

## **Dr. Peter Kevorkian's Sample Health Care Class**

Main Points: orientation to vitalism

- 1) Health and Wellness
  - a) Health is more than feeling good
  - b) WHO/Dorland's definition of health
- 2) Innate Intelligence
  - a) Life is source of health and wellbeing in your body
  - b) Life needs no help, just no interference
  - c) Life uses the brain and the nerve system to control and coordinate everything that happens inside of the body
- 3) V.S.
  - a) Brain controls – Nerve System communicates – bones protect
  - b) Interferes with the spine and puts pressure on the nerves
  - c) Create malfunction, disorder, disease and sometimes death
  - d) Causes of subluxation
- 4) Chiropractic
  - a) Eliminates V.S
  - b) Come for right reasons, improve yourself, bring children, refer others

**TEXT IN HIGHLIGHTS ARE COMMENTS OR HOW TO MOVE THE BODY DURING THE PRESENTATION**

Script

Welcome, I am very excited that you're here. People come to chiropractors for a variety of reasons. Some start chiropractic care because they think chiropractic can help an ache, pain or problem that they have. Others because they think that chiropractic care will help them prevent a disease or disorder. And some feel that chiropractic will help them be all that they can be. Regardless of the reason you have begun care, my mission here tonight is to give you a sense of the big picture of chiropractic and allow you to choose how to best use our services.

Every time I begin a workshop like this one, I feel a little like Christopher Columbus. Imagine for a moment that you were Christopher Columbus and that you knew that the world was round. And, everyone around you thought that the world was flat. What would you do? Would you go out to the streets of England or wherever you lived and say to people you met: "Do you know that the world is really round? Really!! It is round!" People would look at you and me and say: "What are you crazy? You must be

a Quack, or a charlatan. Everybody knows, contemporary science knows, that you sail only so far, you fall off the edge of the earth and then demons eat you." That was scientific thought back in the 1400's and to say anything different was heresy. So for me to stand here before you and tell you that your body makes every drug, every chemical that you should ever need in a lifetime; that you have to the ability to be totally healthy, that you don't need to have more sickness and disorder as you age is just as profound. We live in a world that believes that you need to go outside of yourself to find answers to your body.

If I were to ask you: "What is health? What would you say?" **HAVE PEOPLE GIVE ANSWERS.** Most people say: "Health is feeling good." "Health is: not having to take drugs." "Health is: not having to go to the doctors." How do you know you are healthy? "Well, I go to the health club." People think that they can go to the health club and buy health. "I buy my food at a health food store." They think you go to a health food store and buy health or they can go to a health care provider and pay the money and buy health there. The truth is none of those things give you health. None of those things are the source of health.

Let's go to what the world health experts say that health is. Dorland's Medical Dictionary gives a definition of health that is accepted by the World Health Organization. World health experts state that health is a state of optimal physical, mental and social wellbeing and not merely the absence of disease and infirmity. Health is a state of optimal wellbeing; all of the parts of the body working; not merely the absence of disease or infirmity. Many people say: "I am healthy. I feel good. I exercise." And appear to be the picture of health, yet are they really healthy? We all know of athletes, in incredible shape, who all of a sudden are told that they have cancer. I had a patient, a beautiful picture of health, who would come in regularly to get adjusted. He would come in with shorts on despite how cold it was outside. A happy, great guy, great personality that filled the room; people loved him. One day he comes in and he was told that he had cancer, 6 months later I was at his funeral. This person who took care of himself, ate the right things, had great relationships with people, had cancer and died. When he went to his regular medical doctors for evaluations, they would give him a clean bill of health. No way had the guy been healthy. It takes 7-8 years for the cancer like he had to develop to the degree it was in his body. He couldn't have been healthy; we just didn't have any way of measuring it. Although we may be able to define health, we do not know how to measure it. There is no meter you can put on that says you're 50% health or you're 80% healthy. There is no x-ray, cat scan, dog scan or pig scan (TRYING TO BE FUNNY) that you can do that tells you how healthy you are. All the tests can tell you is how sick you are or how sick you're not. So how do you make sense of this?

Who wants to be healthier tomorrow than they are today? **LOOK FOR PEOPLE TO RAISE HANDS** You all want to be healthier; you know what it is, but there's no way to tell if you are!

Let's look at this logically. Remember number lines when we were in school? I'm going to create a number line, really a function line. At one end of my number line, we have a point that represents 0% function, nothing working in your body, what's another word for that? DEATH!!! Exactly right, 0% function is death. The other end of my number line (function line) I am going to say represents 100% perfect function; optimal physical, mental and social wellbeing. Optimal wellbeing on every level, the totality of health. It's safe to say we all live somewhere in this spectrum between 0% function (death) and 100% function (total health). Isn't that true? Now, there is an area of less function, reduced function, lack of function that we call sickness, symptoms and disease. **CREATE A VISUAL ON YOUR SPEAKING PLATFORM – ONE POINT IS 0% FUNCTION AND THE OTHER POINT IS 100% FUNCTION. WHEN YOU REFER TO LESS/LACK OF FUNCTION STAND IN THE AREA NEXT TO 0% FUNCTION VISUALLY CREATING "THE BOX"** Isn't that true? Someone with cancer is more to this end (DEATH) than they are to that end (HEALTH). Someone with diabetes is more to this end (DEATH) than they are to that end (HEALTH). Someone with back pain is more to this end (DEATH) than they are to that end (HEALTH). Isn't that true? This is what most people want: they live their lives **START BY STANDING NEAR 100% FUNCTION**, they do their thing, **MOVE AROUND ON THE LINE** feeling great, whatever they do, wherever they go, they are somewhere on this function line. One day, they cross this line **THE ARBITRARY LINE OR BOUNDARY YOU DEFINE MOVING FROM FEELING GOOD TO HAVING A SYMPTOM** and they have an ache, pain, symptom, problem or something happens and they realize that something is going wrong. They have a problem and they go to a doctor and give them a litany of symptoms. The doctor gives this set of findings a name. This is called a diagnosis. They give what they are experiencing a name. They are saying you're here (on the number line). All a diagnosis is is a name on the function, or lack of function line. What does the patient want? They want a treatment or modality to pick them up and pull them out. Isn't that right? You want the doctor to do something so you're not in this box or sickness, symptoms and disease. Isn't that true? Very often though, the doctors can't move you out of the box. They give you pills, powders, potions, therapies and treatments that leave you exactly where you are, you just don't know you're there anymore. They haven't changed the FUNCTION of the body. If you want healthier tomorrow than you are today, you need to do something to allow your body to FUNCTION better. Does that make sense? **SO, whatever allows your body to FUNCTION better moves you in this direction. WALK TOWARD THE 100% FUNCTION LOCATION**

How do you know what gets your body to function better? What controls the function inside of your body? Before we even talk about that, let's talk about your body. Let's talk about the magnificent, genius of your body. Sometimes we look outside of ourselves for

answers. We look outside of the body for answers to what is happening on the inside of the body. We think that doctors know or scientists know. What I would like to do in the next few minutes is have you lose the confidence you have in doctors, doctors of all sorts: medical doctors, chiropractors, osteopaths. Lose the confidence you have in doctors and put it into your own body. Create confidence through understanding that there is a genius inside your body that knows how to heal you, create health and allow your body to function at its potential. Your body makes every drug, every chemical it should ever need in a lifetime. Think about it. Imagine you were going to create human beings to live on earth; imagine you were God for a moment. For the atheists, this won't work – so put your brain on pause. Would you create the body in such a way that it would not make the necessary chemicals it would need to live a normal, healthy life throughout its lifetime? Would you create a body that would have some organs last 110 years and others last only 50 or 60? We bought a bill of goods that said as you age you should have more symptoms and disorders, and diseases and problems. I believe that life should be like a candle, burn brightly until the very end, flicker a bit and then go out. What I would like to do is explore the magnificence of what the body is; the magnificent genius that resides inside every cell of your body. Chiropractors refer to this genius inside the body as an innate intelligence, an inborn wisdom that knows how to get the body to work and doesn't need any help to do its job as long as there is no interference.

We have amazing bodies. One of the most miraculous things the body does is being able to heal itself. If I cut myself, - what happens? I start bleeding. What do I do then? I wash it off; put a Band-Aid or some iodine on it? Do the iodine and the band-aid heal me? No! Life is what heals. If you question that, take a slice a meat or go to a corpse and cut them, put all the iodine and band-aids you want on there, it doesn't heal. Life is the only healer there is. Life inside you and me is the magical force that allows our bodies to work; it's the magical force that allows our bodies to function. To function. The most miraculous process that I can ever describe though is how a whole new human being comes into being. Two half cells come together, an egg and a sperm and make one whole cell. That one whole cell is the germ for creating a whole new human life, isn't that amazing? In a matter of nine months one cell becomes trillions of cells, highly specialized. They (the cells) know what to do and how to do it. Nature doesn't need any help to do its job, as long as nothing interferes with it. What if a woman is pregnant, should she be drinking lots of alcohol? No? Why? Because alcohol interferes with life doing its job and making a baby doesn't it? Should she smoke? No! Because that smoke would be an interference to the development of the fetus that is inside of her and life won't be able to do its job. Should she take drugs? No, because the drugs would interfere with that process. Back in the '50's and '60's, women were given a drug called Thalidomide to help with morning sickness. The drug, relatively harmless to the mother, caused agenesis of organs; organs didn't form completely, mental retardation, stillbirths. The drug affected the

development of the child and interfered with life doing its job. It interfered with the FUNCTION of the body during development. Every time we try to help nature, we risk messing things up. We risk interfering with natural law. When life is given the ability to do what it is designed to do, we are healthy, we are strong, and our bodies work right. Interfere with life and it doesn't let the body work as well. Does that make sense?

The first organ that the body creates during development of the embryo is the brain and the nerve system. The brain, the spinal cord and the entire nerve system is what controls the FUNCTION of the whole body. It does so from the moment of its creation. Your brain controls the function of our liver, our kidneys, our spleen, our immune system, and our muscles, everything in the body is controlled by our brain. The brain uses the nerves to communicate to the rest of the body. Interfere with the function of those nerves and it is no different than interfering with the development of the fetus- it doesn't let life do its job.

When a baby comes into the world and takes their first breath, that life that created it when it was inside of mom is still there inside the baby. Those same things hold true: smoking, chemicals, drugs, toxins all can interfere with life inside that body.....as well as bad emotions, fearful situations, stressful states can interfere with life doing its job. I speculate and I know that your body knows more about what it needs than any doctor is going to know. The greatest thing that you can do to create better function, better health is to let life do what life does best. Does that make sense to you? Life, nature, needs no help to do its job, just no interference.

So, let's talk about this brain and nerve system. The brain controls all the function of the body. It's up here inside your skull **USE A SPINAL MODEL IF AVAILABLE** and it connects with the rest of your body though the spinal cord. It comes down inside your spinal column and branches just like branches of a tree. When something happens in our body, the brain sends signals down the spinal cord, over the nerves to parts of the body telling it what to do. Those parts of the body also send signals back up the nerves to the brain so that the brain knows what is going on. That back and forth communication is how everything works in our bodies. Do you know how many nerves you have inside of your body? Well you've heard people say: you've got a lot of nerve? I can't tell you how many nerves you have inside or your body, but I do know that you have so many nerves in your body that if we took away all the other cells in your body, all the other parts of your body, took them away and left only nerves cells, I could recognize you. You would make a fingerprint or a handprint unique to you. The nerves are so extensive because that is what connects to all the parts of the body. Your brain uses the nerves to talk to all the cells, organs and systems of the body and coordinate it, just like a conductor directing an orchestra. It knows what to do and how to do it. Your nerves do everything inside of you.

The brain, the spinal cord and the nerves have the consistency of wet spaghetti or jello, so it can become easily damaged. So, what nature does is it protects them with bone. The bones of the spine protect the delicate nerves. Pound for pound the bones are harder than cast iron or steel. They make a very efficient protection for the delicate nerves. Not only do the bones surround the nerves to protect them; nature bathes the nerves in a spinal fluid. What my job is, what a chiropractor's job is, is to make sure the brain, the spinal cord can best communicate to the body by making sure that the bones don't in any way damage them. There is something that can happen called a subluxation. A vertebral subluxation is when the bones have misaligned and put pressure on the nerves. **SHOW PICTURE OR IMAGE**. These are four bones of the lower back. These are the bumps that you feel along your back. **POINT TO SPINOUS PROCESSES** See how this bone has been pushed out of place. See what's happened to the disc, to the cushion pad that is between them. Sometimes science will call that a slipped disc, herniated disc, ruptured disc, but in reality, the disc is not the problem. The problem is that the vertebrae have moved out of place, putting pressure on the nerves. This nerve connects with the brain. Putting pressure on the nerve interferes with that information coming through. It alters the information both from the brain to the body and the body to the brain. Let's look at this word 'subluxation' for a moment. 'Sub' means less, reduced or under. 'ation' means a condition. 'lux' is the Latin word for light or for energy. So, it's a condition of less energy. When a subluxation occurs there's less energy coming into the body and back up to the brain; less information going back and forth. With a subluxation there is a reduction of the function of the body. Let's say this nerve is a nerve that's going to your liver, telling your liver what to do and how to do it. Some toxin comes into your body, a toxin like alcohol, where your liver needs to detoxify the chemical you put into your body, but in order to do that it needs 80% liver function, but this is allowing your liver to work only at 50%. Can you see how that would lead to malfunction of the liver; disorders connected to the body not being able to detoxify. Does that make sense to you? Let's say this is going to your stomach and it's only working at 80%. All sorts of stomach things can begin to occur because of that lack of function. The body chemistry can get thrown off. When this occurs in the spine it reduces the function of the body.

A subluxation changes the biomechanics of the spine. The biomechanics fancy word for alignment and motion of the spine. When a subluxation occurs, the movement of the area is changed so it no longer moves properly. Areas above and below that spot begin to compensate for that, often times moving in excess due to the restriction in movement created by the subluxation. As they start moving in excess it will begin to cause damage to those areas as well. So, this subluxation just doesn't stay localized to one spot in the spine, it begins to affect the mechanics of the entire spine. Many of you have started care and many of you we've shown you how the neck or cervical curve had changed from the ideal "normal". Nature designs the alignment of the bones of the neck such that there

should be a nice smooth curve that comes forward. That curve is an important structural support. It is the same principle that engineers use to build bridges and dams. Curves allow greater efficiency of geometry. The curves in your neck **SHOW ON A SPINE OR PICTURE**, your lower back **SHOW ON A SPINE OR PICTURE**, your mid-back **SHOW ON A SPINE OR PICTURE** offer strength and efficiency to the spine. When a subluxation occurs, areas around the subluxation compensate and the curves change, often it reduces, it alters the biomechanics, the movement and alignment and that curve straightens from where it should be, losing its strength and efficiency in the body, promoting a need for the body to further adapt. This can create degenerative process that is often visible on x-ray. Worst of all, it reduces the performance of the body, not just in the pressure upon the communication system but in the stability of the structure of the body.

When a subluxation occurs, a destructive cascade of events follows: the body does not perform as well; the brain and the body aren't connected as well; the function of the body is reduced; spinal motion and stability is compromised; the spine begins a degenerative process; it moves you this way down that number line. **WALK FROM THE 100% SPOT TOWARDS THE 0% SPOT** A subluxation reduces health and wellness. Whether or not the body function is reduced to a degree that a symptom occurs **STAND RIGHT NEAR THE BOX OF SYMPTOMS AND DISEASE** the reduced function of the body is destroying your expression and experience of life. No matter what, when there's a subluxation, you are walking in this direction. **FACE THE 0% SPOT** You can take yoga classes and stretching classes and meditation classes; when there is pressure on your spine, you're still walking in this direction. If I took a rubber band and I tied it on my finger really tight, what happens? Blood starts to pool there doesn't it? It starts to hurt a little bit. I can massage it, it would feel better, but the minute I stopped it would come right back again. I can exercise it, I could stretch it, but the minute I stopped it is still going to be there. The only way for me to have a healthy finger is if I took the rubber band off. Same thing is true with your nerves, when there's pressure on your nerves; it's cutting off that information that's there. You can stretch and meditate and visualization, do whatever you want to, but as long as there is pressure on the nerves, you are going to move in this direction. **FACE THE 0% SPOT**

**USING EITHER PHOTOS OF PROGRESSIVE SUBLUXATION DEGENERATION OR THE VIDEO CREATION OF CBP – REVIEW THE PROCESS OF THE BODIES ADAPTATION TO ALTERED SPINAL BIOMECHANICS.** This is an x-ray of the neck. Trauma occurs. That causes the cervical or neck curve straighten. That puts undue stress on the discs between the vertebra. That stress causes and the discs to work in manner they are not designed and the discs will begin to degenerate. They become so weaken that the body begins to attract calcium salts into the ligaments to offer structural stability and support. As that occurs, it begins create a fusion of that area. This process is what we refer to as subluxation degeneration. We've shown this to many of you on the x-rays in terms of the

phase of degeneration. When the cervical curve is straightened, there is so much pressure put upon the spinal cord and the nerve system that the body recognizes that and it does this as an adaptive response. Not that this is preferred, but if this didn't occur, the outcome is worse. This is the body's attempt to hang on. There is a really easy way to look at this and say "Oh my God, that's bad, bad bone, I'm gonna die!" This is happening because you're not going to die. The body is hanging on. So be VERY thankful that this is occurring, otherwise you might not be here right now. But let's see if we can stop that process, slowdown that process and bring as much reversal to it as possible by correcting your subluxations.

Subluxations have a multitude of causes. There can be emotional causes of subluxation. People under high degrees of stress, bad postures at work, holding onto that stress and tension in your body can jam vertebra in their place, make biochemical changes in their body, alter the spinal mechanics, and reduce the functionality of their body, continually damaging them from the inside. There are chemical causes of subluxations. Being exposed to toxic fumes, polluted air, drugs, alcohol, preservatives and a multitude of other toxic chemicals can place an overwhelming strain on the nerve system that can subluxate the spine. There could be physical causes of subluxation, car accidents, sports injuries, bad postures; bad mattresses all can be physical traumas to the body. Seeing kids sitting with their Game Boy for hours at a time or in front of the computer monitor; carrying backpacks in improper ways. Probably the worst trauma that we've all been through is the birth process. The birth process, as the child comes through the birth canal, the head is very often taken into traction, where the vertebrae are actually separated 10-15%. Medical texts say that it is not uncommon to have 90-120lbs of pull force pressure. Science has linked the extreme traumas at birth to Infant Death Syndrome, still births. I want all of your babies to get checked because that is where the pressure begins like beginning to dim a light bulb. Add up the falls, accidents and injuries that occur with kids, like going down the stairs on their butt or a chair gets pulled out from them when they are trying to sit down at school to eat their lunch or on playgrounds where the swings bash together or in sports injuries. All of those things create subluxations upon subluxations upon subluxations, put pressure, more pressure on the nerve system and every day, our kids take another step in this direction, **MOVE FROM 100% FUNCTION TO 0% FUNCTION** another step in this direction, another step in this direction and at age 42, they bend over to pick their necktie off the floor and the back goes out on them. It didn't happen from the necktie. Or placing themselves under so much emotional stresses in school that they have to get so many things done, go to all these clubs, all these meetings, all these sporting events, putting undo stresses into their bodies and then one day at age 42 somebody comes up to them and says: "You lost your job," and they get a heart attack. But their body has been getting that stress being put on them because the functionality has been getting reduced day by day by day.

I want to check your kids and your grandkids. I want to check your spouse and your friends. I want to check all people to make sure they don't have vertebral subluxation. Subluxations are in epidemic proportions in our culture and are causing people to rot from the inside out. I want you to bring your family make sure they are getting checked to be free of nerve interference, whether it be chemical causes, physical causes or emotional causes. The goal of chiropractic is to correct subluxations. Follow our recommendations, they are the same recommendations I would have given you if you were my sister, my brother, my uncle, my dad, my kids, it is what I believe in my heart and soul to be the best thing for you. Don't be afraid to ask questions, be active within the care that you get. If your family is not already under care, part of the gift that I give you tonight is to have your family come in. We are giving you a gift certificate to have your loved ones checked for vertebral subluxations. There is no cost to this certificate. It is my gift to you for taking time to be here tonight to become informed. Let's check their spine, let's correct the pressure on their spine so they don't have to go through the degenerative process or reducing the functionality of their life and wind up in this box of symptoms, sickness and disease and an earlier death. And lastly, tell others; let other know what it is that you have learned. You are part of an informed minority, by telling others, you create the possibility in their life to experience better health and well-being.