



# SPINE – ORGAN RELATIONSHIP

Dr. Donna F. Smith

## Spine - Organ / Gland Relationship

The Autonomic Nervous System is the anatomical (physical structure) that represents the nerves flowing down the spine and out from each vertebra to all the cells and tissues for each organ, gland and body system of the human body. Though the nerves through the Spine controls everything in the body, without sufficient nutrients and with interferences from toxicity and electro-magnetic fields (EMF) and when physically injured, the nerves cannot function.

These causes when occurring within the spine and vertebrae, they will not stay in position and begin to shift out of place (misalignment). Misalignment causes the bone of the vertebra to pinch the nerves. This is called a subluxated vertebra. Pinched nerves inhibit electrical messages to/from cells and brain. Now not only are nerves not functioning properly even when flowing freely, if pinched this can cause interferences in transmitting and receiving messages, causing vertebrae to be dysfunctional and each of the vertebra's corresponding organ and gland.

## Why Chiropractic Adjustments Often Provide Only Temporarily Relief and Why Chiropractors Diagnosis Patients Need Months of Daily to Weekly Adjustments

A chiropractor examines, diagnoses a misalignment in one or more vertebrae and physically adjusts the vertebrae to assist it in moving back in place. **However, if the vertebra cannot move back into place within 3-7 adjustments, when no injury is present, no amount of adjustments will ever get the vertebra to realign.** Why? Vertebrae that are nutritionally sufficient will realign generally after three adjustments as each adjustment moves the vertebrae closer to its original anatomical position. When vertebrae are nutritionally deficient (or any of the other three causes are present -see bold print above), the vertebrae cannot stay in position and to continue chiropractic adjustments will only give temporary relief for a few days, in both the symptoms from the spine/vertebrae, and the symptoms from the organs and glands the vertebrae adversely affects. Thus, the vertebrae moves out of place again.

## How To Minimize Chiropractic Treatments and Assist Vertebra In Holding Adjusted Position

Therefore, **when a client need chiropractic treatment, it is important to contact Dr. Smith at least three weeks before the first chiropractic adjustment for a specific therapeutic supplement program** to provide the nutrients, remove toxins, etc., so that when the chiropractor adjusts the vertebrae, it will hold each adjustment until within 3-7 adjustments the vertebrae has returned to its original position. Then within 1-3 weeks or less, symptoms will abate as restricted nerve flow is restored and organs and glands begin to function more fully again.