

## Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic  
by Dr. Warren Gage*



### Are you just a mechanism?

In school you learned that human body was divided into different parts. The mouth, esophagus, stomach and intestines made up the digestive system. The bones made up the skeletal system. And so on. This has contributed to the widely-held belief that you and I are merely a collection of parts, a belief that stands in the way of better health. This inaccurate idea is responsible for:

**Isolation:** Incorrectly thinking that organs and tissues operate independently of each other rather than together as part of an integrated whole.

**Mechanism:** The belief that we're simply a collection of parts in which identical treatments should produce identical results in all subjects.

*We chiropractors go beyond mechanism to embrace what's called vitalism:*

**Wholism:** Each "part" has a purpose that contributes to the whole.

**Intelligence:** You and I can learn, create and adapt to our environment.

**Self-healing:** Cut your finger and your body can heal it. Mechanisms can't.

Since the nervous system regulates these vital processes, chiropractic care is the centerpiece of the growing interest in vitalism. A subluxation-free nervous system allows your body to function correctly, which in turns keeps you in optimal health. Have your nervous system checked by a chiropractor today. Call 250-803-0224.