

What Is The Master Control System of the Body? Basic Concepts

Health is not about how you feel, it is about how well you are functioning. 100% health occurs when our body is functioning 100%, 100% of the time. It is important to make the connection that health is optimal function and it's our nervous system that controls that function. Let's rewrite what we know as a mathematical expression:

In order for you to have 100% health, your nervous system must be able to control and coordinate the function of every cell, tissue, and organ without interference. If your nervous system controls function and subluxation disturbs your nervous system, then subluxation interferes with your function. That is why we call the central nervous system the Master Control system of the body. It consists of your brain, the spinal cord and millions of nerves.

**If 100% Function = 100% Health
then decreased Function = decreased Health**

How does your nervous system work?



The nervous system is set up like an office computer network. Information is continuously gathered by sensory nerves and sent electrically (by cables) to the spinal cord (the router) and brain (the server) where the information is processed and interpreted. The brain (server) then sends out instructive electrical signals (through the router and cables) to the cells of your body (workstations) to respond to the changes in your internal and external environment.

What are the 3 types of nerves?

The brain and spinal cord are connected to every cell, tissue, and organ via our spinal nerve system. The spinal nerve system is composed of the three types of nerves. Note the illustration of the "safety pin" cycle to the right.

Sensory Nerves: These nerves tell our brain what is happening in our internal and external environment. They are the nerves we can feel, and comprise roughly **10%** of the total nervous system.

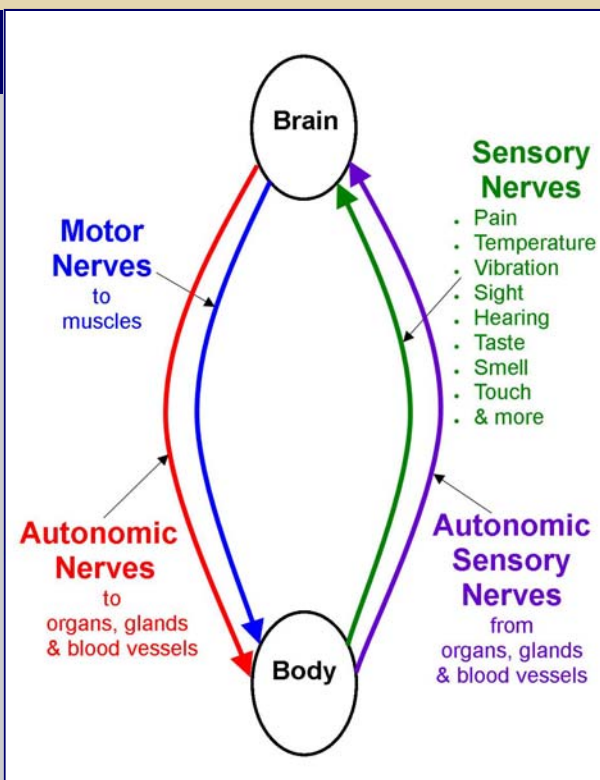
Motor Nerves: These nerves control and coordinate our skeletal muscles. They comprise **10%** of the total nervous system.

Autonomic Nerves: These are your sympathetic and parasympathetic nerves. The brain controls and coordinates our organs, blood vessels, and glands by the autonomic nerves. The autonomic nerves also provide your brain with information about the activity and status of your organs, glands and blood vessels. They are roughly **80%** of all the nerves in our body.

Think about it... what do you suppose would happen to your health if any part of your nervous system were to be interfered with?

If someone bases their health on how they feel (sensory nerves) they are ignoring 90% of the nerves of their body. Our modern technology allows us to "scan" the function of both the Motor and Autonomic Nerves and have a more complete picture of your nervous system function.

Have your family members been scanned lately to see if they are as healthy as they could be?



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**Your nervous system is the master control system of the body
and is responsible for the function of everything.**