

Patients sometimes feel discouraged because they do not appear to "hold" their adjustment for a very long time. It is obviously

desirable to be in adjustment as much as possible and therefore advantageous to have your spine checked on a regular basis.

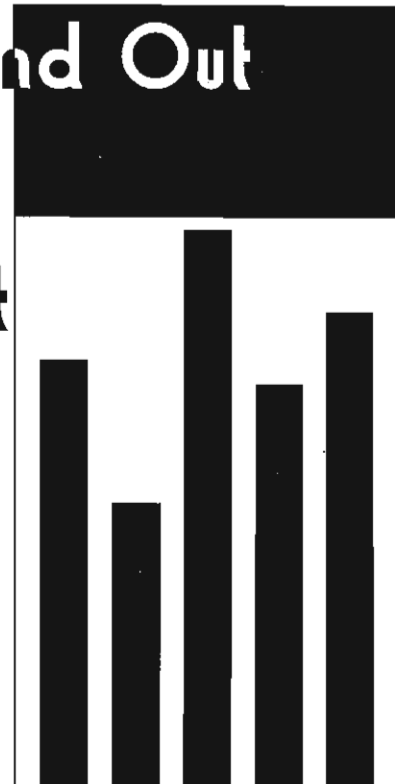
However, we should also realize how much more *potential* the body has when it is free of vertebral subluxation. Five minutes without a subluxation may enable the body to compensate for the damage done by days with a subluxation. We know that the body has different levels of function.

How many times have we had the common cold which lingers for three weeks. Yet other times, under no different circumstances, the cold will be gone in three days. Apparently there is a level of body function that enables someone to heal seven times faster (three days vs. twenty-one days). Perhaps



Being In and Out of Adjustment

the body, free of vertebral subluxation, can work seven times better. If this is true, one day free of vertebral subluxation could compensate for seven days of vertebral subluxation. It seems clear that this happens in the body. Many times an individual with a condition that he has had for twenty years will get well three weeks after beginning chiropractic care. The chiropractor may adjust the patient three times a week for that three week period. The patient is subluxated each time he comes in the office so he is not holding the adjustment for more than a day or so. Apparently twenty years of degeneration can be offset by the cumulative effects of a few days of full expression of the innate intelligence of the body. We simply do not know, nor should we underestimate, how much potential the human body has when it is free from vertebral subluxations for even just a



few minutes, hours, or days.

Of course the amazing ability that the body has to respond to being free of nerve interference is not an excuse for being lackadaisical in our chiropractic care. *For if the body has such great potential when it is free of vertebral subluxation for a few minutes, imagine what levels of health, productivity, and longevity it could reach being clear of interference most of the time!*