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Newsletter

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What Do Adjustments Do?

Probably the biggest chiropractic misconception revolves around the adjustment. Naturally, we chiropractors think the adjustment is pretty special.

Chiropractors understand that the underlying cause of many health problems is from nervous system disturbances along the spine. This often shows up as one or more spinal bones that are stuck and not moving correctly. Many think that a chiropractic adjustment puts the wayward bone back into its proper position with the bones above and below it.

Actually, bones are static structures. They only move when acted upon by a muscle. And muscles only contract when commanded by your nervous system. That's why chiropractic is actually about the quality of your nervous system, not the condition of your spinal column.

Your body does the actual healing. The energy chiropractors supply with the adjustment just helps things along. We use everything we know about anatomy, physiology and spinal biomechanics to partner with your body's wisdom. Repeated chiropractic visits help retrain muscles and with time, your body can "right" itself.

Attitude of Gratitude

The German theologian, Meister Eckhart, once said, "If the only prayer you said in your whole life was 'thank you', that would suffice." Dr. John Demartini has said that the most powerful prayer is not a prayer of "I need a change in..." but a prayer of "thankfulness for what is, as it is".

Taken for face value, both of these quotes could seem overly spiritual or religious and your instinct may be to dismiss them; but research is proving that the very attitudes reflected in these quotes could have a positive effect on those who consider them. An "Attitude of Gratitude" has become more than just a catchphrase; it is proving to be a recommendation for wellness.

The Happiness Equation

Best-selling author Marci Shimoff says that attitude plus gratitude equals happiness. While writing *Happy for No Reason: Steps to Being Happy from the Inside Out*, she had the opportunity to spend time with 100 happy people and she found that they all shared the same habit: they focused on the solution rather than the problem. They tended to concentrate on the good in a situation and on improving it.

"Happy people let love lead in their lives," she said. It's true that they face similar problems as the rest of us: painful experiences, fears and disappointments, but their different habits allow them to "keep their hearts open in their daily lives." Ms. Shimoff found in her research that one aspect of this was focusing on gratitude. "People who are happy for no reason don't necessarily have more in their lives to be grateful for, they simply focus more often on gratitude throughout their day."