

# Comparison of Chiropractic/Holistic Care To Medical/Allopathic Care

## Chiropractic/Holistic/Vitalistic/ Whole Body

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### 1. Basic Tenants.

- A. Treatment designed to maintain or restore body function as close as possible to 100%.

**Health<sup>1</sup>** is defined by **Dorland's Medical Dictionary** : A state of optimal physical, mental, and social well-being, and not merely the absence of disease and infirmity. (Also the W.H.O. definition)

**Holistic Health<sup>1</sup>**: A system of preventive medicine that takes into account the whole individual, his own responsibility for his well-being and the total influences - social, psychological, environmental - that affect health, including nutrition, exercise and mental relaxation.

**Vitalistic approach<sup>1</sup>**: Vitalism: the doctrine that ascribes the functions of a living organism to a vital principle and considers them only partly controlled by chemical and physical forces: as opposed to mechanism. (Human vs. Human Being)

**The sum of the whole is greater than the sum of the parts. (without the whole - something is missing)**

- B. Basic causes of disease:  
Homeostasis disruption from one or more sources:
- i. Imbalance in biochemistry caused by malnutrition which is caused from;
    1. Depleted soils
    2. Processing of foods
    3. Chemical farming practices
  - ii. Nervous system dysfunction (V.S.C.)
  - iii. Genetic causes
  - iv. Lifestyle choices
  - v. Environmental toxins
- C. Basic reason to see a patient:  
To help the patient keep in balance physically, mentally and chemically. Proactive Care. Lots of patient education and responsibility involved.

### 2. Treatments

- A. **Nutrition:**  
Whole food supplements to correct imbalances due to either **faulty eating habits** (processed foods, poor food selections) and **poor quality soil conditions and to compensate for pesticides, herbicides, waxed, colored, or otherwise adulterated foods.**

## Medical/Allopathic/Mechanistic/Symptom/ Disease

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### 1. Basic Tenants.

- A. Treatment designed to create reduction of or an absence of symptoms or to stop the complaint or disease the patient came in with.

**Allopathic Medicine (allopathy<sup>1</sup>)**: A term applied to that system of therapeutics in which diseases are treated by producing a condition incompatible with or antagonistic to the condition to be cured or alleviated. Called also *heteropathy*.

**Mechanistic approach<sup>1</sup>**: Mechanism: the theory that the phenomena of life are based on the same physical and chemical laws which operate in the inorganic world, opposed to vitalism.

### The whole can be analyzed and treated in parts

(NOTE: Why national health care won't work based on allopathic models - just a managed care way of working with reactive care.)

Everything that goes wrong with the body must be dealt with chemically (drugs) or physically (surgery & other physical measures).

- B. Basic causes of disease:
- i. Germ theory:  
Germs and microbes and viruses cause most disease. (**Health of the host is not emphasized.**)
  - ii. Lifestyle Choices
  - iii. Genetic Causes
- C. Basic reason to see a patient:  
To treat symptoms or to heroically save lives. Reactive care/acute crisis management.

### 2. Treatments

- A. **Drugs:**  
To create an opposite condition to that symptom or disease which is being treated.

**B. Balancing the communication and energy systems**

**Spinal Adjustments:**

To improve the function of the spine in order to ensure the intimate relationship of spinal function to nerve and blood vessel function is improved to as close to normal as possible. (N diagram)

**Biomagnetic Techniques:**

To balance body energy  
Examples: Bio-Energetic Synchronization Technique and acupuncture, acupressure.

**Exercise and Structural Support:**

Used to balance muscles, soft tissues, and bones for optimum performance of the neuromusculoskeletal system.

**Massage Therapy:**

For relaxation, stress management, and to balance soft tissue.

**B. Treating the body**

**Surgery:**

To cut out or repair damaged organs, glands, or tissues.

**Physical Medicine**

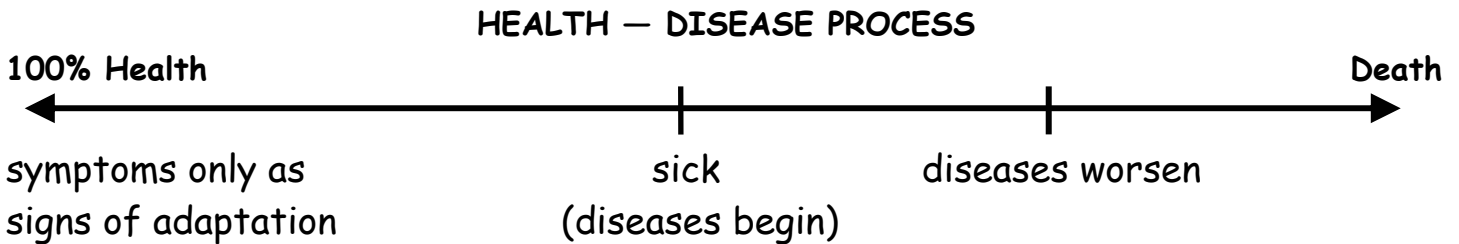
Exercise and Structural Support

**Massage**

Physical therapy

<sup>1</sup> *Dorland's Illustrated Medical Dictionary*, 26<sup>th</sup> edition. (Philadelphia, W.B. Saunders, 1981.)

## Complementary — NOT Incompatible



*“The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.”*

—Thomas A. Edison, 1847-1931



**Karl R.O.S. Johnson, D.C., L.C.P.,(Hon.)**  
**Chiropractor and Clinical Nutritionist**

50258 Van Dyke Avenue, Suite E, Shelby Township, MI 48317  
 (586) 731-8840 ❖ (586) 726-KIDS ❖ Fax (586) 731-9550