

21. Choosing Chiropractic for Life

It took me sixteen years to make this decision, but believe me, it's a great one. I met my first chiropractor as a sick and scared four year old. I didn't like him or any of my first appointments much, but on the ride home after my first adjustment, my dad knew I was going to get well.

"I think we've got our son back," he told my mom.

A year prior, I had taken a serious fall, injuring my neck. My health took a bad turn, and I stayed sick, off and on, for an entire year. Eventually a friend of the family cornered my mother in a grocery store and begged her to take me to a chiropractor. My parents were desperate, so they did. Thank you, God.

My recovery was miraculous, and because of that, my parents were ready to learn all about chiropractic and accept what they were taught. My entire extended family started chiropractic care, and migraines, stomach problems, and poor health in general went away. What we learned about chiropractic, we believed and knew was true. Chiropractic was good for life.

I decided at age eleven to become a chiropractor. By the time I showed up at Palmer College, I had already spent hundreds of hours in chiropractic reception rooms, waiting for dozens of chiropractic adjustments. The results of those adjustments proved again that chiropractic was good for life.

Halfway through my training at Palmer College, sixteen years after my first trip to a chiropractor, I put the pieces together and made one of the most important decisions of my life. Here it is:

To be healthy I need a one hundred percent connection with the life giving, healing power of my Innate Intelligence (resident in my brain) flowing through my body.

My fall at age four hurt that connection by causing a subluxation (vertebra putting pressure on nerves) in my neck. I regained my health when the subluxation was corrected.

Over time I was subluxated again, got sick again, went to the chiropractor again, and got healthy again. Because of what I know and because I want to live up to my best potential, I decided that I need to live subluxation free, and that I would never again go any longer than a month without a chiropractic checkup and adjustment.

It's been more than forty years since I made that decision, and without a doubt I can say that my commitment to regular chiropractic care is why I stand before you, healthy and enjoying my life. I invite you to join me in choosing chiropractic for life.