

Friedman Chiropractic, Inc.



VOL. 15

NEWS

NO. 10

CHOOSING HEALING OVER FIXING

All of us when in pain and discomfort want it quickly gone yesterday. However, we all know from experience it is not always that easy as millions have chronic health challenges. Mainstream medicine can often be miraculous with infections, injuries, and surgeries but seems to fall short with long-standing health problems. In healthcare there is a difference between Fixing and Wholism. Fixing might be compared to spraying for mosquitoes causing malaria but not draining the pond where the infestation arose. Wholism in healing involves a search for all causes of dis-ease---body, mind, and spirit.

We have to look no further than a walk outdoors to find the model for holistic healing. The noted naturalist John Muir

observed that “when we try to pick out anything by itself, we find it hitched to everything else in the Universe.” He saw that plants and animals interact in mutual support to maintain equilibrium. Just as the Earth is a living entity, dynamic and self-regulating, so are human beings a reflection of Nature’s physiology. The bloodstream flows like the rivers and streams, the heart churns like the seas, and the gut mimics the soil. Human beings are a microcosm of the larger macrocosm.

“The part can never be well unless the whole is well.”

Socrates

The dominant approach of medicine is reductionistic and mechanistic and looks at the body as a machine. Medical diagnosis and treatment focus primarily on the parts of the body where discomfort arises. However, symptoms are the body-mind’s early warning

FRIEDMAN CHIROPRACTIC, INC.

Jeffrey I. Friedman, D.C., Director

711 D St., No. 104 • San Rafael, CA 94901 • (415) 459-4646

405 D St., Ste. 2 • Petaluma, CA 94952 • (707) 773-0288

We invite you to visit our website at www.FriedmanChiro.com

signals that something is wrong. Our pains and discomforts such as stomach bloating, blood pressure changes, headaches and hundreds of other conditions are reactions or effects of a disturbance hidden elsewhere in the body. Suppressing pain with drugs often does not work because they are treating effects and not the cause.

Traditional healing systems like Ayurveda, Chinese and Tibetan medicine, and Greek Hippocratic medicine assess and treat on the body-mind-spirit levels. Chiropractic science, inheritor of the Greek system, follows traditional healing.

Applied Kinesiology chiropractic continues in the Hippocratic tradition by assessing each patient's structure, diet, and emotional status. It seeks to resolve illness in a way that does not suppress or temporarily fix, but harmonizes the total body. As an example of wholism in healing, a patient with chronic knee pain may not heal until the low back

imbalance is restored, and the low back may not stabilize until adrenal exhaustion due to stress is improved. Those who choose this integrative approach often enjoy more long-term and sustained well-being.

“Everything connects us to everything else.”

Leonardo Da Vinci

Office News: Dr. Friedman is now working most Saturdays.



Pythagorean Center for Natural Healing

A Facility of Friedman Chiropractic Inc.

With the inception of our website, we decided to personalize Friedman Chiropractic, Inc. in honor of a physician-philosopher whose approach to natural healing epitomizes our methods.

His name was Pythagoras.

For more information on this remarkable man, please visit our website.

Applied Kinesiology...

...is a diagnostic tool using the muscle structure of the body to aid in the examination of a patient. Its use allows immediate feedback aiding the doctor in making decisions on what type of care the patient needs.

Visit Our Website!

www.FriedmanChiro.com

DISCLAIMER

This newsletter is intended to provide health information to improve quality of life and assist users to better understand their health and arrange more easily for healthcare services. It is not an attempt to replace the need to seek healthcare services nor to provide specific healthcare advice. Information provided should not be used to diagnose or dispute a qualified healthcare professional's judgement. If you have any questions, please give our office a call or check with your local healthcare professional.