



Dr. Lauren Nappen

The Ahhhjustment



Ahhhjustments are an integral part of Original Medicine
and an ongoing wellness lifestyle.

Chiropractic is born of the universal truth that all things are connected into a beautifully woven tapestry of peace and trust. It reminds us that everything in nature, everything, has a beginning and an end from the highest source we can know. This unifying thread connects and empowers the core of our consciousness, the core of our being. It is the harmony and potential of all that was, is and could be in this life.

When we are conceived cells divide and differentiate. There is organization, perfect coordination and unsurpassed timing. There is a gathering of organs and systems into an exquisite harmony that becomes a living, breathing, crawling, walking miracle. As the energies from above move through us, as they enliven the cells of our being, we are able to manifest out into the world. With each breath and step we take spiritual oneness is activated.

Alignment in the human body is about that unifying thread as it connects the brain to the body and the body to the brain, allowing the magic of life to unfold around and within us. Gentle taps and light touches, a simple structural correction... it's a deep breath that feels more like a living prayer... a gift that moves with our inner wisdom.

The *ahhhjustment* enhances the function of the body, promotes neurological integrity, and shifts biological, behavioral and emotional-spiritual patterns that can limit our experience of joy and ease. As the nerve system releases its tension, new rhythms of health and well being are created.

We chiropractors work with the subtle substance of the soul.

We release the imprisoned impulse, the tiny rivulet of force that emanates from the mind and flows over the nerves to the cells, and stirs them into life. We deal with the magic power that transforms common food into living, loving, thinking clay; that robes the earth with beauty, and hues and scents the flowers with the glory of the air.

In the dim, dark, distant long ago, when the sun first bowed to the morning star, this power spoke and there was life; it quickened the slime of the sea and the dust of the earth and drove the cell to union with its fellows in countless living forms. Through eons of time it finned the fish and winged the bird and fanged the beast. Endlessly it worked, evolving its form until it produced the crowning glory of them all. With tireless energy it blows the bubble of each individual life and then silently, relentlessly dissolves the form, and absorbs the spirit into itself again.

And yet you ask, "Can chiropractic cure appendicitis or the flu? Have you more faith in a knife or a spoonful of medicine than in the power that animates the living world?"

By B. J. Palmer, D.C., Ph. C

Developer of Chiropractic as a science, art and philosophy