

# **An Introduction To The B.J. Palmer System of Upper Cervical Specific Chiropractic Care**

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and  
Richard Doble, Jr., D.C.



**Patient's Name** \_\_\_\_\_

**Dr. Richard Doble, Jr. Palmer Specific Chiropractor  
Doble Chiropractic**

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Dear Friend;

I am happy that you have chosen to be one of those people who are not afraid to try a new way to regain lost health. The Chiropractic way, in my opinion, is the best way because it has the body working without drugs, prescribed or non-prescribed. I have seen people who would rather die the medical orthodox way than to try the Chiropractic - unorthodox method of getting well.

This booklet is given to you so that you will be able to understand the Chiropractic method. It also provides you an answer to questions regarding the history of Chiropractic care and why each method is chosen.

Chiropractic is a **non-duplicating** science; that is, it is not duplicated by medicine, osteopathy, physical therapy or any other health science. We do NOT prescribe drugs, we do not operate on patients, we do not do rubdowns, heat treatments or colonics, etc.

What we DO as Chiropractors is to look for vertebra that are out of their normal place (subluxated), thereby putting pressure on the spinal nerve or on the spinal cord. A subluxated vertebra interferes with the transmission of mental impulses from the brain to the various tissue cells. There is no tissue cell of any kind in the body that works independently of the brain. The brain in turn is controlled by the Innate Intelligence, which resides in this organ. Innate Intelligence of the body controls everything. IT IS UPON THIS FACT THAT THE WHOLE SCIENCE OF CHIROPRACTIC IS BASED!

We, as Chiropractic doctors, see to it that your nervous system is able to conduct these mental impulses to the various tissue cells of the body. We have our own specialized instruments (Neurocalograph, ChiroTherm). We have our own specialized equipment (Side Posture Palmer Toggle Adjusting Table), our own Chiropractic tests. We take our own specialized type of spinographs (x-ray) views and have our own special way of adjusting vertebra back to their correct position - called the "**Palmer HIO System**". The organs regaining their mental impulse supply are then able to rebuild and to perform their proper functions. Health returns and you, the patient, will get well!

A **SUBLUXATION (the "silent killer")** in the upper cervical region affects the nerve supply to **ALL** areas below that region. Likewise, an **Upper Cervical Adjustment** effects and restores proper position of **ALL** vertebra below as well as proper nerve supply to **all** the cells of the body.

I do not give guarantees (nor does any other doctor.) My heart is in my work - I can think of no better profession. I will do the best for you that I know how, just as you would do for me if our roles were reversed.

Time is our biggest ally so don't be impatient if you don't get the results that you expected within the first few visits. Remember the condition that you are in now, your age, how long did it take you to get this way, how much break down is there of the tissue cells, how serious was the accident that caused it in the first place, and what are you doing to help yourself - are you eating correctly, sleeping right, getting exercise, not taking drugs or smoking, etc.

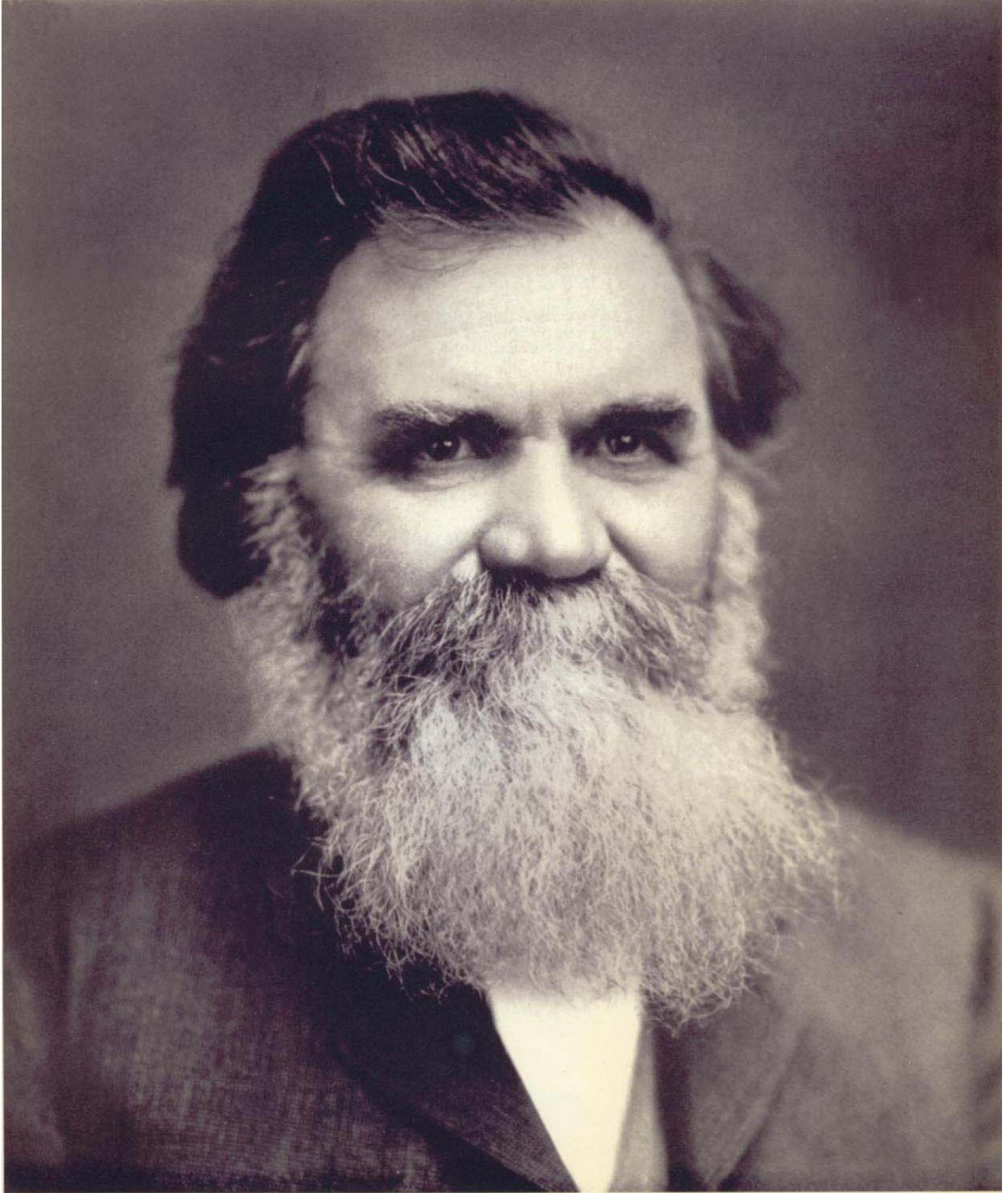
My constant prayer is that EVERYONE WILL GET WELL and STAY WELL!

## THE DISCOVERY OF CHIROPRACTIC

Dr. David Daniel Palmer was a practicing magnetic healer in the 1890's, who practiced in Davenport, Iowa. There was an African American janitor who worked in the office where Dr. Palmer practiced, named Harvey Lillard. Mr. Lillard had been deaf for seventeen years and was so deaf that he could not even hear the wagons bump along the brick streets. Dr. Palmer asked Mr. Lillard how he had lost his hearing and Mr. Lillard replied that while he was bent over, in a stooped position, he heard something "pop" in his spine and immediately had lost his hearing. Dr. Palmer was a very reasoning man and decided to examine Mr. Lillard's spine to see if he could determine what had caused the deafness. He found a noticeably large bump on Mr. Lillard's spine at the 2nd cervical level. He determined that perhaps this large bump on Mr. Lillard's spine had caused Mr. Lillard's deafness and decided to try to reduce that bump by making a thrust upon it. There had to be a connection between the bump and the loss of hearing. Dr. Palmer placed Mr. Lillard down on his stomach and gave the bump a hard shove. After a series of three shoves, the bump was reduced - Mr. Lillard's hearing returned!

D.D. Palmer reasoned - if I restored the hearing in Harvey Lillard by reducing the bump in his spine, why not reduce the bumps in other people's spines and restore their hearing. So he started advertising the he could restore hearing by reducing bumps on people's spines. He started watching and plotting where spinal nerves went, what organs and tissue cells they innervated. He developed his own anatomical charts, made notes of what was happening of different individuals problems and found that he was even curing problems that were not deafness related. He started looking to the spine for the cause of all diseases.

Dr. D.D. Palmer knew that he had stumbled on how to get the body to heal itself, but he didn't want to share it with the world; rather he wanted to keep it a family secret; however, His son, B.J. (Bartlett Joshua Palmer) decided to spread the word to the world about this discovery that his father had made. B.J. talked his father D.D. into starting a school for people to learn about the art of Chiropractic. D.D. opened "The Palmer Infirmary and Chiropractic School" in 1897, but since he had no students, he stated the opening of the school was in 1898 (when he had two students). B.J. was a student in the 1902 class of four students. After graduating, B.J. practiced in several cities. His father asked him to come home and help run the infirmary and school, which B.J. did. B.J. later bought out his father's interests and D.D. moved to Los Angeles, California, where he lived the remainder of his life.



Dr. D.D. Palmer

## THE DEVELOPMENT OF CHIROPRACTIC

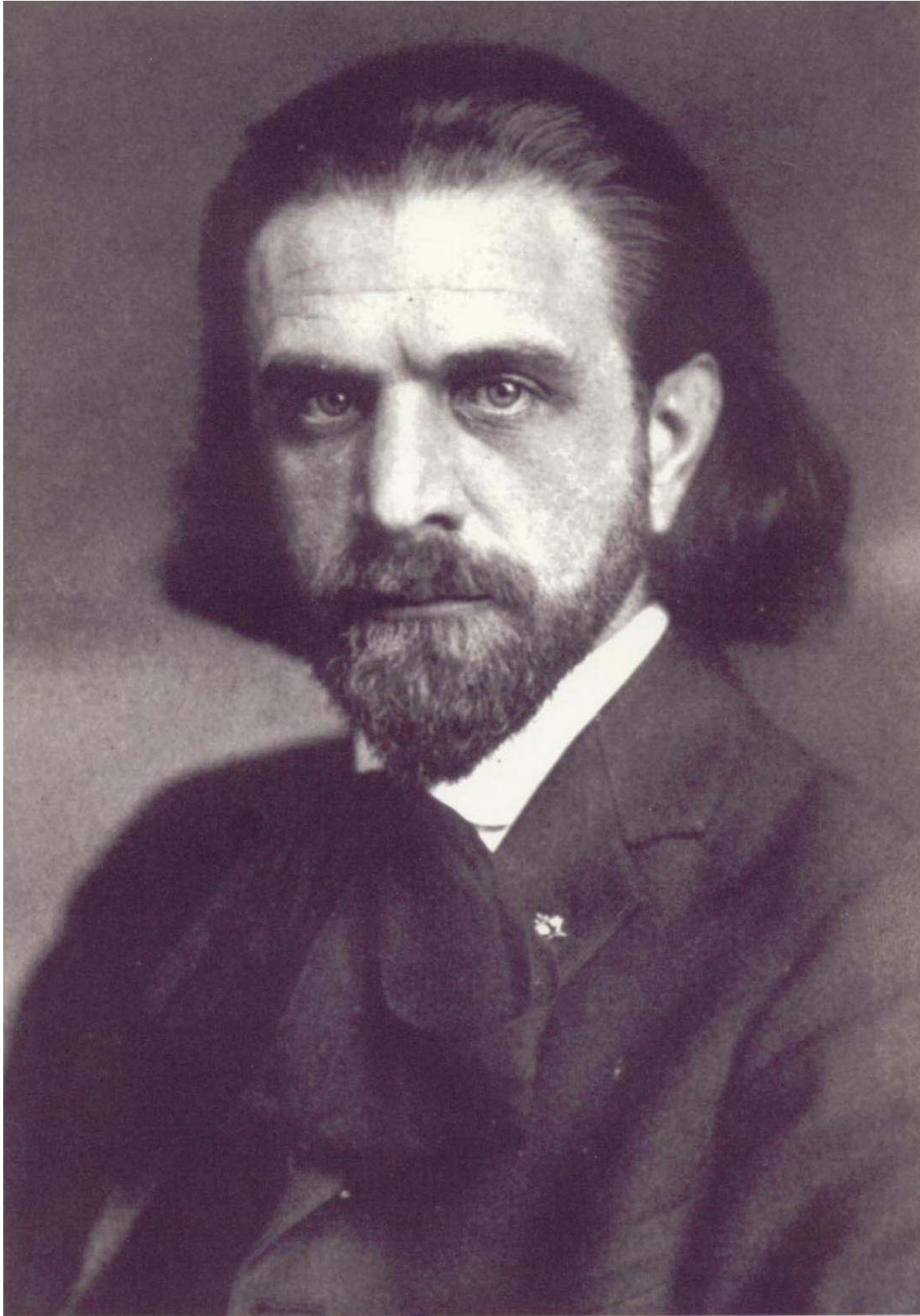
B.J. worked avidly at developing his school in Davenport, Iowa. There were many trials and tribulations not to mention arrests and legal battles. He went through financial difficulties and then made a lot of money through the various enterprises that he was into. He started a new business in the fledgling radio industry. In fact, one of the largest radio stations in the Midwest carry the call letters "WOC", meaning the "Wonders of Chiropractic". The most famous of the people to ever work for him was Ronald Reagan, the man to become a President of the United States.

Among other things that B.J. did was to develop a research clinic, a sanitarium for the mentally ill, a TV station, a whole new vocabulary for the Chiropractic science, analytical instruments for the new Chiropractic profession, and adjusting tables. He wrote many books, and one of the most disdainful things he had to do was to put paper into a typewriter when he was in the middle of a thought. He went to a typewriter company and told them he wanted them to build him an electric typewriter (the first) that would hold a roll of paper. He could then type several feet of paper, take it to his secretary and have her put it on normal size paper. He took a new invention, x-ray and developed the techniques for taking certain views that would help the Chiropractor see the vertebra that were out of position. Some of these views are referred to by medical radiologists as "those Chiropractic views" and are helpful and unique to Chiropractors and medics alike. The first full spine x-ray, (that is a full view of the human spine on one film) **was taken by Dr. B.J. Palmer**, not the medics. He coined the word spineographer for chiropractors that is our specialty – x-raying the spine for the correct way of replacing a vertebra to its normal position.

Some of the sayings that B.J. put out were "As Sterling is to Silver, Palmer is to Chiropractic", "From the Palmer College Fountain Head, flows the pure water of Chiropractic thinking." There is a small booklet printed of the sayings that B.J. had painted over all the walls of the school, i.e. "Enter to learn – go forth to serve the sick", "Prescriptions are written in Latin, but the bills come in plain English".

B.J.'s private clinic was a marvel. A student had to first intern in the student clinic. If a student completed working with a certain number of patients he could then work in Dr. Palmer's private clinic. I feel very fortunate to be a patient, friend and student of Dr. Clarence D. Jenson, Chiropractor, who is one of the last students to work in B.J. Palmer's private clinic. In B.J.'s clinic he got to see many of the worst type of illnesses. Patients had been sent from all over the world to B.J. Patients who couldn't walk, who couldn't function in any way.





Dr. B.J. Palmer

B.J. was getting a fantastic percentage of patients well who were the “incurables.” He had employed medical doctors to work in his clinic, who would run their tests to verify the hometown doctors’ diagnosis. He would run his Chiropractic tests, give the patient Chiropractic adjustments, then the medical doctors would run their tests over again to verify the results that Dr. Palmer was obtaining through Chiropractic methods. B.J. really was a tireless worker and a mental giant in a very small body. Dr Jenson says that he doubts that he stood 5’5”.

After years of experimenting, documenting, analyzing, B.J. came up with the Palmer HIO (hole in one) system. This is the system that you will be getting in my office and is, in my opinion, the best system there is in Chiropractic. We do most of our work on the first two vertebra in the spine (neck area). These are the most freely moveable, smallest vertebra and the ONLY place where the brain stem is complete, and when out of place (subluxated) can interfere with the transmission of mental impulses to ANY place in your body!! And the ones, which Chiropractic Research have found to be the culprits causing most of the patient's health problems. There is no pain associated with a Palmer HIO adjustment.

Dr. B.J. Palmer made a lot of enemies along his road of life because he would not tolerate the mixing of Chiropractic with that of medicine. I feel that a good Chiropractor does not use anything but straight Chiropractic methods, i.e. finding subluxated vertebra (vertebra that are out of place), which are producing either spinal cord pressure or spinal nerve pressure and adjusting these vertebra back to their normal positions. Getting rid of the nerve interference, and letting the patient's Innate Intelligence heal their own body. This is what we mean by the “natural way to health” - you are not using drugs to fool the mind into thinking you are feeling better than you are. Using drugs has never cured a dis-ease! – make a collection of daily newspaper articles on drugs. They tell constantly that yesterday's miracle drug is today's failure killing many people!

B.J. was very adamant about adjusting only when there was a nerve interference displayed on instrumentation and not over adjusting the patient. Also, he was strict about using x-ray to determine the position of the spinal vertebra and not relying on hand examinations of the spine, which were found to be inaccurate with scientific study. Dr. Palmer found that resting the patient was crucial to the patient holding the adjustment. That is why we rest you after your very specific spinal adjustment!



## **INNATE INTELLIGENCE - THE INBORN INTELLIGENCE OF THE BODY**

**Dr. B.J. Palmer** (the developer of Chiropractic science) states: "Man has within his living being two intelligences – Innate and Educated.

One is an involuntary gift to his body complete at birth (it beats your heart, digests your food, oxygenates your blood, etc.). The other he voluntarily develops from nothing to what we hope is something.

Innate Intelligence is a gift of God. Educated Intelligence is what you develop day by day, year by year. Innate Intelligence is greater than Educated Intelligence.

The Chiropractic Profession, from its very inception, has taught of Innate Intelligence and how it controls and runs all of the functions of the body. Innate Intelligence is in touch with every tissue cell of the body, with all the organs (including the brain). The *U.S. News & World Report* magazine ran an article on the brain calling it the "Human Computer" showing that the brain controls everything in the body. Actually this ability to run the body, the organs, the functions, to analyze at all times everything in the body, to coordinate them to see that everything is running to the best ability that the body is capable of doing, is Innate Intelligence at work. *A good Chiropractor never claims to heal the body but releases pressure on the impinged nerve to allow it to once again carry messages from Innate Intelligence (in the brain) to the dis-eased tissue cells anywhere in the body.* Once the dis-eased tissue cells receive mental impulses from the brain, they are able to function normally unless there has been too much damage caused by the vertebral subluxation.

It should be noted here, that Chiropractic Philosophy teaches that Innate Intelligence is separate from the brain and uses the brain as an organ to carry out its commands. When Chiropractic Philosophy was first being developed, it was not known how nerves transmitted mental impulses, or how much electricity was sent over or through a nerve. Science is just now starting to learn this. What was once Chiropractic theory is now being proven as scientific fact! Be that as it may, Innate Intelligence tells the brain what messages to send to all tissue cells of the body. It makes decisions on messages the brain receives from the body, and acts upon all information that the brain receives in order to carry out the regulation of all parts of the body. (Look up the word "innervate" in the dictionary to see that the brain innervates all tissue cells and organs in the body.)

There is not one tissue cell of the body that works independently of Innate. Innate Intelligence is in charge of everything, running the body normally, telling the heart how many beats in a minute to beat, telling glands to secrete their fluids in just the right amounts, telling the stomach how much digestive secretions to make, telling the intestines what to do, the liver, the kidneys, etc.

Innate Intelligence is in charge of repairing the body that is injured or dis-eased. Innate will repair that which needs to be repaired in the body the best way that is opened to it with the materials and resources at hand. If you cut your hand, you do not mentally say: "hand - heal yourself." You know that healing will normally take place without thinking about

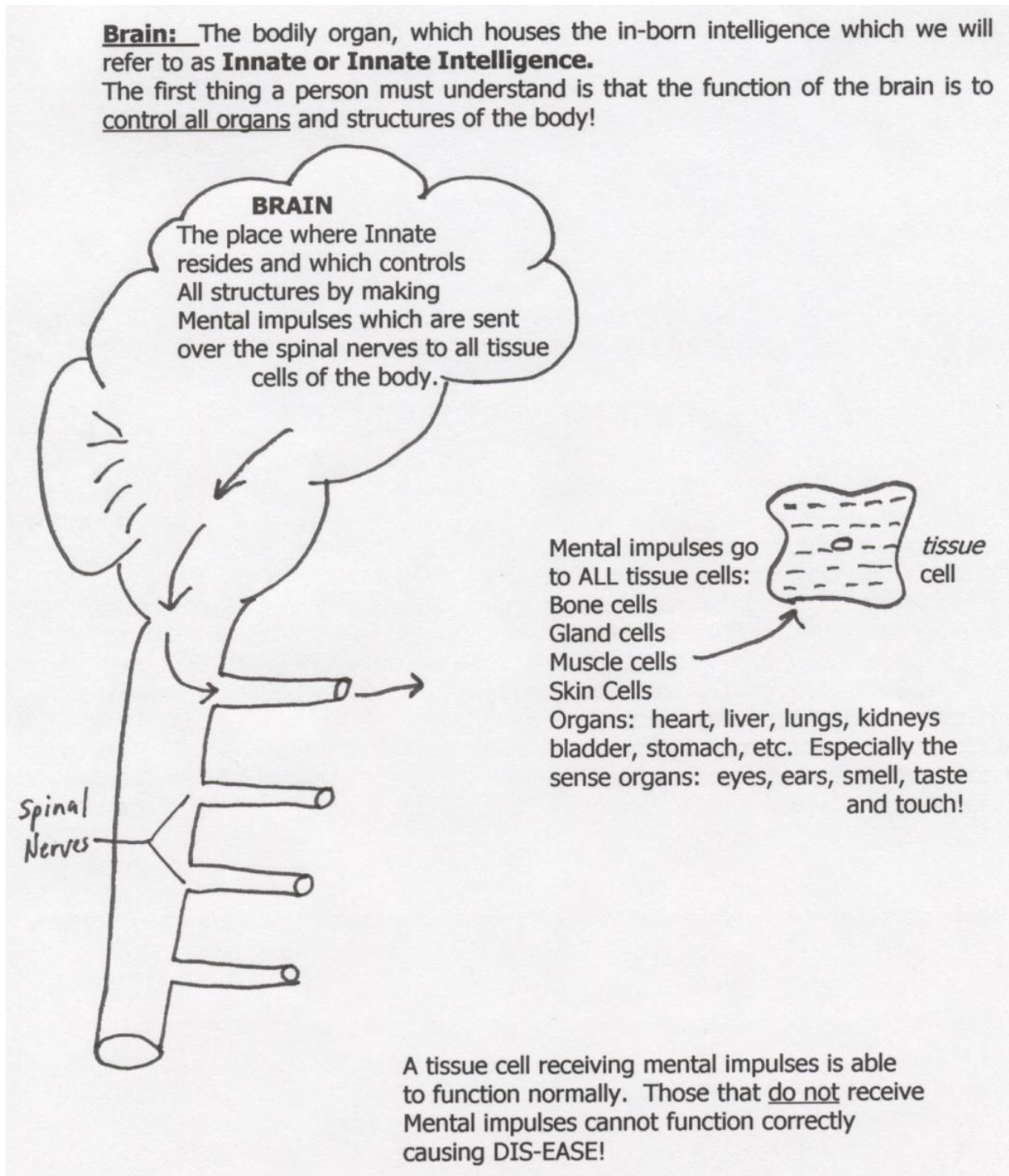
it because experience has taught you that it will heal. How? - under the direction of Innate Intelligence. This Innate is at work because it will know which white blood cells have to come into action, what red blood cells have to do, the materials needed to make a scar, whether a scar will have to be made, whether the skin can be patched without scarring. Innate is in charge, and to make sure that it is in communication with all parts of the body. We, as Chiropractors, keep the spinal nerves free from being impinged (subluxated) by a vertebra out of place. We as Chiropractors, try to keep the avenues of communication between the brain and the tissue cells open. By doing so, Innate Intelligence is able to maintain the body in the best possible condition, allowing the organ and tissue cells to function optimally.

To back up the past statements, I would like to quote the following from Gray's Anatomy book, 28th edition, page 4: "The Nervous System (neurology) includes the Central Nervous System which is composed of the brain and spinal cord, the Peripheral Nervous System which is composed of nerves and ganglia and the Sense organs, such as the eye and ear. **Its function is to control and coordinate all the other organs and structures and to relate the individual to his environment.**"

The last two lines tells you that if Innate relates the individual to his environment – there will be no allergies. I.E. hay fever, asthma, etc. Strange, asthma is medically incurable, yet we have had patients with asthma who have had oxygen at home, oxygen in the car, oxygen at school or work and get totally well!

**Brain:** The bodily organ, which houses the in-born intelligence which we will refer to as **Innate or Innate Intelligence.**

The first thing a person must understand is that the function of the brain is to control all organs and structures of the body!



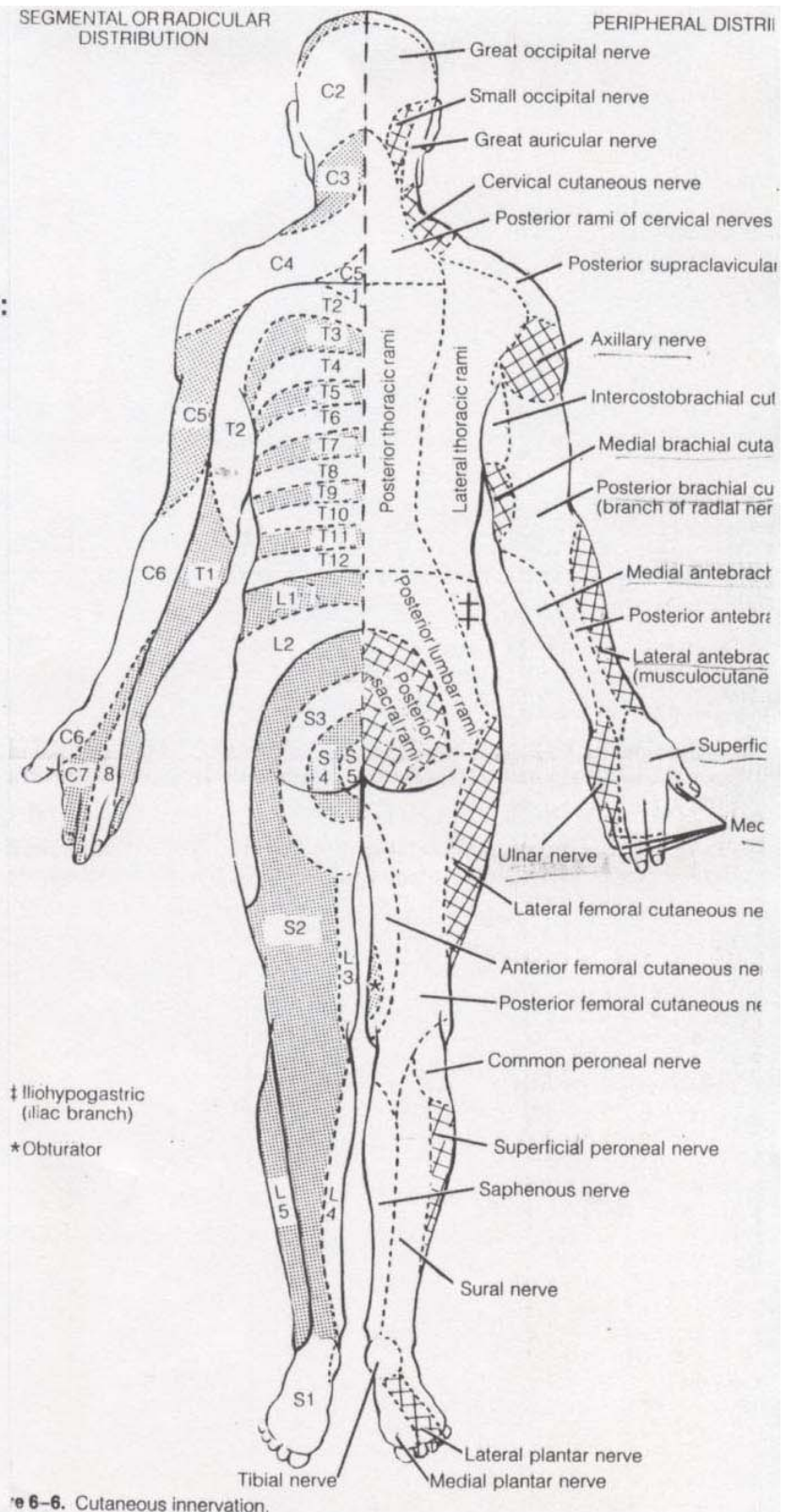
The following definition is taken from "Webster's New International Dictionary, 2<sup>nd</sup> edition:

**Innervation:**

1. The act or process of innervating; state of being innervated
2. Anatomy: The distribution of nerves to or in a part
3. Physiology: The nervous excitation necessary for the maintenance of the life and functions of the various organs

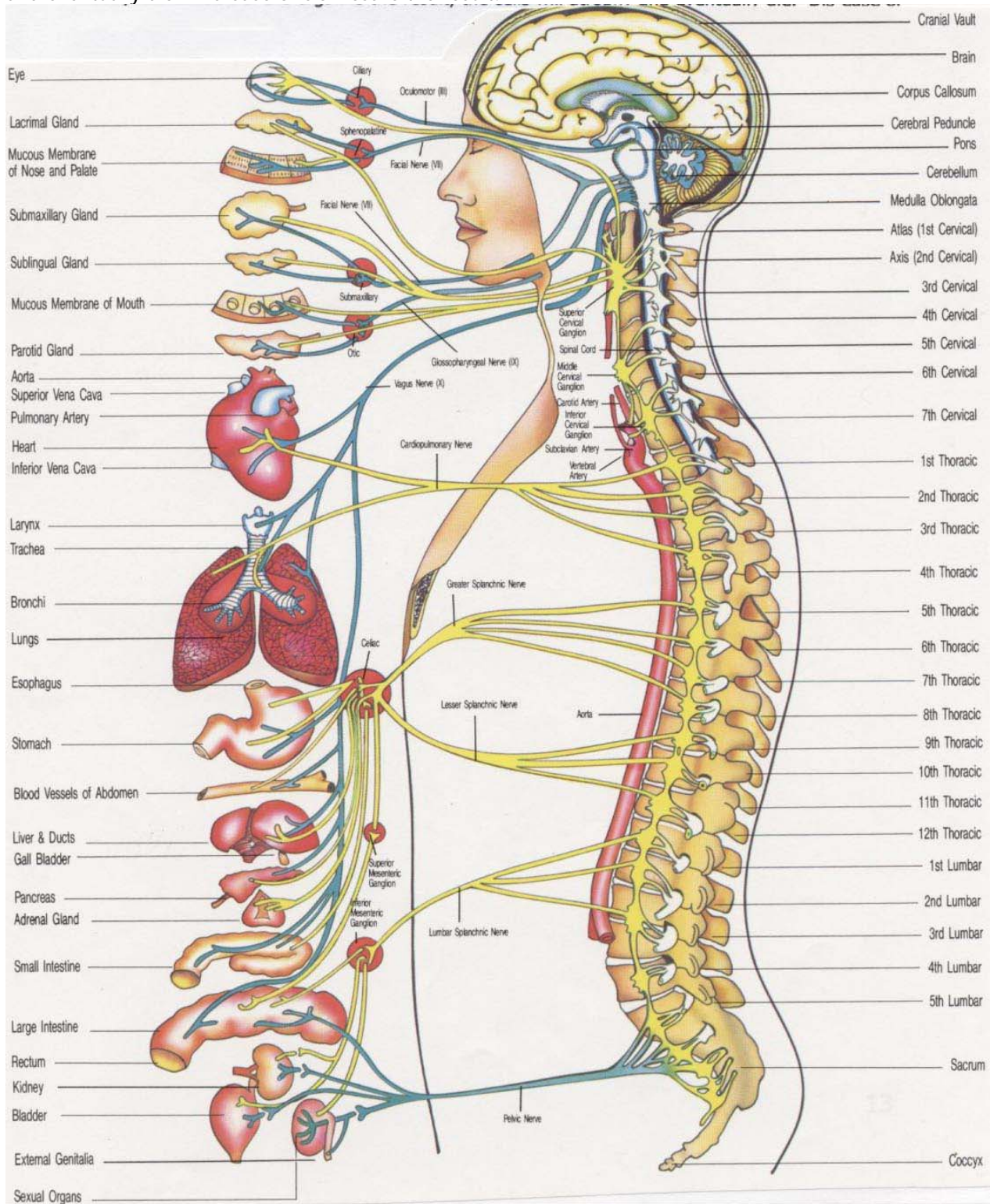
**How the body controls and integrates its functions:**

Nerves transmit mental impulses from the brain to every piece and part of the body. Nerves also transmit sensation from every part of the body back to the brain. Every cell in the body is innervated. When NOT innervated EASE is lost – Dis-ease results!





In this diagram of the nervous system, you can see the brain, how the spinal cord is an extension of the brain, and how the spinal nerves branch off from the spinal cord and then go to every organ in the body. If any of these spinal nerves are damaged or impinged, then the mental impulse supply from the brain cannot flow through the nerve to the various organs of the body-malfunction of the organ is the result, the cells will atrophy and eventually die. Dis-ease or sickness is the result!



### CHIROPRACTIC PREMISES:

1. Innate Intelligence resides in the brain and uses the brain to make mental impulses. The law of Innate Intelligence is the preservation of life in the body!
2. We call mental impulses LIFE FORCES, because each tissue cell in the body has to receive these Life Forces before they can live and function, hence, giving life to each tissue cell.
3. Life Forces flow throughout all the nerves of the body and from the body BACK to the brain
4. The function of a nerve is the conduction of Life Forces – called mental impulses.
5. The spinal cord with its meninges is the size of the spinal canal\*. Any minute movement of the vertebra can produce pressure upon the spinal cord, thus interfering with the transmission of Life Force from Innate Intelligence over the spinal nerves.
6. The functions of the vertebra include: they provide protection of the spinal cord; they house the spinal cord within their framework; they are built for limited motion; they serve for muscle and ligament attachments; they are built for strength to hold the body erect.
7. Vertebra moving beyond their normal limits will produce pressure on the spinal cord and/or the spinal nerve interfering with conduction of these mental forces producing dis-ease.
8. Vertebra that is not able to return to its normal position, keeps pressure on the spinal cord and/or the spinal nerve. This in turn interferes with the Life Force supply from Innate Intelligence to the tissue cells of the body which if continued WILL cause death.
9. Interference with Life Force supply for Innate Intelligence makes the organ supplied by that pinched nerve, weak or non-functioning. The organ works at PARTIAL OR NO capacity, the tissue cell dies in the latter instance.
10. THE PATIENT IS ILL!!

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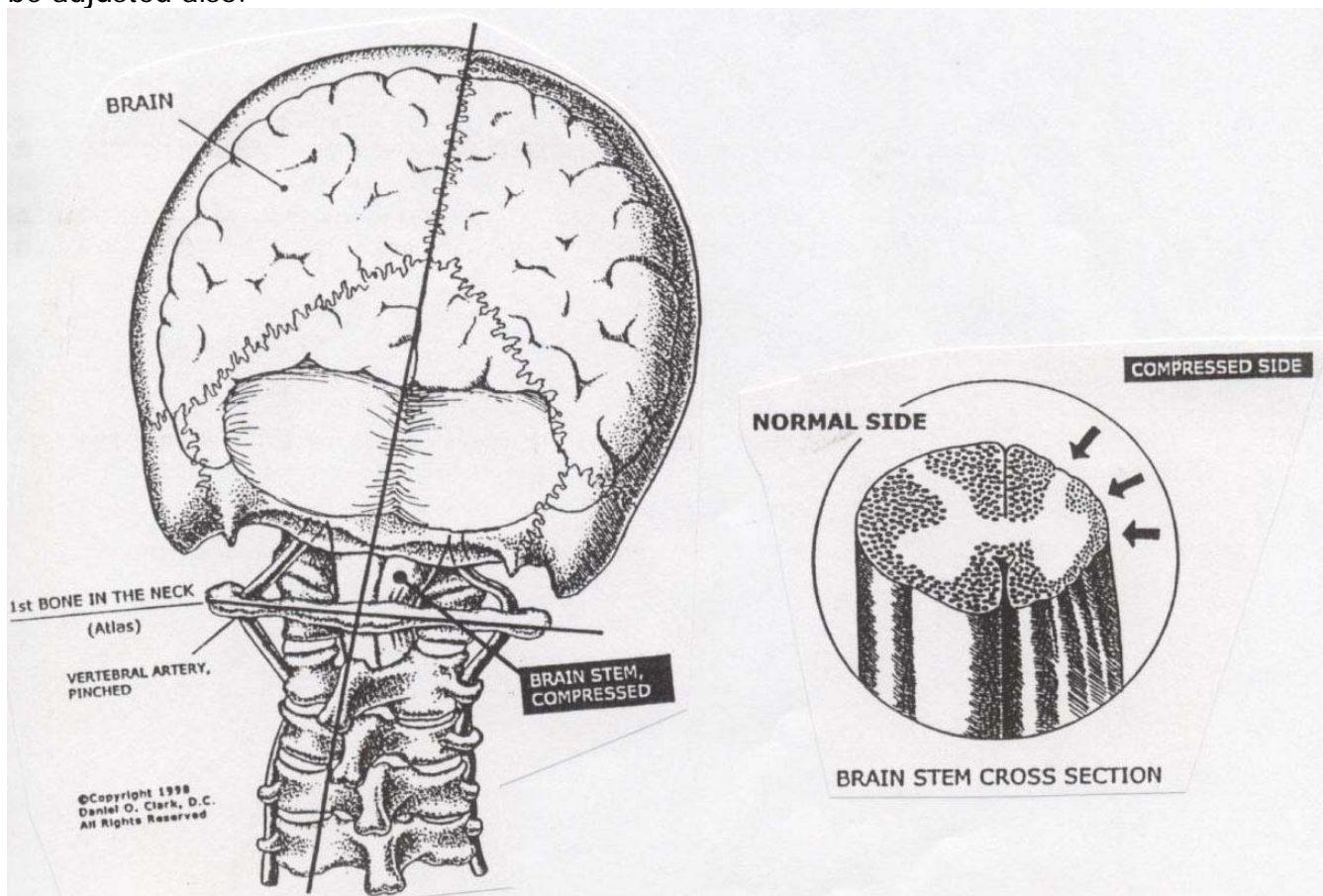
\*An argument broke out in the early history of Chiropractic between the Medics and Chiropractors over whether or not a vertebra could apply pressure on a spinal nerve or the spinal cord. The Medics were going by the millions of dissections on human bodies that they had done and found the spinal cord much smaller than the spinal canal. To prove that the spinal cord is exactly the same size and diameter as the spinal canal, Dr. B.J. Palmer went to the Spatheholtz Laboratories in Dresden, Germany, because there was no lab in the United States who would do this research for him. He talked to Drs. Spalteholtz, Buenther, and Mueller who told B.J. that the research had to be done on a human body immediately upon pronouncement to death, quick frozen, slices made micro-thin for microscopic study, etc. They did this research, issued a document stating that the spinal cord and spinal canal are the same size and then gave the times that tissue shrink, I.E. the spinal cord will shrink 50% within 24 hours. To this day, the medical profession has never argued, taught, written or stated that the spinal cord is of different size than the spinal canal. Drs. Spalteholtz, Guenther and Mueller did this on several specimens, one of which (called the "wet specimen") is at the Palmer College of Chiropractic.



## TELL ME DOCTOR – WHAT IS A VERTEBRAL SUBLUXATION?

The photo below is a graphic illustration of a “pinched nerve” (or actually hundreds of thousands of nerves). The photo illustrates the result of a displacement of the first vertebra in the neck (a subluxation) causing obstruction of the normal flow of intelligent vital mental impulses through the nerves.

The first vertebra of the Spine is called the **Atlas** because it holds up the head (brain). The **Atlas** is the most **freely moveable** vertebra in the spine and also the smallest! Therefore, the **Atlas** is the only vertebra of the spine capable of **producing pressure on the spinal cord** affecting nerves going to **every part of the body**! **Chiropractic research has proven the atlas to be the vertebra most often impinging on the spinal cord or spinal nerves.** Occasionally other areas of the spine can become subluxated and will need to be adjusted also.



## WHAT HAPPENS IN SICKNESS AND PAIN?

**Remember – the Law of Innate Intelligence is the preservation of life in the body!**

There are many theories on how we become aware of disease and discomfort. An accepted view is that we know that sickness and pain are abnormal and indicative that some part of the body is not doing its proper duty or is affected adversely in some way. For instance, there is no intelligent basis for thinking that a perfectly sound organ will begin to slight its work if it is given the proper nerve energy to do its job and it is not violently injured or abused.

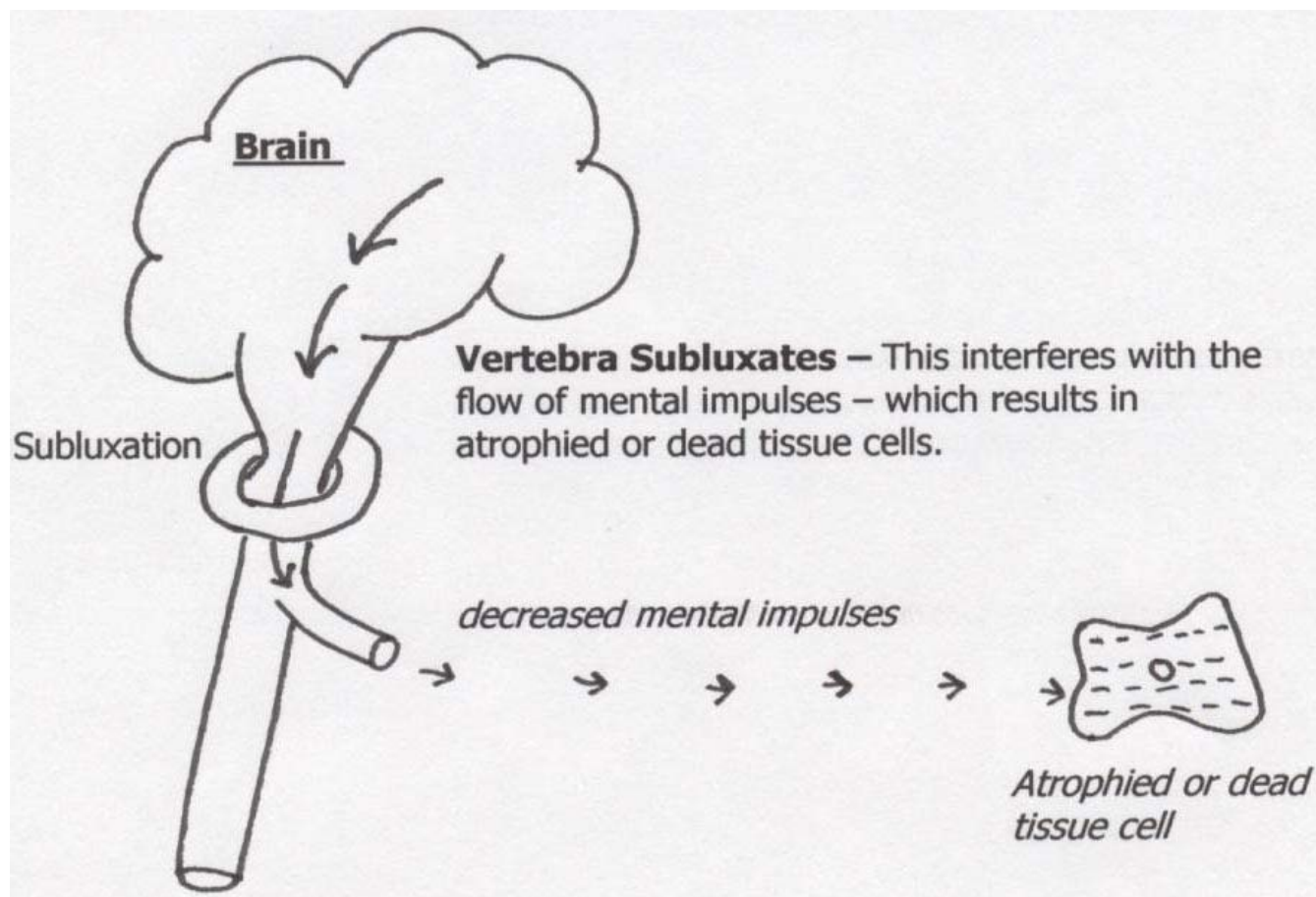
Since Innate in the brain normally takes care of the whole body, and since the Innate is constantly sending over the network of nerves whatever instructions are necessary to do just that, then the organs should be able to do their work under most circumstances. Innate will arm all defenses of the body to repair any dis-eased function in any or all organs!

Here is where the Chiropractic Philosophy breaks with the other schools of healing. When the organs are not functioning properly, it has been customary to treat them with drugs which necessarily must be introduced into the stomach and which eventually reaches the organs by way of the bloodstream. WHY the perfectly sound organ stops functioning properly is not satisfactorily explained by medical sciences!

Chiropractic Philosophy answers this question definitely and answers it with a perfectly logical explanation that the **connection between the organs and their controlling nerve centers are impaired**. Except for violent accidental injury or some form of intolerable abuse, this is the only possible explanation for an organ to just stop functioning!

# There is only one dis-ease

All tissue cells function correctly as long as they receive mental impulses from the brain. When a vertebra moves out of position (subluxates) it produces spinal cord pressure or spinal nerve pressure. This interferes with the flow of mental impulses to the tissue cells. When this happens, the tissue cells are no longer capable of functioning properly. This is what we call Dis-ease (dis=lack of, ease=the body is not functioning with ease).



## A subluxation causes:

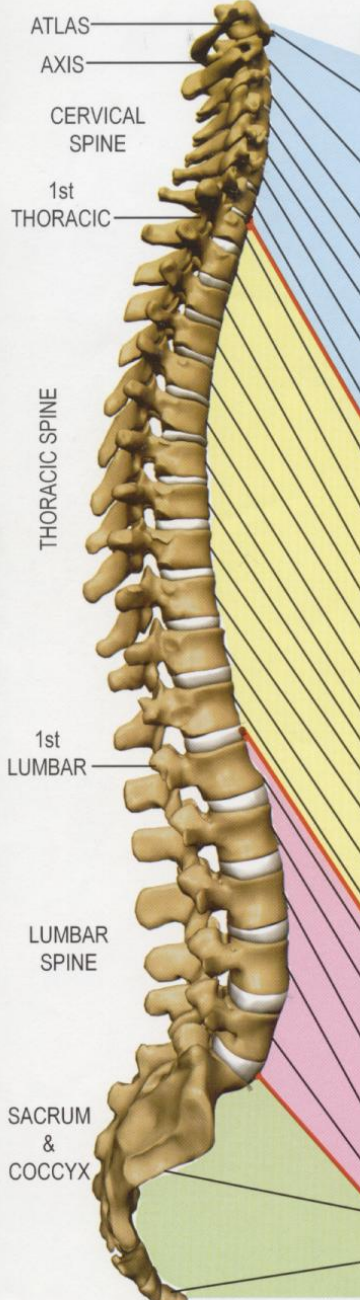
1. pressure on the spinal cord or
2. pressure on the spinal nerve
3. interference with the transmission of mental impulses from the brain
4. tissue cells to break down,
5. the tissue cease functioning, it atrophies or dies,
6. dis-ease as the result



## CHART OF EFFECTS OF SPINAL MISALIGNMENT

### VERTEBRAL SUBLUXATION AND NERVE CHART

"The nervous system controls and coordinates all organs and structures of the human body." (Gray's Anatomy, 29th Ed., page 4) Misalignment of spinal vertebrae and discs may cause irritation to the nervous system which could affect the structures, organs, and functions listed under "areas" and the "possible symptoms" that are associated with malfunctions of the areas noted.



Vertebrae	Areas & Parts of Body	Possible symptoms
ATLAS		
AXIS		
C1	Blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system.	□ Headaches □ nervousness □ insomnia □ head colds □ high blood pressure □ migraine headaches □ nervous breakdowns □ amnesia □ chronic tiredness □ dizziness
C2	Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead.	□ Sinus trouble □ allergies □ pain around the eyes □ earache □ fainting spells □ certain cases of blindness □ crossed eyes □ deafness
C3	Cheeks, outer ear, face bones, teeth, trifacial nerve.	□ Neuralgia □ neuritis □ acne or pimples □ eczema
C4	Nose, lips, mouth, eustachian tube.	□ Hay fever □ runny nose □ hearing loss □ adenoids
C5	Vocal cords, neck glands, pharynx.	□ Laryngitis □ hoarseness □ throat conditions such as sore throat or quinsy
C6	Neck muscles, shoulders, tonsils.	□ Stiff neck □ pain in upper arm □ tonsillitis □ chronic cough □ croup
C7	Thyroid gland, bursae in the shoulders, elbows.	□ Bursitis □ colds □ thyroid conditions
T1	Arms from the elbows down, including hands, wrists, and fingers, esophagus and trachea.	□ Asthma □ cough □ difficult breathing □ shortness of breath □ pain in lower arms and hands
T2	Heart, including its valves and covering, coronary arteries.	□ Functional heart conditions and certain chest conditions
T3	Lungs, bronchial tubes, pleura, chest, breast.	□ Bronchitis □ pleurisy □ pneumonia □ congestion □ influenza
T4	Gallbladder, common duct.	□ Gallbladder conditions □ jaundice □ shingles
T5	Liver, solar plexus, circulation (general).	□ Liver conditions □ fevers □ blood pressure problems □ poor circulation □ arthritis
T6	Stomach.	□ Stomach troubles including: □ nervous stomach □ indigestion □ heartburn □ dyspepsia □
T7	Pancreas, duodenum.	□ Ulcers □ gastritis
T8	Spleen.	□ Lowered resistance
T9	Adrenal and suprarenal glands.	□ Allergies □ hives
T10	Kidneys.	□ Kidney troubles □ hardening of the arteries □ chronic tiredness □ nephritis □ pyelitis
T11	Kidneys, ureters.	□ Skin conditions such as acne □ pimples □ eczema □ boils
T12	Small intestines, lymph circulation.	□ Rheumatism □ gas pains □ certain types of sterility
L1	Large intestines, inguinal rings.	□ Constipation □ colitis □ dysentery □ diarrhea □ some ruptures or hernias □
L2	Appendix, abdomen, upper leg.	□ Cramps □ difficult breathing □ minor varicose veins
L3	Sex organs, uterus, bladder, knees.	□ Bladder troubles □ menstrual troubles such as painful or irregular periods □ miscarriages □ bed wetting □ impotency □ change of life symptoms □ many knee pains
L4	Prostate gland, muscles of the lower back, sciatic nerve.	□ Sciatica □ lumbago □ difficult, painful or too frequent urination □ backaches
L5	Lower legs, ankles, feet.	□ Poor circulation in the legs □ swollen ankles □ weak ankles and arches □ cold feet □ weakness in the legs □ leg cramps
SACRUM	Hip bones, buttocks.	□ Sacroiliac conditions □ spinal curvatures
COCCYX	Rectum, anus.	□ Hemorrhoids (piles) □ pruritus (itching) □ pain at end of spine on sitting

## CONDITIONS THAT HAVE RESPONDED WITH PALMER SPECIFIC CHIROPRACTIC CARE (*Partial list*)

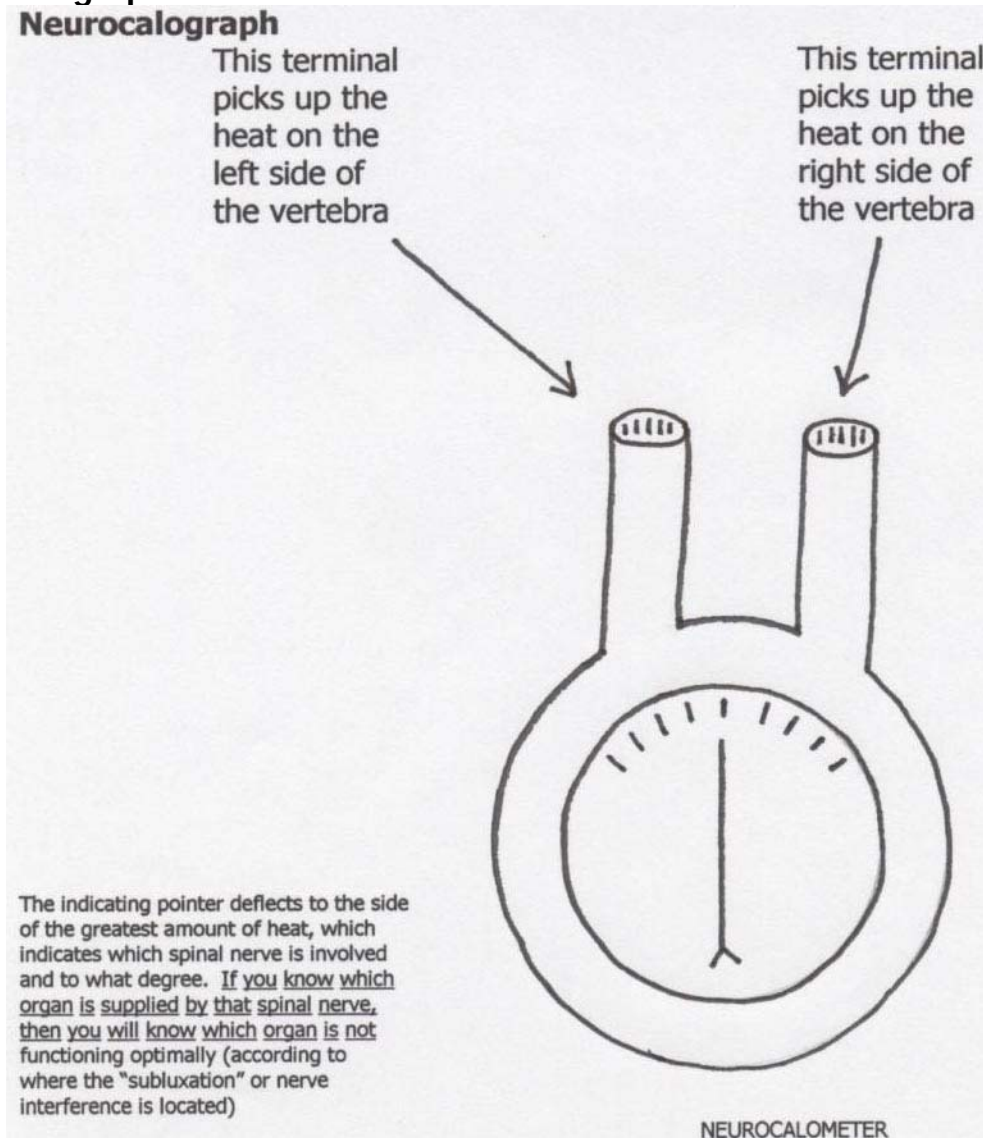
>	Adrenal gland diseases	>	Insomnia
>	ADD, ADHD	>	Irritable bowel syndrome
>	AIDS	>	Kidney disorders
>	Allergies	>	Knee pain
>	Anemia	>	Leg pain
>	Arthritis	>	Leukemia
>	Asthma	>	Liver diseases
>	Back pain	>	Menstrual cramps/pain/irregularity
>	Bed Wetting	>	Menopause symptoms
>	Bells Palsy	>	Meniere's disease
>	Bladder conditions	>	Mental disorders
>	Blindness	>	Migraines
>	Brain tumors	>	Multiple Sclerosis
>	Breast lumps/cancer	>	Nausea
>	Bronchitis	>	Neck pain
>	Bursitis	>	Neuralgia
>	Carpal Tunnel Syndrome	>	Neuritis
>	Cataracts	>	Optic neuritis
>	Cancer	>	Organ malfunction
>	Cholesterol - high	>	Osteoporosis
>	Chronic Infections	>	Ovarian cysts/cancer
>	Constipation	>	Parkinson's disease
>	Colic	>	PMS
>	Colon troubles	>	Prostate problems
>	Deafness	>	Psoriasis
>	Depression	>	Reflex Sympathetic dystrophy
>	Diabetes	>	Respiratory conditions
>	Digestive disorders	>	Reynaud's phenomenon
>	Disc protrusions/herniations	>	Rheumatic fever
>	Dizziness	>	Sacro iliac disorders
>	Dystonia	>	Sciatica
>	Ear infections	>	Scoliosis
>	Eczema	>	Shoulder problems
>	Emotional disorders	>	Sinusitis
>	Endometriosis	>	Skin Disorders
>	Epilepsy	>	Spasmodic torticollis
>	Esophageal Reflux	>	Spinal curvatures
>	Eye problems	>	Stiff neck
>	Facial nerve palsy	>	Stomach disorders
>	Foot problems	>	Sudden Infant Death Syndrome
>	Fibromyalgia	>	TMJ
>	Glaucoma	>	Thyroid disorders
>	Gall Stones	>	Tinitis
>	Goiter	>	Torticollis
>	Gout	>	Trigeminal neuralgia
>	Graves disease	>	Ulcers
>	Headaches	>	Urinary tract infections
>	Heart conditions	>	Vaginal disorders
>	Hemorrhoids	>	Varicose veins
>	Hepatitis C	>	Vertigo
>	High Blood pressure	>	Viral Infections
>	Hip pain	>	Vitaligo
>	Incontinence	>	Whiplash
>	Impotence		
>	Infertility		

## **HOW YOU GET WELL UNDER CHIROPRACTIC CARE**

If the patient, who is ill, contacts a Palmer Specific Chiropractor, the Chiropractor will do the following:

1. Will use a Neurocalograph or equivalent instrument on the spine. This instrument makes a graph, which is a comparative graph between the right and left spinal nerves; the pen of the instrument deflects to the side of the greatest amount of heat. The name of the instrument *neurocalograph*, means: neuro = nerve, calo = heat, graph = graph – graphing of nerve heat. A Palmer Specific Chiropractor can interpret this graph and know which spinal nerve is being interfered by the vertebra, when to give or when not give an adjustment, whether the correct adjustment has been made, and whether the patient is making progress.

### **Neurocalograph**



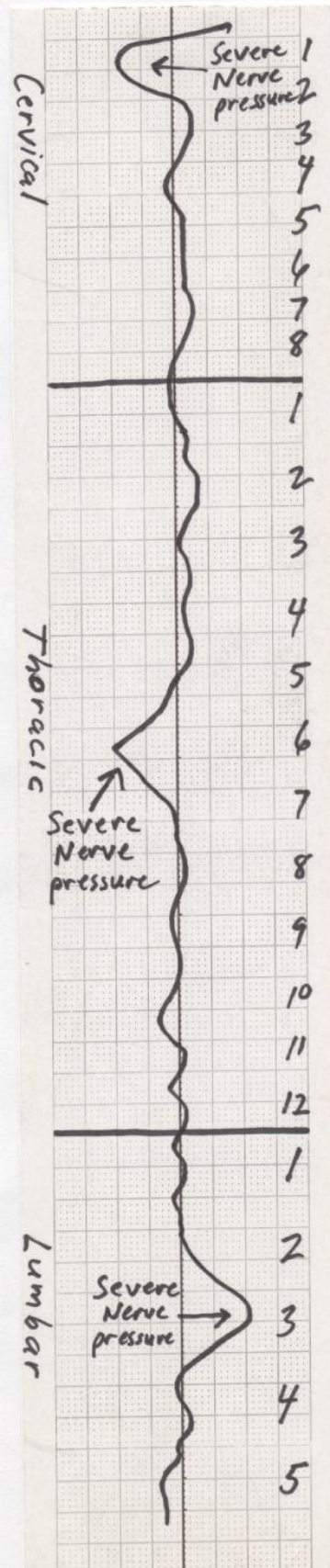


This is a NEUROCALOGRAPH of a patient's spine.  
 In the cervical region (neck) there are 8 nerves  
 in the thoracic region (mid back) there are 12 nerves and in the lumbar region (low back) there are 5 nerves, making 25 left and right spinal nerves.  
 The human body is bilateral – The left side of the brain controls the right side of the body and the reverse is true!

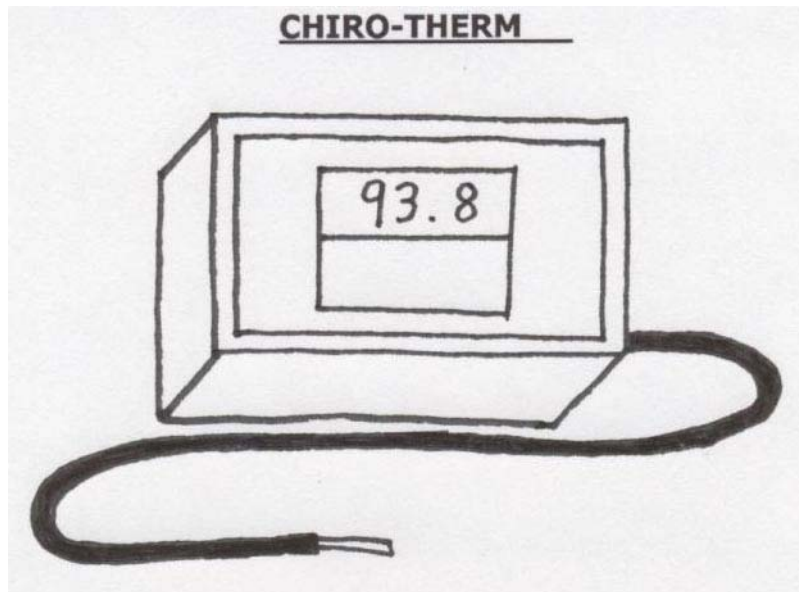
Look back on the nerve chart on page 18. Look at 1 and 2 cervical nerves.

6th thoracic nerve

3rd lumbar nerves to see which organs and structures are affected!



2. The **CHIRO-THERM** is a very sensitive heat-detecting instrument with a single probe which is placed on your neck just below and behind the ear. The temperature is recorded on both sides of the neck and the difference between the two is made known, which indicates on which side of the spinal cord the impingement exists. If the numbers are the same it indicates that no spinal cord interference exists.



**Spinographs will be taken of the spine;** no patient is adjusted without them. Measurements are made on the x-ray film to determine the exact directions of the misalignment of the subluxated vertebra. There are several reasons for taking x-rays among which are:

- We make measurements on the x-ray film to see how far out of place a vertebra has subluxated, to come up with the spinal correction formula.
- We also want to note any abnormal pathology in case you should need to be referred to another doctor
- By observing the damage to the spine we often can get a rough estimate on how long you have been suffering or when the accident occurred and how long the repair process will take.
- From the measurements that are made on your Spinographs, we can make a specific adjustment, that means an exact adjustment designed specifically for your case. This eliminates guess work. No two adjustments are exactly alike!

**The Spinograph views that we take are:**

- Lateral Cervical – this determines how far forward the atlas vertebra has mis-aligned. We also are interested in what kind of curvature you have. We also want to see the condition of the rest of the cervical vertebra and the intervertebral discs.
- A-P Cervical – This determines to which side the atlas or axis vertebrae has side-slipped or mis-aligned.

- Nasium Cervical – This is a back-up x-ray to the A-P cervical and helps to determine the laterality of the atlas or axis vertebra. It helps to prevent mistakes and gives a more exact listing of how the vertebrae are subluxated - one view is a check on the other view.
- B-P Cervical – This shows which vertebra are out of place the furthest, the atlas or the axis. It gives us the measurement of how much rotation there exists on the atlas vertebra and the depth of the adjustment.
- A-P full spine – which shows curvatures, arthritic spurring, and scoliosis of the spine. This view shows which hip to adjust if the pelvis is mis-aligned.
- Full-Spine lateral view – which shows any arthritic spurring of the vertebra, the degeneration of any inter-vertebral disc space, degeneration of the vertebral bodies and the curvatures of the spine.

I think you will find that this is one of the most complete Spinographic examinations that you can receive. For the number of films that we take it is also cost-wise, the most reasonable you will find. When you see someone advertising free-x-rays, let me assure you that they are 1.) Not taking the number of films that we do and **more importantly** 2.) not spending the time analyzing them as precisely as we do!

**Let me also emphasize that from the spinograph you will get a tailor made adjustment that is good just for your particular case!**

The adjustment is painless. You will be pleasantly surprised to find that there is no pain to the adjustment. There is no twisting or turning of the neck, head or body. The adjustment is fast and it is done specifically from the measurements that are made from your x-rays.

X-ray radiation safety precautions taken for the patient:

All doctors using x-ray equipment have to be examined by the State of California for safety features of their equipment for the protection of the patient. We use all known safety features. To verify that we have passed all safety features that are available, you can contact:

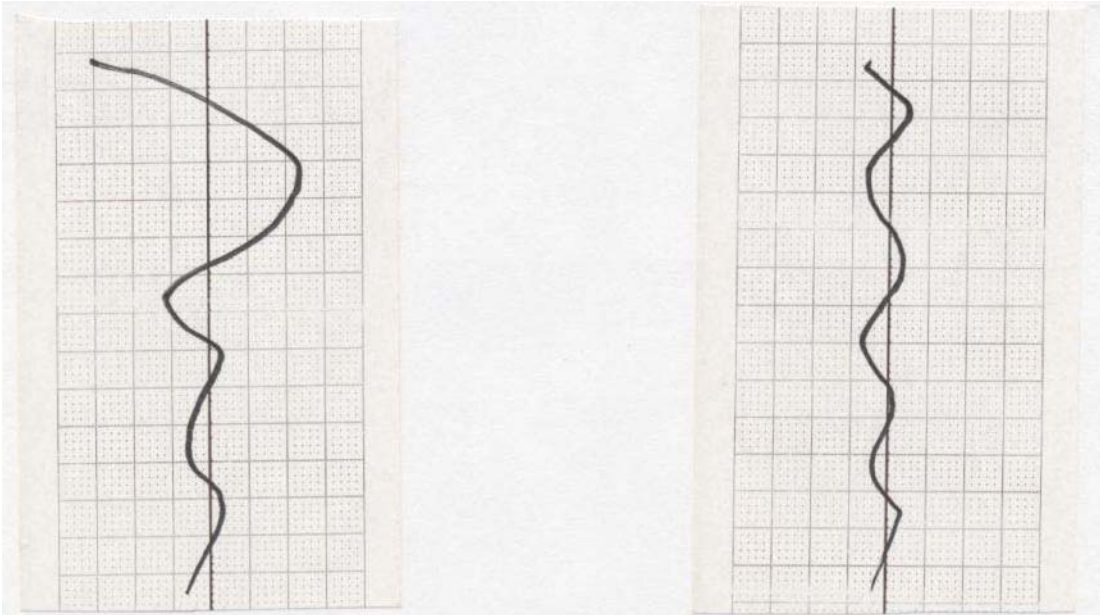
Department of Health Services  
Radiologic Health Branch  
714 P Street  
Sacramento, CA 95814

3. **The patient is placed on their side on a Chiropractic adjusting table with their head in a neutral position** (We use the same type that Dr. B. J. Palmer used in his clinic.) An exact force is delivered to the subluxated vertebra using the exact formula taken from the Spinographs. This is not a manipulation, but an **exact** mechanical adjustment. There is no twisting, cracking, popping or wrenching of the neck. The adjustment is made and is PAINLESS because the table headpiece drops away at a pre-determined setting of pressure. The vertebra is returned to its normal position and the Life

Force flow is returned to normal. The organ or tissue cell that was unable to function will start to work again under the direction of Innate Intelligence.

4. After you have been adjusted, and rested, another neurocalograph chart is then made of the cervical spine to make sure that the original sick pattern has been eliminated, so the mental impulse supply from the Innate in the brain has been restored to the tissue cells, and that health will return if at all possible.

#### CERVICAL REGION



Sick pattern **BEFORE** adjustment

Health pattern restored **AFTER** adjustment

5. **REST.** All patients must rest 30 minutes to three hours after a mechanical adjustment. This allows the Innate Intelligence of the body to put the vertebra in its proper position (Innate adjustment,) without this rest you will not see the great results that Dr. Palmer (then) and Dr. Doble (now) are known for achieving.

Remember, the vertebra has impinged the spinal cord or the spinal nerve which in turn has stopped an organ from receiving mental impulses from the brain. The Chiropractor then restores the vertebra to its normal position, which, in turn, frees the impinged nerves, allowing the Life Force to flow from Innate Intelligence over the nerve to the dis-eased organ. Health is the result of the restoration of the vertebra to its normal position.

That's it! In time, if no permanent damage has been done by the subluxated vertebra, health will return. You, the patient, should feel better. Sometimes there is a reaction due to your not being used to the way a normal nerve works. Also, a nerve that hasn't been carrying its share of Life Force hurts and aches. RETRACING is a word given to the reaction of the body in chronic cases. It is as if a person has journeyed down the path of life picking up symptoms along the way and then someone turns him about and he goes back over the same route to get rid of them.

### **CHILDREN**

Children should be under Chiropractic care as soon as possible! Researchers have come up with the startling facts that 95% of ALL NEW BORN BABIES HAVE SUBLUXATIONS IN THEIR SPINES. This is due to the way baby's head is pulled out of the birth canal. If a baby has a subluxation, it is not going to develop as quickly as normally as it could without the subluxation. Every parent wants, of course, their child to be bright, alert, and physically strong to cope with life. How can this be if the new born child has a subluxation, which is producing spinal cord pressure, affecting spinal nerves, not allowing organs and tissues to develop and function correctly under the direction of Innate Intelligence in the body? At birth, little heads are twisted this way and that while coming through the birth canal.

If we can examine a baby's spine as soon as possible after birth and adjust it when necessary, we will give that child a better chance to develop physically and mentally. It also will give that child a better chance to live longer, fight off dis-eases, and mature because we get the nervous system to function through the direction of the child's Innate Intelligence.

### **MONTHLY SPINAL OFFICE VISITS**

I hope that after you have read this booklet, and have had Chiropractic care, you will see the importance of keeping your spine in alignment. If you come into the office, at least monthly, you will have a more healthful way of living your lives. Your spouse will like it too, because people are easier to live with when they feel good.

Most people are very active and get into awkward positions. They lift objects wrong or that are too heavy. They sleep with their heads crooked or that are at odd angles; some fall asleep in front of their television sets while sitting up and wonder why their necks hurt. Many get into awkward positions at work like mechanics, plumbers, carpenters, and electricians. Welders put their masks down to weld by flipping their heads forward, which easily puts vertebra out of place.

Thank you for taking the time to read this booklet and finding out how Chiropractic can help you to regain lost health and maintain good health. I hope that it will help you understand that we are trying to restore your health normally without drugs. Please do not hesitate to ask questions. The more you understand about Chiropractic, the faster you will regain your health. Your good health is what we want.

I also want to thank you in advance for referring your family and friends to Doble Chiropractic. It is most rewarding to watch people feel better and become healthier.

Sincerely,

Richard Doble, Jr., D.C.  
A Palmer Specific Chiropractor



# Chiropractic

(Definition)

Chiropractic is a Philosophy, Science and Art of  
things Natural;

a system of adjusting the articulations of the spinal  
column,

by hand only,

for the correction of the cause of dis-ease –

Dr. B. J. Palmer

We do not use anything that is artificial:

No drugs

No rub downs

No colonics

No physio therapy

No surgery

No selling of adjuncts

No selling

No selling

No selling

No selling