

Are We Done Already?

Is that it? When many people are first exposed to chiropractic, they are surprised at the shortness of a visit to the chiropractor. Our society has become accustomed to the idea that "more is better." Yet some of the most important things in life take only a few minutes or do they? The actual birth of a baby takes only a few minutes. Yet it may take hours of labor to reach that culminating event. The development of a child takes about nine months; no short time. However, when you look at the beauty and marvel of the "end product," nine months is a relatively short time. We are painfully aware of how quickly a human life can be snuffed out.

One Long Forward Pass

Many not so important things, depending on your perspective take only a short time. One long forward pass in a football game can take less than ten seconds to complete, yet it can change the outcome of the entire game. Many basketball games have been won and lost in the final few seconds, yet no one would suggest that only the last minute of every game should be played, because events and actions that take you up to that point are very important. The chiropractic adjustment only takes a few minutes. Yet there are years of training and experience that go into that adjustment. A professional quarterback may walk out of a huddle and throw a picture-perfect 70-yard touchdown pass but years of practice and training enabled him to do that. The same is true of the chiropractic adjustment.

What's The Response?

There is another important concept to understand with regard to the adjustment. The importance of the adjustment is what the body does in response to the correction of the vertebral subluxation. The vertebral subluxation is a "small" thing, but so was the short circuit in a relay station that caused a "New York Blackout" some years ago. It was a small thing but the effects were monumental; the largest city in America was paralyzed. The vertebral subluxation causes the entire body to function at less than its optimal potential because the human body is interrelated and interdependent. That is no small thing. The chiropractic adjustment corrects nerve interference. That correction allows those billions and billions of cells the potential to once again work in a coordinated manner as God had intended. The inborn intelligence (Innate Intelligence) of the body is able to once again reproduce itself and function properly.

Life- Changing Effects

It is true the chiropractic adjustment is done quickly, but the effects can be literally life-changing. The results of this one action of restoring the communication between the brain and the rest of the body can last a lifetime. That is why the chiropractic adjustment is so important, regardless of the small amount of time it takes to do it.