

How do subluxations disturb your nervous system?

Basic Concepts

Subluxations are interferences or disturbances in our nervous system that interrupt the normal communication pathways between our brain and the rest of the body. Just like cutting the wires in a communication system or static on your phone lines, this damages the connection between your brain and your body leading to a loss of normal body function.



How and why do subluxations occur?

There are two types of subluxations: They can be either structural or neurological.



Structural subluxations are generally caused by physical stresses or repetitive physical stresses. When a spinal bone misaligns, the distortion can either **compress (pinch)** a nerve or it can **stretch and pull** the nerve. Studies show that the weight of a dime is all the pressure it takes on a nerve root to decrease the function of that nerve by 60% in less than 15 minutes. Other studies also reveal that just a 6% stretch of the

nerve decreases its function by 70% immediately. So it doesn't really take much pressure or pulling on the nerve to severely interfere with its function.

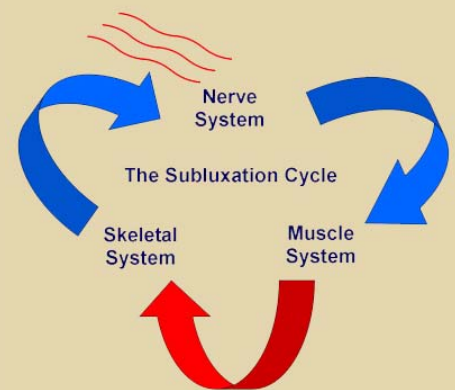


A second type of subluxation is called the neurological type. These occur when the nervous system is interfered with by overwhelming psychological or biochemical stress. When the nervous system becomes overwhelmed by these factors it creates an imbalance in how our nerves perform. When the motor nerves (the nerves controlling the muscles) are imbalanced, it causes the muscle on one side of the spine to contract harder than the other, misaligning the spinal bone. The misalignment further interferes with the nerve creating a repeating neurological reflex pattern (vicious cycle). These types of subluxations are the most common and can exist for years and go unnoticed.

Can subluxations become permanent?

Study the **Subluxation Cycle** diagram on the right. You will see how subluxations are caused and how they can become self-perpetuating. The illustration demonstrates how subluxations produce a continuous, repeating, negative pattern (vicious cycle) of nerve irritation. Nerve irritation produces muscle contraction. Unbalanced muscle contraction pulls, moves, and misaligns the spinal bone. When the spinal bone has become misaligned, a further irritation of the spinal nerve occurs due to the narrowing of the nerve opening between two spinal bones. This begins the cycle all over again. Damage can worsen with each cycle causing subluxations to become chronic and sometimes even permanent. In this case subluxation can cause a relentless downward spiral in body function and health.

Subluxation "cuts" your body's "communication lines". If the brain is not receiving sensory nerve information about changes in your environment it cannot direct your body to adapt to those changes properly. (With computers we say Garbage In → Garbage Out.) If the brain is receiving proper sensory nerve signals but the motor or autonomic nerves are interfered with, your brain can't successfully adapt your body to changes in your environment. This results in a condition called **Dis-ease**. Dis-ease is described as a decline in adaptability that decreases body efficiency and malfunction. If ignored it leads to disease.



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Subluxation disrupts your body's communication lines.