

# Physicians Heal Thysel

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## Psalm 139:4

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“I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”

# Wellness

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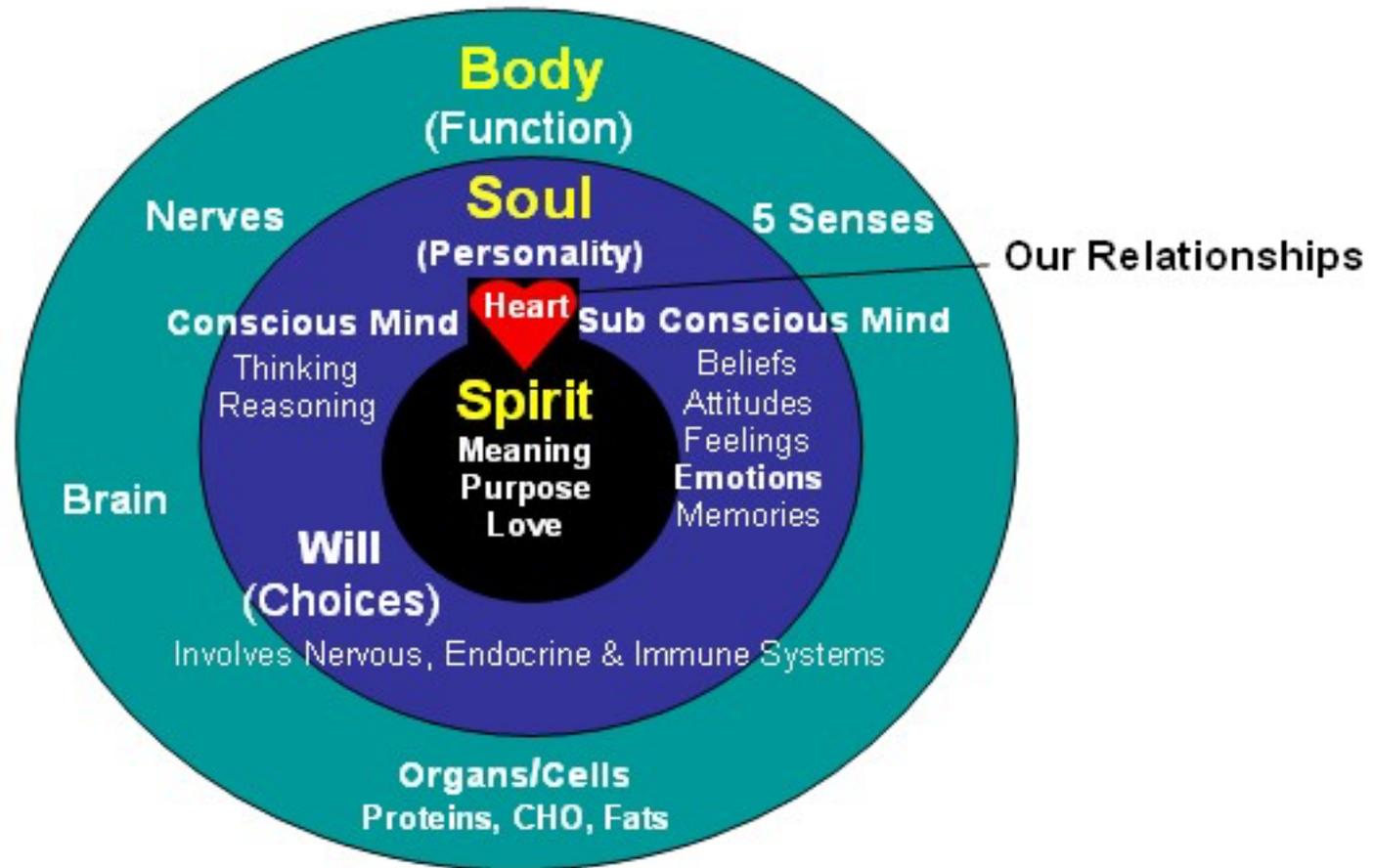
- the quality or state of being in good health especially as an actively sought goal
- an **active process** of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness, it is a dynamic process of change and growth.
- "...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity."  
- The World Health Organization
- "a conscious, self-directed and evolving process of achieving full potential."  
- The National Wellness Institute

# Health

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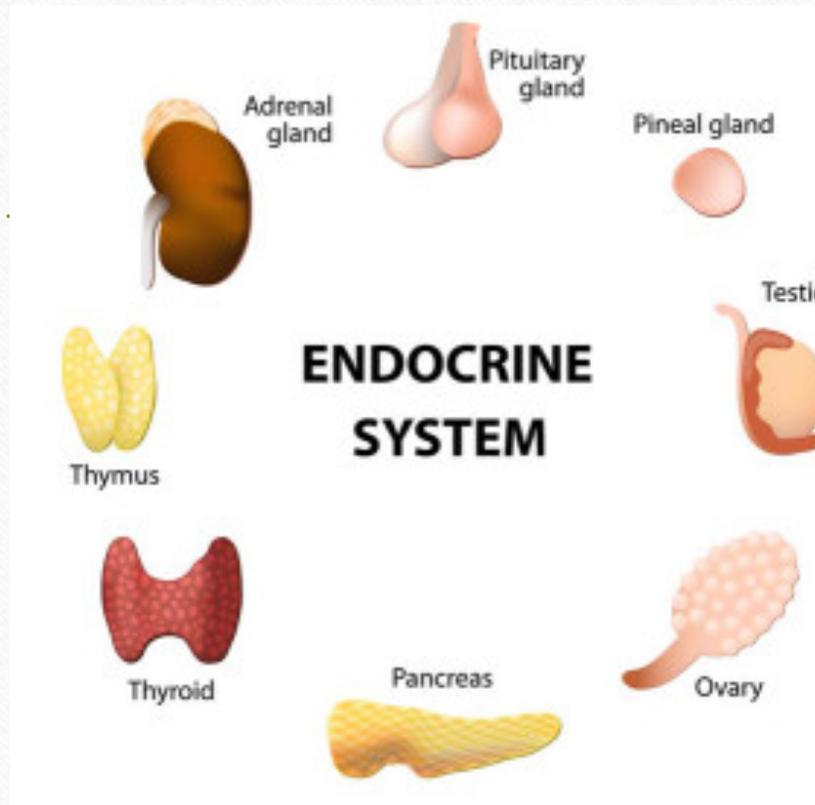
- the condition of being sound in body, mind, or spirit
- freedom from physical disease or pain
- a condition in which someone or something is thriving or doing well
- a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

# We Are a 3-Part Whole

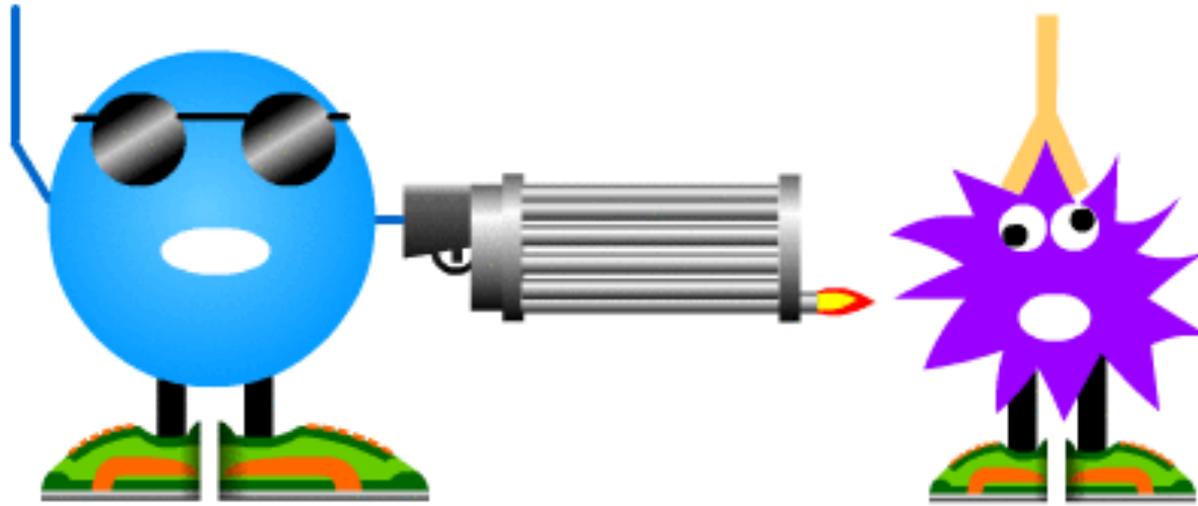


We are spirit, have a soul and live in a body

# Endocrine System



- Regulates mood
- Regulates growth and development
- Regulates tissue function
- Regulates metabolism
- Regulates sexual function
- Regulates reproduction
- Maintains homeostasis

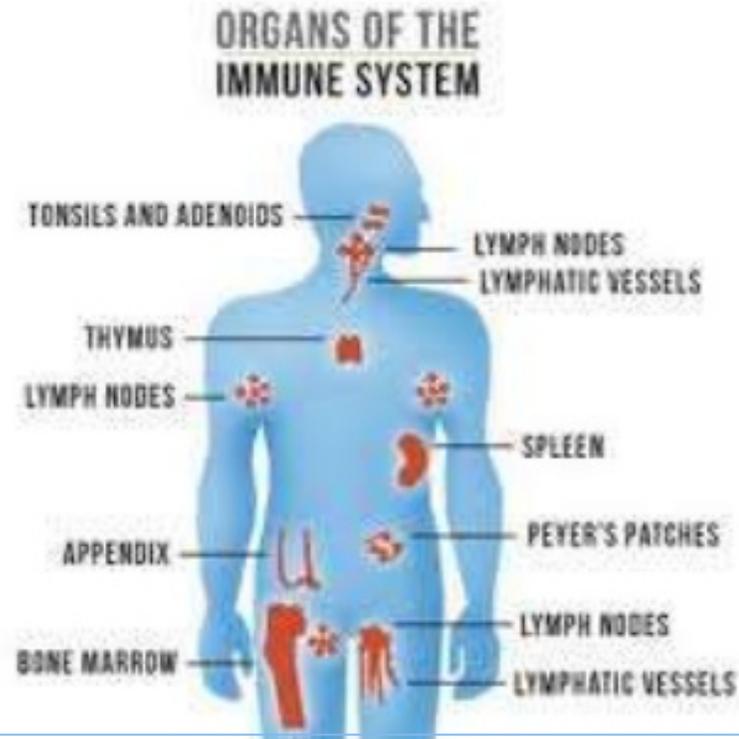


# The Immune System

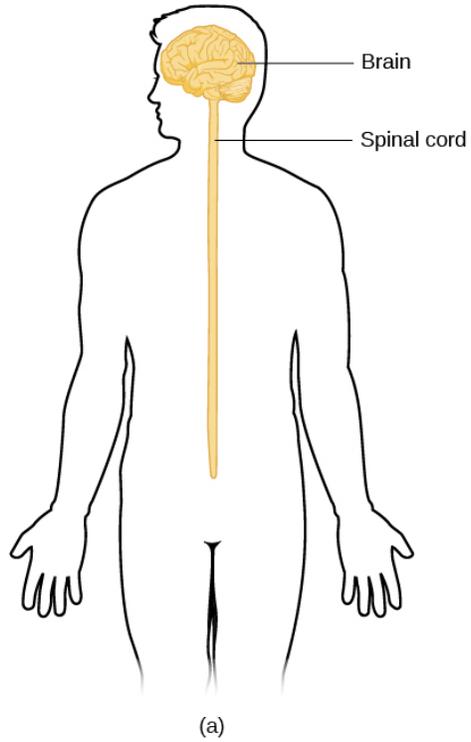
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## What is the function of the immune system?

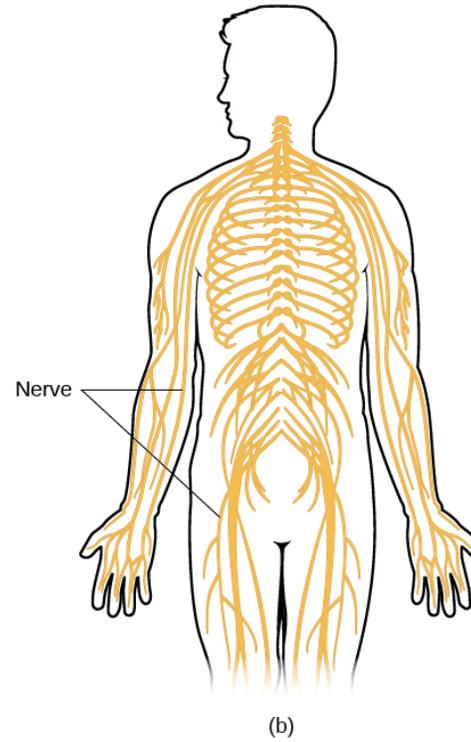
- Protects the body from disease
- 1<sup>st</sup> line of defense = the skin
- 2<sup>nd</sup> line of defense = white blood cells



Central Nervous System



Peripheral Nervous System



# Nervous System

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# Autonomic Nervous System

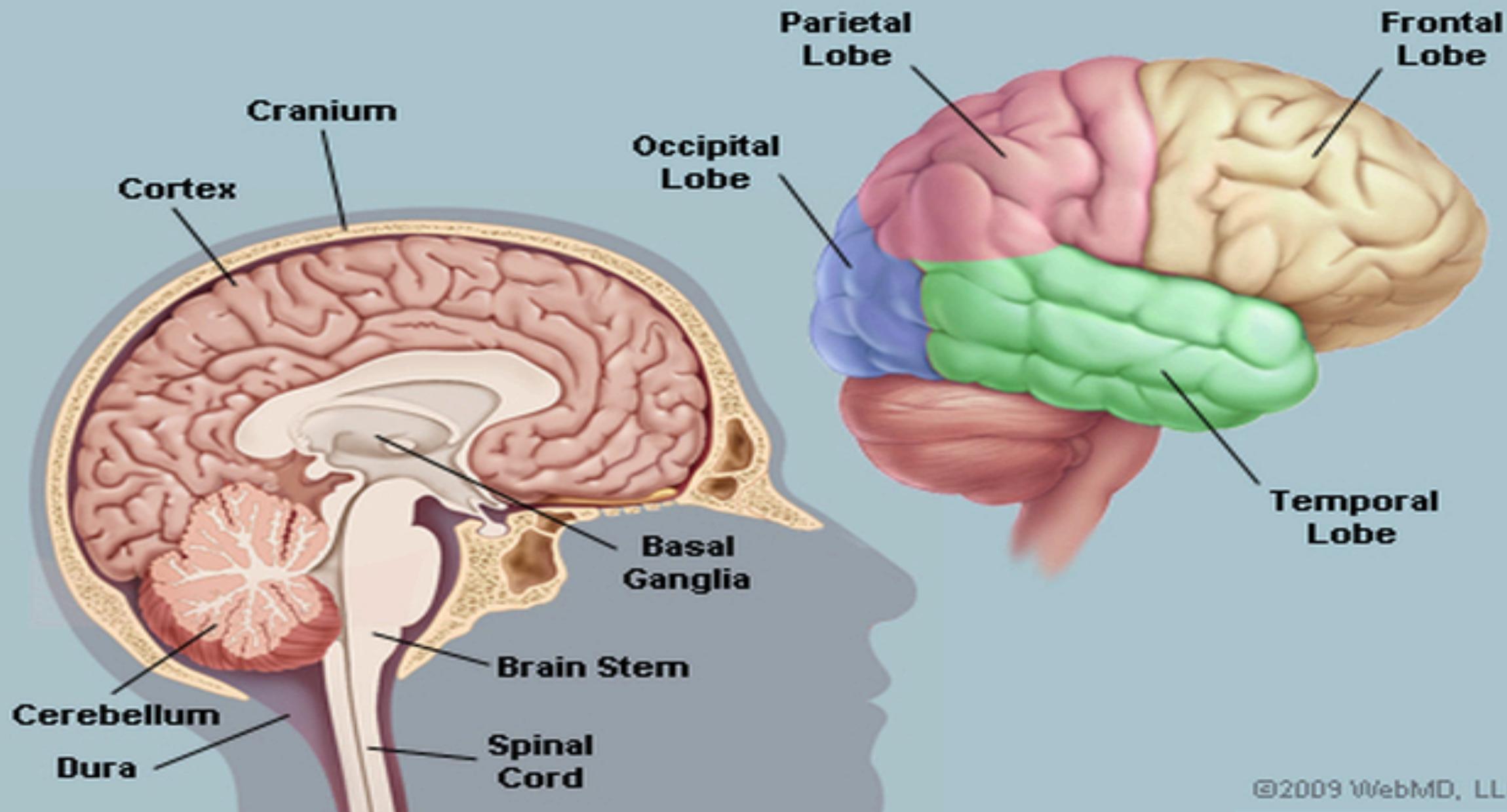
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## Sympathetic System

- “Fight or Flight”

## Parasympathetic System

- “Rest and Digest”



# Frontal Lobe Impairment

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- Decreased amplitude or slower movements of muscle
- Depression
- Mental Sluggishness and laziness
- Poor impulse control
- Poor social behavior and judgment
- Poor handwriting
- Poor cognitive function, such as poor math or planning skills
- Poor cognitive learning, such as math, new languages, or philosophy
- Poor muscle-coordinated learning such as dancing and playing sports

# Temporal Lobe Impairment

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- Poor memory
- Difficulty hearing with background noise
- Episodes of tinnitus
- Abnormal shifts of fatigue throughout the day
- Ongoing episodes of insomnia

# Parietal Lobe Impairment

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- Feeling unstable in darkness or with thick or high-heel shoes
- Misjudging where your body is in relation to your environment
- Unable to recognize objects through touch
- Difficulty perceiving where your limbs are and becoming prone to falls and sprains

# Cerebellum Impairment

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- Episodes of dizziness or vertigo
- Nausea from visual inputs (car sickness)
- Poor balance
- Subtle shakes at the end stage of movement

# Occipital Lobe Impairment

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- Difficulty processing visual information and recognizing shapes, color and motion
- Visual hallucinations
- Visual floaters
- Visual persistence or reoccurrence of the visual image after it has been removed

“The *power*  
that made the body  
*heals* the body”  
- *BJ Palmer*

# Mind-Body Connection

*“The mind and body communicate constantly. What the mind thinks, perceives, and experiences is sent from our brain to the rest of the body.”*

Herbert Benson, M.D., The Benson – Henson Institute  
for Mind Body Medicine

**Speak.**

# Neuroplasticity

You can rewire **YOUR** brains thinking by creating new **neural pathways** = long lasting change

## DENDRITES

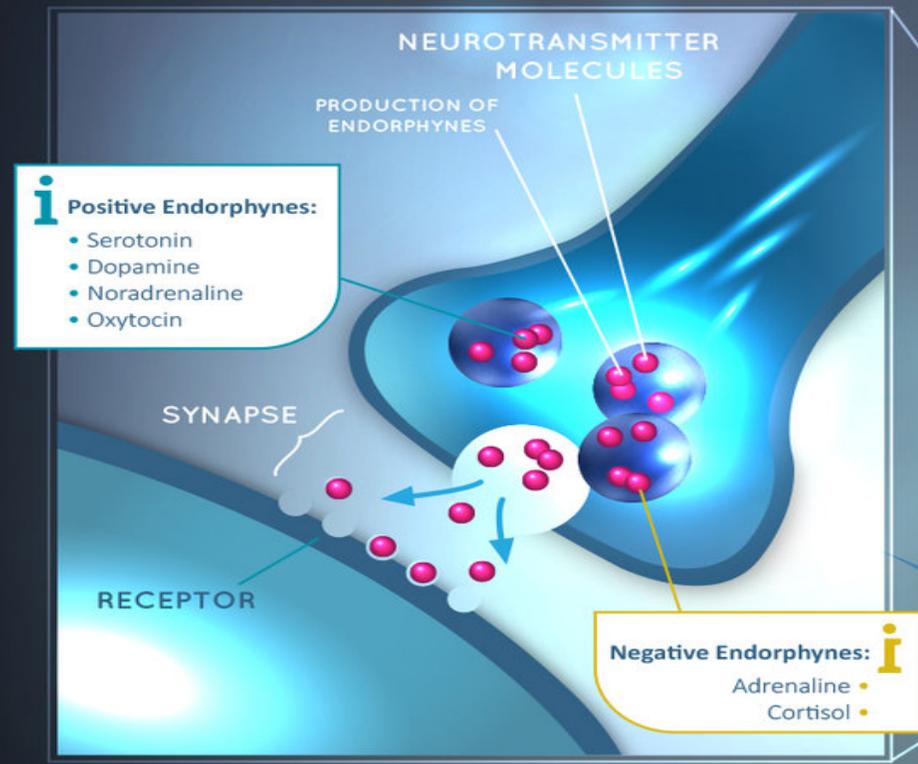
Receives impulses from other cells as synapses are transmitted to the cell body

## NEURON

Transmit information using electrical and chemical signals - thoughts-/+

## AXON

Transmit information to other cells, muscles and glands- i.e. Fear, Cortisol, adopt either or all three- flee, fight, fright



- i Positive Endorphynes:**
- Serotonin
  - Dopamine
  - Noradrenaline
  - Oxytocin

- i Negative Endorphynes:**
- Adrenaline
  - Cortisol

Electrical impulses

**Thought**  
Increases in size with every thought

- i Positive Thoughts**
- Logical, Factual, Calm, Brave, Motivated, Finds Solutions, Innovative

- i Negative Thoughts**
- Stress, Pain, Fear, Depression, Anxiety

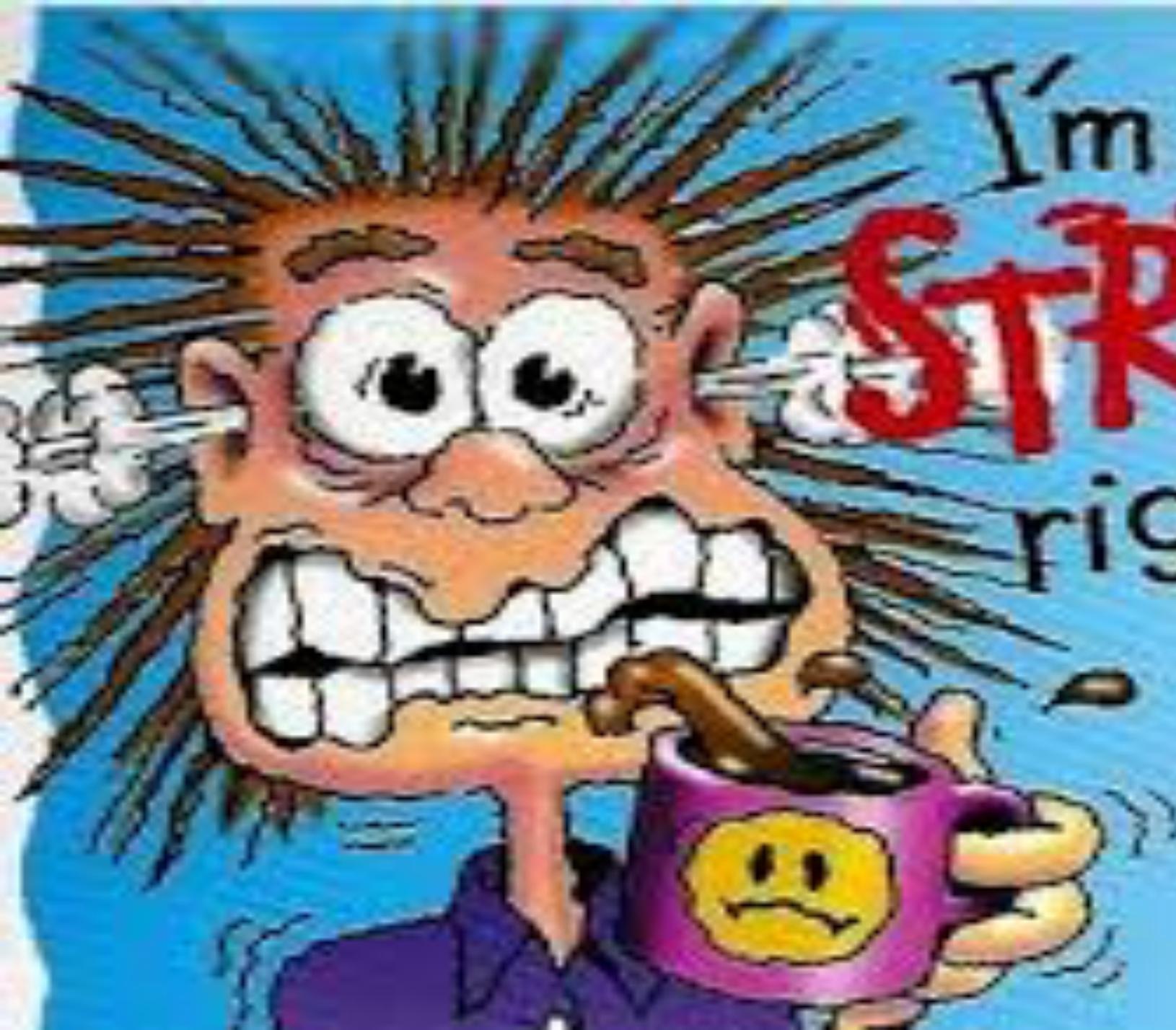
“ man can alter his life by altering his thinking ”  
William James

“ You can change your default mode to create new thoughts ”



# How Stress Defeats Healing

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I'm a little  
**STRESSED**  
right now...

(just turn  
around and  
leave  
quietly  
and no one  
gets hurt.)

# Stress

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Your brain can't tell the difference between "I'm getting chased by a tiger!" and "Nobody loves me" or "I'm never going to get well." As far as the nervous system is concerned, they all signal imminent danger, and *that* is what stress really is, as far as your body is concerned.

# Activity Time

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Fatigue, Depression and Gastrointestinal  
Problems – More Troublesome But  
Overlooked Brain-Based Conditions

# Acute vs. Chronic Inflammation

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## Acute Inflammation

- arises after a cut or scrape in the skin, an infected ingrown nail, a sprained ankle, acute bronchitis, a sore throat, tonsillitis or appendicitis. It is short-term and the effects subside after a few days.

## Chronic Inflammation

- is long-term and occurs in “wear and tear” conditions, including osteoarthritis, and autoimmune diseases, such as lupus and rheumatoid arthritis, allergies, asthma, inflammatory bowel disease and Crohn’s disease

# The Medicine We Really Need

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“Most of my patients had taken advantage of all that Western medicine had to offer — and great doctors at great institutions had failed them. They turned to alternative practitioners, including acupuncturists, homeopaths and energy healers. But they were still sick because they **weren't getting the medicine they really needed.**”

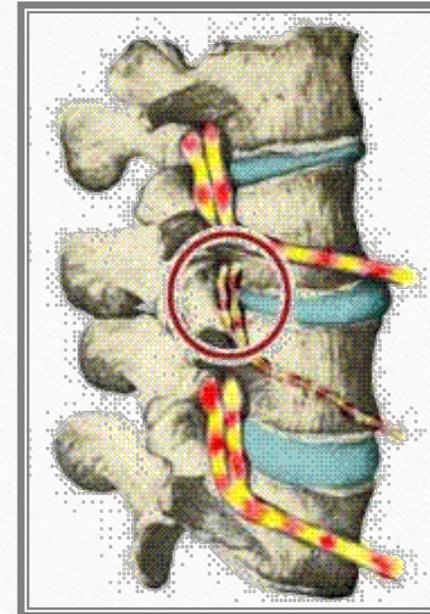
The body heals itself



# Chiropractic Care

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Subluxation = Interference



QUESTIONS????

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