that is an even more frightening thought. Δ

Extreme Makeover

From time to time I watch the television show called Extreme Makeover. It is about a group of people who go to the home of some needy person and completely renovate their house. The last show was about a family that had 5 children, four of them autistic. They completely tore down their old house and built a new one designed to meet the needs of the parents who had unique problems in raising four autistic children. While the home had all the usual rooms, each one was unique to meet each child’s special needs and personality. This week the Extreme Makeover team are actually in my town rebuilding a termite infested home for a single mom with four young boys.

It got me to thinking about the renovation that takes place when someone begins to truly understand chiropractic and its unique ADIO philosophy. I am not sure many of us truly grasp the “extreme makeover” that takes place when you follow through with the philosophical implications of chiropractic. Your life takes on new meaning. Perhaps too few of us really appropriate that philosophy. I know most chiropractors do not. Otherwise they would not try to squeeze therapeutic procedures into a non-therapeutic philoso-

phy. It’s not a matter of “chiropractic is better than medicine,” it’s that the two practices have nothing in common.

The renovation of your thinking extends far beyond just a treatment vs adjustment issue. It relates to the idea of taking personal responsibility for your life. When society for the most part believes that they have a right to happiness and whatever it takes to have happiness, we are in trouble. The Constitution says that you have the right to pursue it, not to be given it. It is your responsibility to do what is necessary to acquire that happiness. It is not the government’s or society’s responsibility to give it to you. This is going to be an important issue as health care costs continue to spiral upward and politicians running for office are saying they want to insure everyone has health care coverage. Where does a person’s rights end and their personal responsibility begin? I recently saw an ad for a specially designed bathtub for senior citizens in which a well-known spokesman said, “You have a right to a hot bath.” I guess we should expect the government to install geriatric bathtubs in all the homes of our senior citizens!

People need to be told that their health, their life, their retirement and

their hot baths are their own responsibility. Now I am not suggesting that we ignore the needy. On the contrary, there is a place for charity. That again should be the personal responsibility of individuals to help those less fortunate. I think we as human beings lose something of our love, our character and our integrity when we allow the government to take care of the less fortunate. We should be responsible for those that are going through difficult times, rather than allowing the government. When it comes to health care, many chiropractors are getting rich from Medicare and state welfare programs, making them more selfish, greedy and self-centered rather than being responsible for taking care of the less fortunate. Just last night there was a story on the news about a little boy who died because of a lack of dental care. That’s right, he died because a dentist would not handle him because the dentist did not take welfare patients. Now I am sure there were other factors, but you get the point. It is definitely a character issue, but government programs seem to bring out the worst in people and stifle the best in people.

Recent surveys have shown that chiropractors are low on the list of people who are trustworthy and re-

spected. That is a sad indictment on a profession that began for the purpose of giving more life to mankind. It seems the idea of being “my brother’s keeper” is no longer a part of the American ethic. It’s more of a “let Uncle Sam take-care-of them” mentality. I want to get and keep all I can for myself.

So where is your thinking? Do you ever do anything for those less fortunate? We should be the leaders in that area, in our community. Are you willing to take care of people in your office who cannot afford your fee? It’s not enough to just be willing. Does everybody know you are? Does anybody know you are? Per-

haps you can start a new trend in your community.

There are many ways in which we need to renovate our thinking. This is a good place to start. Don’t expect that you are going to stem the tide of socialized health care. However, you may make a difference in a few lives and as a result you may be pleased with your extreme makeover. Δ

Adaptation Verses Evolution

B.J. referred to evolution in many of his writings, and often or more often than not, in a positive manner. On the other hand, he was a strong advocate of the existence of an innate intelligence and a universal intelligence, two concepts that seem to contradict the theory of evolution. Can we reconcile these concepts? First, let us define them. We know that the theory of evolution as presented by Charles Darwin was based upon observations that he noted on the Galapagos Islands in the Pacific, particularly the changes in the beaks of finches. Darwin extrapolated those adaptative changes (he did acknowledge them as adaptative changes) into changes from one species to another. So where is the problem, the conflict?

Adaptation, according to the chiropractor, is a change in the matter of the body by the innate intelligence to better adapt the organism/body to the environment. As the food of the finch changed, the size and shape of his beak changed. In a similar manner, our body produces more melanin in the summer to adapt to being out in the sun with no covering, for extended periods of time. Or, the arm of a blacksmith got larger to adapt to the strain of pounding a heavy hammer on an anvil all day. The changes were a result of the adaptation of universal forces, which tend to be destructive toward structural matter. The innate intelligence creates innate

forces to adapt the matter to the universal forces. Given sufficient time and sufficient matter the process occurs. Sunburn occurs because you sit out on the beach too long on the first day of summer and/or you are a fair-skinned person whose body produces only minimal melanin. The failure to adapt in such cases is the result of limitations of time and limitations of matter.

How does that differ from the evolutionary model? First, evolution does not recognize an innate intelligence. Life is just a matter of physics and chemistry, the reaction of matter to physical forces. Unlike innate forces which are constructive and universal forces which tend to be destructive, natural forces are neither good nor bad. They just are. They are random and occur by chance. They would probably be more like universal forces although they are not created by an intelligence. Supporters of the theory of evolution do not suggest where they come from or how they are created. Adaptative changes are innate directed, evolutionary changes are chance changes that by sheer luck appear to be beneficial, or which we have arbitrarily or selfishly deemed beneficial. These forces cause random and chance changes in the matter, particularly in the genetic material. The changes are neither good or bad, they just are. There are other forces of nature that are changing the environment, not

making it better or worse, just changing it. To say they are good or bad denotes judgment and judgment is an indication of intelligence. If the changes in the organism are coincidentally, by sheer luck conducive to adapting to the changes in the environment then the organism survives and passes on those changes to its offspring. That is not good or bad, it just is. (The offspring may argue that point). If the changes in the organism are not conducive to surviving the changes in the environment, the organism/species dies off. That is not good or bad, although from the organism’s point of view, it is probably bad. It is only luck; there is no intelligent action involved. I hope I have clearly and honestly explained the Darwinian evolutionist’s position. If I have not, I am sure I will be informed in no uncertain terms.

So how does this impact upon us as straight chiropractors if there is no intelligence in the universe? What passes for intelligent design or intelligent action is just an illusion like thinking that winning the lottery is more than mere chance. If there is no innate intelligence, it is just random-chance forces that at this moment in time give the appearance of creating order, organization, harmonious function, life and health. If there is no innate intelligence, there is just the appearance of one which at best we can call good luck. Consequently, we as objective straight chiropractors do

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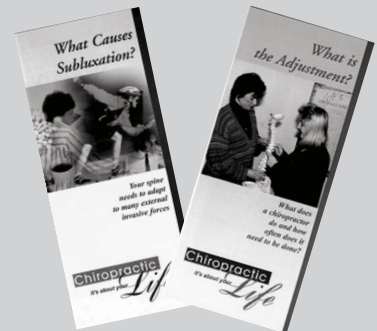
not have an objective. You cannot remove interference to the expression of an innate intelligence if there is no innate intelligence.

So what are we doing if there is no innate intelligence? Well, we are introducing forces to the human spine which are not intelligently directed. They are just the product of random forces that caused our brain and hands to function in what appears to be an intelligent manner. It creates changes in the matter which are neither good nor bad, they just are. They may seem beneficial to the person and if that is the case the best we can say is that we are a therapy. Thank God I am not an evolutionist. Δ

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