

Friedman Chiropractic, Inc.



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NEWS

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HOW TO STAY ALIVE

What damages our health and shortens our lives? What is the “River of Life” and how does it keep us alive and vital? The River is the blood stream, and the full flow of this river and its tributaries nourishes the soil, which in our case is the human body. Over years the flow of the river (blood) can decline due to dietary, mental, and environmental stresses. Hans Selye, M.D, stated: “We die because of our weak links.” Strengthening our weak links by utilizing the inherent self-healing mechanism within is critical. We are aware of the large arteries (macro-circulation) but few are aware of the microcirculation, which as a tributary delivers oxygen and nutrition via the microscopic capillaries.

The capillaries are the body’s largest organ; they are first formed in utero and are less than 5000th of an inch, 2 times the bulk of the body, and can stretch around the world 4 times. The capillaries deliver the oxygen and nutrients so necessary for

life directly to the cells. The ability of this system to diffuse vital elements into the cells is literally our lifeline to vitality and healthy ageing.

The ability of the capillaries to deliver health sustaining nutrients is a biological phenomenon called “contraction and expansion, or pulsation.” “The Pulse of Life” moves our internal river along

as the needs of the tissues arise. Wilhelm Reich, M.D., based his Orgone Therapy on this premise: “Living and functioning is biological pulsation and that is contraction

*“The Rule
of the Artery
(circulatory
system) is
supreme.”*

A.T. Still, D.O.

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and expansion (of the tissues).” We call it the Vital Force; Reich called it Orgone Energy.

Stressors slow our river, and sludge or toxins accumulate and prevent the full flow and nourishment to our tissues. We can then develop a multitude of challenges in our weak links such as arthritis, fibromyalgia, dementia, Parkinson’s, diabetes, obesity, neuralgias, insomnia, high blood pressure, heart, kidney and liver diseases, erectile dysfunction, etc.

The nervous system is recognized as the Master Control of all bodily functions and it is this system that controls the pulsation of our internal river. Terrance Bennett, D.C., came to understand the close relationship of the deep circulation and the nervous system in the 1930’s and

developed Neurovascular Dynamics. He advanced this neurological method to complement adjustments in order to get the best results with his patients, and it has stood the test of time. Bennett’s early recognition of the microcirculation and health is now being recognized as a new frontier in medical research. Anyone experiencing a difficult to resolve health challenge should consider a Neurovascular Dynamics examination as well as persons seeking wellness or preventive care.

“The Pulse is the physical manifestation of the Life Force in the body.”

Manly Hall



Pythagorean Center for Natural Healing

A Facility of Friedman Chiropractic Inc.

With the inception of our website, we decided to personalize Friedman Chiropractic, Inc. in honor of a physician-philosopher whose approach to natural healing epitomizes our methods.

His name was Pythagoras.

For more information on this remarkable man, please visit our website.

Applied Kinesiology...

...is a diagnostic tool using the muscle structure of the body to aid in the examination of a patient. Its use allows immediate feedback aiding the doctor in making decisions on what type of care the patient needs.

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