

## "WHY TALK CHIROPRACTIC PHILOSOPHY?"

*Chiropractic doesn't HAVE a philosophy ... chiropractic IS a philosophy.*

When chiropractors get together, they often discuss philosophy. Yet, you will seldom hear them mentioning Plato and Aristotle, or comparing notes on Nietzsche or Emerson. The philosophy they are most interested in is chiropractic philosophy, the fundamental beliefs and underlying precepts of the entire profession.

Many people find it odd that chiropractic has its own philosophy. After all, other professions don't have one. Have you ever heard of pediatric philosophy – accounting philosophy – or legal philosophy? Why, then, does chiropractic have a philosophy?

Actually, it is somewhat misleading to say that chiropractic has a philosophy. According to Dr. B.J. Palmer, the developer of chiropractic (whose father, D.D. Palmer, is credited with its actual "discovery" in 1895), chiropractic IS a philosophy – as well as a science and an art.

That is, chiropractic is not merely a method of adjusting a person's spine or correcting subluxations. It is a set of beliefs about the human body and the natural order of the universe.

These beliefs – this philosophy – is the WHY of chiropractic. The science and art of chiropractic (such as the specific adjusting techniques) were developed, and are used, in accordance with the philosophy.

Chiropractic is unique in this respect. Other professions are not based on a set of unchangeable principles. The legal profession, for example, deals with a system of laws and statutes that change rapidly. A few years ago, it was legal to cruise 75 MPH on most highways. Today, it's against the law.

Even a single action can be viewed differently depending on the circumstances surrounding it. Taking another person's life, for instance, can be murder, manslaughter, negligent homicide, or justifiable homicide. There is no single, universal principle by which to judge the action. Lawyers, then, must deal with rules and laws that fluctuate with time, location, and society's preferences. The same is true of accounting. Try to convince a tax accountant that tax laws are consistent.

Even the field of medicine changes according to the latest research results. Not long ago, for example, M.D.s were routinely taking tonsils out as a preventive measure. Today, it is a rare procedure.

In chiropractic, the basic underlying precepts remain unchanged and unchangeable. Understanding of those beliefs may deepen, and the techniques may improve, but the elemental doctrines will be constant. The importance of philosophy to the chiropractic profession cannot be stressed enough, for it is the basis of everything a principled chiropractor does.

According to one of the profession's early philosophers, Ralph Stephenson, D.C., "It is the explanation of everything chiropractic – the difference between a good chiropractor and a poor one is, that the good one has an ample supply of abstract principles in his head and the poor one only a few – Poor chiropractors are apt to substitute machinery for knowledge."

Although there are many principles which comprise chiropractic philosophy, a few of the key ones include:

- There exists a **Universal Intelligence** which brings organization to all matter, and maintains its existence;
- All living things have inborn, or **Innate Intelligence** which adapts universal forces and matter for use in the body;
- Every living thing has ALL the Innate Intelligence it requires to maintain its life and optimal health;
- Health is the expression of the Innate Intelligence through **Innate Matter**, via **Innate Energy**;
- When there is interference with the transmission of Innate Energy, the result is a decrease in the expression of Innate Intelligence, which chiropractors call **dis-ease** (not to be confused with disease!).

Because these terms and concepts are so important to chiropractors – and their patients – they will be explained in detail in the other "booklets" in this series. When you understand chiropractic philosophy, you will know that chiropractic works – and why!

## PHILOSOPHY II

by: *Robert Shaw, D.C.*

# "INDUCTIVE REASONING"

*Inductive reasoning goes from the small to the large,  
from the part to the whole, from one to the all.*

If you were to measure 20 carrots, and found that they were all between six and eight inches long, you might conclude that **all** carrots were in that size range. The manner of logic you used to draw your conclusion is called **inductive reasoning**. According to the philosopher John Stuart Mill, its chief proponent, we are using inductive reasoning when we conclude "that **what is true of certain individuals** of a class, is **true of the whole class**, or what is true at a certain time will be true in similar circumstances at all times."

He argued that this logic is possible because there is a certain "uniformity" in nature which allows for such conclusions to be made. The classical example used to illustrate inductive reasoning is the "fact" that **all** human beings are mortal. To prove this "fact," however, **all** human beings would have to be dead already. Obviously, some of us are still around! How can we be sure that one of us won't live forever? We can't. However, through inductive reasoning, we can conclude that there is an extremely high *probability* that all human beings are mortal.

Many scientific "laws" are a result of inductive reasoning – even though it is, a matter of probability. Astronomer Johannes Kepler, for instance, noted the position of the planet Mars during several points of its orbit. Working on the assumption that natural orbits maintain a uniform geometry, he induced that the orbit had to be in the shape of an ellipse. In fact, if you were to actually calculate the planet's position during ALL of the points of its orbit, it would, in fact, trace an almost perfect ellipse. No one has ever discovered a planet that didn't follow his principle, which has become known as "Kepler's Law" of planetary orbit.

No one has discovered an exception **so far**, that is. As the study of the universe expands, we cannot know with certainty what we will encounter. Other scientific "facts," drawn from inductive logic, have crumbled as a new piece of evidence was found. The weakness with inductive reasoning, then, is that it relies on partial knowledge to draw conclusions about "truth." In the case of medical science, this weakness can be harmful, if not tragic. When medical researchers draw their conclusions on what is right for ALL people based on what they have observed to be right for SOME people, they run the risk of doing irreparable harm to many people.

Take the example of appendectomies. Medical doctors had studied this curious organ for a long time and had never found a useful purpose for it. They concluded therefore, that it **had** no useful purpose. When it became inflamed or otherwise troublesome, they removed it. It took years for the medical profession to admit that its reasoning was incorrect, and to seek other means of treating appendicitis.

Medical science still stands by most of its other conclusions, however, even though they were arrived at by the same reliance on inductive reasoning. Moreover, it adheres to the "rules" with a rigidity that often does not allow for individual differences. Scientists discovered that the average temperature for a human being is 98.6 degrees Fahrenheit. If you have a 99.3 degree temperature, you're said to be "running a fever" and you're given medications to bring the temperature back to "normal."

The problem with this type of reasoning is obvious. No one perfectly fits the profile of the "average" human being – not in height, weight, or even body temperature. It is incorrect to conclude that the correct temperature for all members of the human race is the same as the "average" temperature of a sample of individual members.

Long ago, clothing manufacturers realized that all people are different. They would love it if all size people were exactly the same. They wouldn't have to produce a size 12 petite as well as a size 12 tall, medium, and large. Even so, it seems impossible at times to find something that fits right! The only way to get a really good fit is to have the item custom-made.

If you go to a tailor and order a new outfit, someone takes your exact measurements. Can you imagine the tailor saying, "The average human being is 5'7" tall, 180 pounds, with a 34" inseam. I'll use those measurements to make your wardrobe?" You would, no doubt, look for a new tailor.

Yet, because of the total reliance on inductive reasoning, science – particularly medical science – uses "off-the-rack" diagnoses, remedies, and medications. They routinely begin to stitch a wardrobe together using only "average" measurements. Is it any wonder, then, that their suits seldom fit right?

## PHILOSOPHY III

by: *Robert Shaw, D.C.*

# "DEDUCTIVE REASONING"

*Deductive reasoning: The sum of the parts is MORE than just some of its parts!*

As we saw in Philosophy II, inductive reasoning goes from the small to the large. That is, it makes observations about individual parts and, based on that knowledge, draws conclusions about the whole. **Deductive reasoning** turns that thinking around. It starts with major premises and, based on those ideas, deduces the truth about each individual part of the whole.

For example, let's assume that we accept, as our major premise, that telling a lie is wrong. Once we decide that this premise is "true," it automatically follows, by deductive reasoning, that it is wrong if you lie, if the man down the street lies, if the leader of a foreign country lies, if **anyone** lies. The basic premise applies to everything, everywhere at every time – without exception.

Many of the premises upon which we base our deductive reasoning are universally accepted because they are considered "self-evident truths." These are the axioms which must merely be taken for granted because they cannot or need not be proved.

One of the most commonly-known premises is that "all men are created equal," a statement of fact which formed the very basis of our Constitution. The founders of our country recognized the validity of this precept through an inborn sense of morality and humanity. They did not feel they had to "prove" it.

Other premises are arrived at through long, careful analysis and study. For instance, scientists formulated a theory about "black holes" based on basic premises regarding gravity and mass. For many years, they never found a single example of such a phenomena, but that did not lessen their belief in the premise. If the over-riding principles were correct, then the premise HAD to be correct. Finally, they were able to find the physical evidence which verified the premise.

The single most important premise of chiropractic philosophy is that **there is an intelligent order to the universe, which gives to matter its properties and actions, thus maintaining its existence.** It is becoming equally accepted by the "new" quantum physics, astronomy, biology, and many other sciences. No longer can anyone study the universe and believe it, and each part of it, is random. There is an order which organizes it and allows it to survive and continue.

Once we accept this major premise – that the universe as a whole is guided by an intelligent order – we may logically conclude that each part of the universe is also guided by that intelligence. This applies to everything, everywhere, at every time.

Just as there are weaknesses with inductive reasoning, there can be flaws in deductive reasoning. The most obvious danger comes in formulating and accepting the major premises. The assumptions must either be so self-evident that no reasonable person could possibly object (*all men are created equal*), or one which can be proven by clinical studies or physical observations (*black holes exist*). These premises cannot be adopted merely as matters of blind faith which fly in the face of all evidence (*the earth is flat – a premise which once was considered a known "fact"*).

To arrive at truth, it is best to use a combination of both deductive and inductive logic. Starting with deductive reasoning, we can formulate a basic premise upon which all else can follow. Then, through clinical studies and inductive reasoning, we can verify the accuracy of that premise.

Unlike much of modern medicine, chiropractic uses this ideal combination. It starts with the major premise that there is order to the universe. Spreading out from that point, we can assume that each part of the universe, including the human body, is also organized in an orderly, intelligent fashion.

Based on this premise, chiropractic was developed as a way to minimize the interference to this natural order in the human body. But chiropractic does not stop there. It also uses the inductive method to study individuals and relate those specific cases to the "bigger" picture. Its extensive clinical and survey research has helped to prove, in concrete and scientifically-acceptable terms, both the efficacy of chiropractic and the truth behind chiropractic philosophy.

But, for chiropractors, the emphasis is on "**The Big Idea**," the major premise in which all knowledge and conclusions are rooted. For it is only when we see that **big idea** clearly that the truths about each one of us, and every living thing in the universe, can be known.

## PHILOSOPHY IV

by: Robert Shaw, D.C.

# "UNIVERSAL INTELLIGENCE"

*Nothing in the natural order of the universe is random ... our existence is not mere "luck."*

Because chiropractic is a deductive science, it begins with a major premise upon which all other conclusions are based. That primary assumption is that a **Universal Intelligence** is in all matter and continually gives to it all its properties and actions, thus maintaining it in existence.

This premise was not adopted as a matter of blind faith or religious fervor. It is a conclusion based on observation of physical evidence. Look around you. Does it seem logical to think that everything in the universe is the result of mere random selection or "luck"? Is it "luck" that a bird's wing is perfectly designed for flight – right down to the tiniest pinfeather? Is it just "chance" that a plant's roots travel downward into the ground (where it will find water and minerals) and its leaves grow upward (where it will find sun and air)? If the universe were truly just random, at least some plants would send their roots straight upward, and would bury their leaves in the soil. Have you ever seen such a plant?

To think that the universe is devoid of intelligent organization is like thinking that the Great Pyramids of Giza were the result of an accidental rock slide. Could any random action have created the Pyramids? The Empire State Building? The wings of a bird? The roots and leaves of a plant?

Just as it takes human intelligence to create and maintain the architectural wonders, it took intelligence to create the *natural* "wonders" which surround us. Of course, human intelligence could not be responsible for the complex order of the universe – it hasn't yet even begun to understand a tiny part of it!

Since it was not human intelligence, it had to be something greater than that. That "something" is what we call Universal Intelligence. We don't know what it is, where it came from, what its intent is, or even if there is an intent involved. We know only that it must exist – or nothing else would!

Is this Universal Intelligence God? No one knows. There is no way to "prove" the existence of God, or describe God's characteristics. There is no way to "prove" the existence of Universal Intelligence, or to describe its characteristics. How, then can anyone say if they mean the same thing?

There are some people who believe that God is the source of that Universal Intelligence. Others can accept the concept of a Universal Intelligence without even believing in a God. Either way, we know, through observation and deductive reasoning, that such an intelligence *must* exist in order to prevent all matter from decaying into chaos.

During the Age of Technology – in which the scientific method reigned supreme – such notions were often criticized for being "unscientific." What the critics really meant was that the premise couldn't be proved, and wasn't arrived at through inductive reasoning. Of course, neither was the notion that "All Men Are Created Equal," or that there were space-going vacuum cleaners called black holes (a theory, by the way, also scoffed at when first announced). Yet, the first axiom doesn't require proof, and the second one was valid even before proof was found. So it is with the premise of Universal Intelligence; it is a "truth" so basic that it transcends science and can be arrived at *only* through deductive logic.

Today, as science expands in the "new physics" and quantum mechanics, a broader view is being accepted. New ideas are cultivated, and deductive reasoning is being recognized as a valid form of logic. The realization that there must exist a Universal Intelligence is being taken seriously at last.

Chiropractors smile at the notion that "science" is only now "discovering" that idea. After all, their entire profession is built around that simple, yet profound truth. Doctors of chiropractic understand that there is order and intelligence to the whole universe. By deductive reasoning, they also know that this order and intelligence applies to every part of the universe, including the human body.

That conclusion leads directly to another one of the principle premises of chiropractic philosophy: *A living thing has an inborn intelligence within its body, called Innate Intelligence.*

No word in chiropractic philosophy is as filled with meaning as the word "Innate," for it refers to the only element that sets living beings apart from nonliving things, and is the reason that chiropractic exists.

## PHILOSOPHY V

by: *Robert Shaw, D.C.*

# "INNATE INTELLIGENCE"

In every living thing there is an Innate Intelligence guiding it on the path to health.

The first thing we must do when discussing "Innate Intelligence" is to clarify the concept of intelligence. It is important to understand that we are not talking about education or the ability to learn things. Human beings can attend school and learn computer programming, or can "pick up" several foreign languages when they travel. But this is not what we mean when we say intelligence.

The intelligence we're talking about is the "knowledge" that every living entity is born with, and which allows it to adapt to the environment in order to survive. If you put a plant on a window sill, in a day or so it will have turned its leaves to face the light. Turn the plant around and in another day or so, it again will have turned its leaves to receive the light it needs to maintain its normal functions.

The plant doesn't use logic to figure out that it needs light, or decide to turn its leaves around to face the window. It doesn't "think" and it isn't self-aware. Yet, the intelligence it possesses allows it to go from a tiny seed to a lush plant, to send roots into the soil to find water and nutrients, to search out and utilize light and air, to transform those elements into additional leaves, roots, sprouts, and even more seeds which will be carried on the wind to start the process all over somewhere else. Not random action, but intelligence. Not education, but **inborn** knowledge. Innate Intelligence.

But what is this intelligence? Where does it come from? How does it work? No one knows the answers to these questions. Living things are not random collections of molecules and atoms. They all are organized into functioning entities that adapt to their environment. Therefore, we accept as a basic principle that there is an order to the body, which we have chosen to call Innate Intelligence. But, like Universal Intelligence, we do not have the ability to understand exactly what this intelligence is or how it works. We know only that it exists.

In a human being, it is the Innate Intelligence that tells a newborn baby how many times its heart should beat each minute; how to ingest and digest nutrients and eliminate the waste; how to develop and utilize white blood cells to fight infections; how to communicate its need for outside assistance. No one has to teach an infant these things.

Yet, Innate Intelligence can only guide the internal functioning of that child. It cannot enable her to manipulate her environment or do more than her body will permit. She can't, for instance, walk over to the refrigerator and get a snack if she's hungry (any more than a plant can turn on a lamp if it needs more light). That action will take training and education rather than inborn Intelligence.

Remarkably, every living thing possesses 100% of the Innate Intelligence it needs. You'll never see a plant which "knows" that its roots need to grow into the soil, but doesn't also "know" that its leaves need to grow upward toward the light. Can you imagine the poor plant pushing both its roots and its leaves downward because it only had 50% of its Innate Intelligence?

If an entity is alive, it possesses 100% of the Innate Intelligence it needs. Moreover, by its very definition, the Innate Intelligence is always normal, and its function is always normal. What this means is that our bodies "know" exactly what they need and how to adapt to our environment in order to function best.

If our physical and emotional health relied solely on our Innate Intelligence, we would all be "perfectly" healthy. But there are other factors at work. A master carpenter might be an expert in building a table, but if his arm is in a cast and he can't apply force to his hammer, or if he doesn't have the proper tools, the table won't come out very well.

Your Innate Intelligence is an expert in running your body, but if it is hampered by the lack of force (Innate Energy) or the lack of proper tools (Innate Matter), the result will be a less-than-normal-functioning. These three elements – Innate Intelligence, Innate Energy, and Innate Matter – make up the "Triune of Life."

Since a person's Innate Intelligence has the "expertise" it needs to properly maintain that body, chiropractors don't address themselves to that area. Nor do they involve themselves with the actual "tools" provided to each person – the body and internal organs. Their concern is with the Innate Energy or force which provides the link between the Innate Intelligence and Innate Matter.

## PHILOSOPHY VI

by: *Robert Shaw, D.C.*

# "UNIVERSAL FORCES ... INNATE ENERGY"

*Tame a lightning bolt – and you have the Innate Force contained in the human brain.*

The universe is filled with natural forms of energy. In fact, astronomers say that the universe was actually created by a burst of energy which pre-dated all matter. The "big bang" theory is still being debated, but we need no theories to witness energy at work around us. Wind rushes through the trees, water cascades down a mountain, lightning streaks through the sky, solar radiation heats our earth.

For the most part, these environmental forces co-exist peacefully with all life forms. At times, however, they demonstrate their magnificent power and destructive potential. The wind increases to hurricane velocity and rips roofs off houses; floodwaters carry off buildings and uproots trees; lightning splits open giant trees and sets off raging fires.

Such destruction can seem "meaningless" and we often talk about "Mother Nature going crazy." But scientists and environmentalists now acknowledge that the devastation has its purpose in the natural scheme of things.

A fire started by lightning, for example, is an efficient way to thin a stand of trees. When a forest becomes overgrown, the lush vegetation cuts sunlight off at the ground level, making it impossible for new seedlings to grow. The "destruction" of a fire provides the new generation of trees the light and compost it will need if the forest is to survive.

When that same forest is "managed" by humans, the naturally-set fires are often extinguished. Then, these same caretakers deliberately set fires to do the job the extinguished fire would have done. There is a purpose to the fires, and to the hurricanes and floods.

There is an order to their appearance, and an intelligence to their functioning. The Universal Intelligence "knows" that forests need thinning, and using the Universal Matter available to it to accomplish this. The link which enables the intelligence to use the matter is natural energy, or Universal Forces.

For most of human history, the best we could do was try to stay out of the way of these forces. In modern times, our educated minds have developed means of adapting them for constructive purposes.

We build wind-powered generators, hydroelectric plants, irrigation canals, dams, and solar heating panels to harness these energy sources. We've even learned to adapt the electricity showcased in a lightning bolt to our purposes.

Living things are like microcosms of the universe. We've seen how they are each endowed with a portion of the Universal Intelligence, called the Innate Intelligence. They also possess the "specialized" version of Universal Forces, which chiropractors call Innate Energy. Our Innate Intelligence takes the Universal Force of electricity and adapts it for constructive use, just as our educated minds have adapted natural forces.

The fact that the human body runs on electricity is well-documented. Many medical testing instruments actually record and measure the electrical impulses which are generated (or, some say, converted from some other source) by our brain for use in the body. There may also be other innate forces at work in our bodies that we have not yet identified, but electricity is the one we have proven to exist.

Because Innate Energy is being adapted in our body by the Innate Intelligence, it can never be destructive. That can only occur in "wild" Universal forces which have not been tamed by innate intelligence. Also, since it is created and directed by the Innate Intelligence, there is 100% of the Innate Energy needed by each particular living thing. The energy is needed to impel the cells to function according to the wishes of the intelligence. In nature, matter remains inert until energy is applied. The air and water remains stagnant, and the internal molecular structure of the tree stays stable – until energy is applied. Only then do changes occur in the matter which cause motion and function.

So it is in the body. The Innate Intelligence cannot manipulate matter without energy. The muscles cannot expand or contract in accordance with the instructions of Innate Intelligence unless energy is present. In fact, in the absence of Innate Energy, the body ceases to function – ceases to live.

Innate Energy, then, serves as the vital link which enables the intelligence to express itself through matter. The three elements, taken together, form the **Triune of Life**, one of the most important concepts in chiropractic philosophy.

## PHILOSOPHY VII

by: *Robert Shaw, D.C.*

# "THE TRIUNE"

*The Triune of Life = Innate Intelligence + Innate Energy + Innate Matter*

According to the precepts of chiropractic philosophy, every living thing has 100% of the Innate Intelligence it needs AND 100% of the Innate Force it needs. It also has a given physical form, to make up the third element of the Triune.

In order to have *perfect* health, there must be 100% of intelligence, 100% of force, and 100% of matter. That is, all three elements must be present in optimum quantity and quality. We have already seen that this is always true of the first two elements. However, the structure of our "matter" – our physical bodies – is sometimes less than 100%. There may be flaws in our bodies or its abilities (temporary or permanent) which hinder the expression of the intelligence.

For human beings, that means that "perfect health" is a relative term. Each of us can be only as healthy as the limits in our physical matter permit. People born with congenital heart defects, for instance, can only be as healthy as their structures will permit.

People who have undergone amputation of an arm cannot regrow that limb, even when there is 100% intelligence and 100% energy. There are limitations inherent in the human body which cannot be transcended by Innate Intelligence.

However, within the limits imposed by our particular physical structure, our Innate Intelligence and Innate Energy will strive to maintain the highest level of health possible. Sometimes, that effort is thwarted by interferences to the normal transmission of the energy to the matter.

To see what kind of interference your body may be experiencing, we need to understand how the Innate Intelligence directs the body parts through Innate Energy.

As we noted, the brain generates, or converts, the electrical impulses which will spur the individual cells and tells them what they need to do to adapt to the current needs of the body. Those impulses are propelled along a complex system of nerves which connect the brain to the organs, tissues, glands, and cells of the body.

Think of the nerve system as a thick rope, made of numerous individual strands bundled together. When this nerve "rope" exits the brain, it travels down the spine, protected by a flexible bony structure. As it progresses downward, sections of the rope separate and pass through small openings between the spinal bones (vertebrae). Later, they separate further until each individual strand connects with its designated target.

Occasionally, however, the vertebrae become subluxated (out of their proper alignment), and close off part of the opening. This can "impinge" on the nerve and decrease or distort the normal flow of Innate Energy through the body. The result is similar to putting a kink in a water hose; the water still flows through the hose, but not at full strength.

When subluxations are present, they interfere with the 100% expression of intelligence through 100% energy and the body is said to be in "dis-ease". This should not be confused with the term disease, which refers to specific conditions which medical doctors diagnose, name, and treat.

The chiropractic term "dis-ease" refers to a situation where there is less than 100% expression of Innate Intelligence. Since every body is different and every bodily change can have many different ramifications, chiropractors do not become involved in the futile exercise of labeling a condition or trying to administer drugs or therapy to treat its symptoms.

Chiropractic goes to the root of the problem and works to restore the body's ability to reach 100% expression of its Innate Intelligence. It does this by finding and removing any subluxations which might interfere with the flow of Innate Energy. Once that flow is restored, the body will resume its natural striving for optimum health.

The working of the Triune of Life – Innate Intelligence, Innate Energy, and Innate Matter – is the supreme accomplishment of Universal Intelligence. No one can be so arrogant to think that its design can be improved upon.

Chiropractors don't attempt such a task. Instead, they focus their efforts on permitting that design to function as it was meant to – **without interference.**

## PHILOSOPHY VIII

by: *Robert Shaw, D.C.*

# "SICKNESS & SYMPTOMS"

*Symptoms are NOT our enemies – listen to what they tell you.*

The body works diligently to maintain itself in the best possible health by adapting itself to internal and external environmental changes. If the outside temperature rises, the body takes steps to cool down. If it's cold, the body works to maintain its warmth. Every significant change in the external environment triggers an adaptive reaction in the body.

The same is true with the internal environment. When a virus or other foreign substance invades its system, the body produces the chemicals – or causes the reactions – which are required for that special circumstance. Often, knowing that it needs to rid itself of an "invader," the body will elevate its internal temperature or increase waste elimination. These are normal actions which the body takes to adapt to changes and maintain health.

Unfortunately, these actions are often looked upon and treated as a disease. We force our body down to a "normal" temperature, and consume bottles of medicine to prevent us from evacuating the toxic wastes we *need* to get rid of. By doing so, we work against the body's own instincts and make it even more difficult to adapt as it should.

This is not to say, of course, that the body will *always* be able to adapt totally to every change. Subluxations can reduce the flow of Innate Energy to the body and reduce its ability to adapt. Lack of proper nutrition, exercise, and sleep set up barriers to efficient adaptation. Pollution in the air ... chemical additives in food and water ... emotional stress ... and psychological factors also make it difficult or impossible for us to adapt totally to every environmental demand.

In addition, even a "perfect" body does not have infinite abilities. All Innate Matter has certain inherent limitations. It cannot overcome major structural defects, and it cannot adapt immediately to all changes. If it is expending its energy, for instance, fighting off an invading virus, it might not be able to respond as readily to the increased demands of physical exertion. There is nothing we can do to expand the given limitations of the body, but there is much we can do to eliminate the artificial barriers to health.

On a societal level, we can work towards improving the quality of the air and water. On a personal level, we can improve our diet, increase our exercise, get enough sleep, learn to avoid or reduce emotional stress; and attend to psychological problems as they arise. Naturally, since the correction of vertebral subluxations require specialized training and skill, we need to include regular visits to a chiropractor in this health-maintenance regimen.

We should also take care not to interfere with the adaptive actions of the body by treating "symptoms" which are really normal bodily functions! This means avoiding the unnecessary use of therapies and medications which *force* the body to act – or stop acting – in a certain way.

While it's difficult to believe this when you're lying in bed with a temperature of 101 degrees, you're actually lucky to have symptoms! Sometimes, that's the only way you know that something is wrong with your body. For instance, if you put your hand on a hot stove and didn't feel pain, you could damage that hand beyond repair.

The real problem, then, arises in the *absence* of symptoms. Too often, interferences in our body's normal functioning do NOT exhibit any warning signs. When a subluxation, for instance, distorts the normal flow of Innate Energy, there may be internal changes so subtle that no outward signs are noticed. Slowly, quietly, however, that distortion takes its toll on our body.

Often, when someone dies suddenly, friends say, "But he was so healthy! He was never sick a day in his life!" Obviously, he wasn't so healthy, and he probably had been "sick" quite a bit. The problem was, he didn't exhibit any symptoms to alert him to that fact. Without the symptoms, he assumed he was healthy and allowed the interference to continue.

That is why **all** people – those who suffer frequent or occasional symptoms AND those who are "always healthy" – must take care to correct and prevent any interference to the normal flow of life energy in the body. If we wait for symptoms, it may be too late.

## PHILOSOPHY IX

by: *Robert Shaw, D.C.*

# "QUESTIONS ... ANSWERS"

***"Our readers will find mental Chiropractic food, which will require intellectual digestion..." – D.D. Palmer***

***Q. The concept of "Innate Intelligence" sounds almost religious or metaphysical. Is it?***

A. For some people, the concept of life itself has religious and metaphysical overtones. For others, it can be understood and appreciated from a strictly scientific perspective. So it is with the concept of Universal and Innate Intelligence as discussed in chiropractic philosophy. We do not know precisely what the Innate Intelligence is or how it functions. Since we find an overwhelming abundance of evidence that it does, indeed, exist, we feel confident in building a set of beliefs upon the concept. Even the most scientific, agnostic observer has to admit that there is a systematic organization to the human body (and the universe). We did not develop the way we have randomly. Some perceive this organization as proof of a Supreme Being ... others as an indication that some as-of-yet-unknown forces are at work. Regardless of the perspective, the conclusion is the same: Innate Intelligence does exist.

***Q. If the existence of an "Innate Intelligence" is so obvious, why doesn't everyone believe in it?***

A. At some level, most people DO believe in it – they just never put a name to it. Even today, distinguished scientists and medical doctors are admitting that there is only so much they can do for a person who has been sick or injured. After that, "it's up to the patient," they say. What they really mean is that they must step back and let the person's own Innate Intelligence take over. If the person can be healed, his or her own body will heal itself.

***Q. Is it really so bad to take a couple of aspirins, or other pills, when we don't feel right?***

A. The question is not whether or not it is "bad" to take two aspirin. The question is: do we understand the risks we run whenever we take things that alter the body's normal biochemical balance? The fact is, there is no way for anyone to know for sure exactly how your body will react when you swallow those pills. Even as mundane a drug as aspirin (and aspirin IS a drug) affects each person differently. One person takes two and her headache is gone.

Another person takes the exact same pills and, a half hour later still has his headache, plus an upset stomach. A third person – who has taken aspirin many times in the past – has an allergic reaction and is rushed to the hospital. A fourth person feels great because her headache is gone, and never realizes that it was a signal of something more serious. If there was some way to know PRECISELY what a particular chemical would do in YOUR body EACH TIME, then it might be safer to use drugs. As it is, we are just guessing and hoping for the best.

***Q. A lot of people claim they were "cured" of different conditions with chiropractic. Is this true?***

A. NO. No one has ever been "cured" or "healed" with chiropractic. A doctor of chiropractic does one thing: detect and correct vertebral subluxations. This removes or decreases interference to the normal flow of Innate Energy through the body. The Innate Intelligence can then direct all parts of the body in a more efficient and effective manner. Without interference, the body can more easily work towards healing or curing itself. If a person walks out of a chiropractic office feeling better, his or her own body gets the credit!

***Q. Why are these pamphlets called "The Green Booklets?"***

A. In 1906, D.D. Palmer, the man credited with "discovering" chiropractic and formulating its foundation of principles and procedures, wrote a textbook called "The Science, Art and Philosophy of Chiropractic." Later, his son, B.J. Palmer, took his studies further and published a series of textbooks which – bound in the distinctive green text-book binding popular in that day – came to be known as "The Green Books."

While hundreds of books have been written since on every aspect of chiropractic, these important works still contain the basic technical information and philosophical underpinnings of the entire profession. They are read and reread by chiropractors throughout the world. These philosophy pamphlets draw from those pioneering works and their development, design, and name is in honor of them.

## PHILOSOPHY X

by: *Robert Shaw, D.C.*

# "THE CHIROPRACTIC PRINCIPLES"

*Deductive reasoning: The sum of the parts is MORE than just some of its parts!*

## THE MAJOR PREMISE

A Universal Intelligence is in all matter and continually gives to it all its properties and actions, thus maintaining it in existence.

## THE SECONDARY PRINCIPLES

- The expression of this intelligence through matter is the chiropractic meaning of life.
- Life is a Triune having three necessary united factors, namely, Intelligence, Force and Matter.
  - In order to have 100% Life, there must be 100% Intelligence, 100% Force, 100% Matter.
    - A living thing has an inborn intelligence within its body, called Innate Intelligence.
- The mission of Innate Intelligence is to maintain the material of the body in active organization.
- There is 100% of Innate Intelligence in every living thing, the required amount, proportional to its organization. The amount of force created by intelligence is always 100%.
- The function of Innate Intelligence is to adapt universal forces and matter for use in the body, so that all parts of the body will have coordinated action for mutual benefit.
  - Innate Intelligence adapts forces and matter for the body, but is limited by the limitations of matter.
- The forces of Innate Intelligence never injure or destroy the structures in which they work.
- The forces of Innate Intelligence operate through or over the nervous system in animal bodies.
  - There can be interference with the transmission of Innate Forces.
  - Interference with the transmission of Innate forces causes dis-ease.
  - Interference with the transmission in the body can be caused directly or indirectly by subluxations in the spinal column.

*Chiropractic has many basic principles upon which all its philosophy, art, and science is based. The ones listed here are some of the most important ones which have guided the profession since its earliest development. Many of them are only now being accepted by other sciences ... others are almost universally accepted.*

*These principles follow a simple progression of deductive logic. If you accept the major premise, the other principles fall into place almost automatically.*