

# Chiropractic Philosophy

The chiropractic perspective on health and disease emphasizes two fundamental concepts:

- 1) The structure and condition of the body influences how the body functions and its ability to heal itself
- 2) The mind-body relationship is instrumental in maintaining health and in the healing processes.

Although chiropractic shares much with other health professions, its emphasis and application of philosophy distinguishes it from modern medicine. Chiropractic philosophy gravitates toward a holistic ("total person") approach to healing which combines elements of the mind, body and spirit and maintains that health depends on obedience to natural laws, and that deviation from such laws can result in illness.

## Chiropractic Philosophy includes:

- Emphasis on a patient's ability to heal rather than being treated with surgery
- Recognition that there is a relationship between lifestyle, environment and health
- Understanding the cause of illness in order to eliminate it, rather than simply treat symptoms
- Recognition of the central importance of the nervous system and its fundamental relationship with the human body
- Balancing benefits versus risks of clinical interventions
- A patient-centered, hands-on approach focused on influencing function of the body through structure of the spine
- Focus on early intervention, emphasizing timely diagnosis and treatment of conditions that are functional and reversible

Chiropractic philosophy blends an effective combination of conviction, critical thinking, open-mindedness, and appreciation of the natural order of things.

Chiropractic focuses on the establishment and maintenance of a relationship between patients and their environment, which is most favorable to a functional well-being.