“The 33 Principles Of Chiropractic, Explained... PATIENT-Style!”
Chiropractic Principle #1

The Major Premise.

A Universal Intelligence is in all matter and continually gives to it all its properties and actions, thus maintaining it in existence.
In Other Words...

Universal Laws, like those of physics and chemistry, are responsible for the existence of everything. What directs the laws in the first place?! *Universal Intelligence*: the Intelligence that creates and organizes the smallest particles of matter, into being and doing. It is constant, in all things.
A rock! How does a rock come into existence? How does it take its **shape and form**? A rock is made of atoms, vibrating at certain frequencies and organized in a specific way, to give it its “rock” properties. *Universal Intelligence* is behind a rock’s existence; it allows a rock, to keep being a rock!

For Instance…
As Applied To You…

Consider the creation of **YOU!** What are you made of? Ultimately, you’re made of the same “stuff” as a rock! In your most simple physical form, you’re made of atoms: the **building blocks** of your physical self. Since Universal Intelligence *created* these atoms, Universal Intelligence is in **you**.
Chiropractic Principle #2

The Chiropractic Meaning Of Life.

The expression of this Intelligence through matter is the chiropractic meaning of life.
In Other Words…

All matter, or “things”, are comprised of energy: atoms, vibrating at specific frequencies. “Life” is not the mere existence of matter; it is Intelligence expressed as the laws of science through matter, manifesting as a tangible object.
For Instance…

An oak tree. Life is not the simple existence of the tree. How did the tree become a tree in the first place?! Via the “how to become a tree” Intelligence, scientifically expressed through the acorn. That, is Life!
As Applied To You…

What distinguishes your living body, from a corpse?! Your body has “life”: Intelligence expressed through your nervous system, controlling and coordinating the function of every cell, tissue and organ. You, become YOU! A functioning, feeling organism.
Chiropractic Principle #3

The Union of Intelligence and Matter.

Life is necessarily the union of Intelligence and matter.
In Other Words...

Within ALL living things exists Intelligence and matter. Without physical matter, nothing would exist, because atoms are the building blocks of ‘things’! Intelligence organizes these atoms into things, and then “lives” in these things, continually giving them life.
For Instance...

Ever play with a Slinky?! The “life” of a Slinky is achieved by combining two things: first, the physical matter of the Slinky itself. Second, the “Intelligence” of the Slinky- as revealed in its design- which allows the Slinky to “walk” down the steps.
As Applied To You…

The life of YOU is achieved by combining two things: first, the physical matter of your body. Second, your Innate Intelligence, which expresses itself through your body via your nervous system, giving you life. Your nervous system must be fully functional to support the full expression of your Intelligence.
Chiropractic Principle #4

The Triune of Life.

Life is a trinity having three necessary united factors, namely: Intelligence, force and matter.
In Other Words…

Without Intelligence, NO living thing exists. A living thing comes into existence because Intelligence works *through force*, organizing physical *matter* to *become* the living thing, or “end product”. All three are necessary!
For Instance…

Achieving a flame from a match requires the joining of a match (matter), with kinetic energy (Intelligence), via a force that unites the two. Your striking the match is the force that unites the Intelligence of the kinetic energy, with the match. The result? A flame! All three-Intelligence, force and matter- are needed.
As Applied To You…

Your life requires a joining of your body (matter), with your Innate Intelligence, via a force that unites the two. The movement of messages through your nervous system is the force that unites your Innate Intelligence with your physical self, giving you life. All three-Intelligence, force and matter- are needed.
Chiropractic Principle #5

The Perfection of the Triune.

In order to have 100% Life, there must be 100% Intelligence, 100% Force, 100% Matter.
In Other Words…

Since all are intertwined, less than 100% of one, means less than 100% of all, and less than 100% of life. *Intelligence* and *force* are always at 100%; the trouble begins with matter. Matter becomes *less than* 100% when damaged by environmental forces or through poor lifestyle choices.
For Instance…

A garden hose. The Intelligence of water is 100%. The force moving water through the hose is also 100%. What if the hose is kinked? A limitation of matter has been created: the amount of water reaching your flowers dips below 100%.
As Applied To You…

Your body’s *Intelligence* is 100%. The *forces* within your body are 100%. What, then, decreases life below 100%? *A subluxation.* A spinal subluxation creates a *limitation of matter:* the messages traveling through your nerves, telling your body how to function, become *compromised.*
Chiropractic Principle #6

The Principle Of Time.

There is no process that does not require time.
In Other Words...

Merriam-Webster’s Dictionary defines “process” as “a natural phenomenon marked by gradual changes that lead toward a particular result.” Gradual is that which occurs over time; time is required for such changes to occur.
Weight-loss! As much as we’d prefer, weight-loss is not overnight… it’s a *gradual* biochemical process. One pound equals 3500 calories; losing weight requires your *consistently* burning more calories than you consume. Fat cells, or *triglycerides*, are broken down and released from your body.
As Applied To You…

“Disease” is the eventual manifestation of “dis-ease”: a compromised nervous system that has decreased your body’s ability to function. Symptoms may not even appear until later! The opposite is also true: once restoring health to your nervous system, your body needs time to repair.
Chiropractic Principle #7

The Amount of Intelligence in Matter.

The amount of Intelligence for any given amount of matter is 100%, and is always proportional to its requirements.
In Other Words…

Both living (organic) and non-living (inorganic) matter possess 100% the Intelligence required to maintain integrity, and at every point in time. While this 100% is always present, a limitation of matter can prevent the Intelligence’s full expression.
Ever hear musical glasses?! A set of drinking glasses played as an instrument by running one’s finger around the rims. Each glass is filled with the amount of water required to create a certain pitch; in other words, each glass has 100% its Intelligence to create a specific musical note.
As Applied To You...

The amount of Intelligence provided to your body is perfect! Each and every part of you possesses 100% the Intelligence it needs, within its own being, to function optimally. Your Intelligence is expressed at 100% until it meets a stress, or a limitation of matter.
Chiropractic Principle #8

The Function of Intelligence.

The function of Intelligence is to create force.
In Other Words…

Your body’s Intelligence follows a certain set of natural scientific laws, or forces. How do these laws, become laws in the first place?! By Intelligence. Intelligence takes unorganized energy in the universe- in the form of free-floating particles- and organizes it into purposeful forces. Wow!

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Following a hot summer’s day rain, what do you see, rising from the pavement? Steam. What exactly is steam? **Evaporation!** And *how* did evaporation come into effect? By **Intelligence**! Intelligence **created** the force of evaporation by giving organization and purpose to previously **unorganized** energy.
As Applied To You…

Your nervous system is an amazing network of nerve “highways”, through which messages travel between your brain and every cell, tissue and organ. The movement of messages through your nerves is propelled by force; force was created by Intelligence.
Chiropractic Principle #9

The Amount of Force Created by Intelligence.

The amount of force created by Intelligence is always 100%.
In Other Words...

At its moment of generation, a force created by your body’s Innate Intelligence is at 100% of its potential power. The force is diminished in intensity only if encountering a stress within your body.
For Instance…

A tennis ball! Upon impact, the ball is at 100% of its potential-to-kinetic energy power. If the ball hits the top of the net, the ball transfers some of its force to the net, now sacrificing what its full speed would have otherwise been.
As Applied To You…

A message generated by your body’s Intelligence directing your heart to beat is at 100%. If the message meets interference—such as a spinal subluxation—as it travels through your nerves to your heart, it loses its full force. Your heart will not properly beat!
Chiropractic Principle #10

The Function of Force.

The function of force is to unite Intelligence with matter.
In Other Words...

Your body’s Intelligence provides and maintains your life; but, how? *What* is the *bridge* between the *physical* matter of your body, and the *Intelligence* directing your body’s functions? Force! Force *propels your nervous system’s messages*, through which your body’s Intelligence is expressed.
For Instance…

A bowling ball is full of Intelligence, ready to roll it down the aisle. How exactly does this Intelligence become “activated”? By your putting a force into the ball. Your force unites the ball’s Intelligence, with the physical matter of the ball, catalyzing the transfer of potential energy, into kinetic energy.
As Applied To You…

A chiropractic adjustment entails a highly specific force being placed within your body. This force unites your body’s Intelligence, with the physical matter of your body; it’s a vehicle through which Intelligence can now direct the correction of your subluxation.
Chiropractic Principle #11

The Character of Universal Forces.

The forces of Universal Intelligence are manifested by physical laws; are unswerving and unadapted, and have no solicitude for the structures in which they work.
In Other Words...

Universal Intelligence is often destructive in nature. And, it is what it is, without adapting. It organizes whatever forces it needs to, to achieve its ultimate goal, with no solicitude, or concern, for the actual “thing” at its mercy. If its effects are harsh, then so be it; its focus remains on the bigger picture.
Many scientists believe we are headed for another Ice Age. Why would Universal Intelligence allow such destruction to happen? Scientists would state it is Universal Intelligence’s role in renewing the earth. Before renewal is possible, conditions on the earth must be brought to extremes.
As Applied To You…

A subluxation occurs when a vertebra misaligns, placing pressure upon the nerves; the dis-ease process has begun. Why doesn’t your body’s Intelligence simply fix it?! A subluxation is a destructive Universal Force; your body’s Intelligence is unable to adapt. Only a chiropractor can help!
Chiropractic Principle #12

Interference with Transmission of Universal Forces.

There can be interference with transmission of Universal forces.
In Other Words...

Universal Forces are forces that have been organized by Universal Intelligence, for the purpose of carrying out Universal Intelligence’s “mission”. Unless an object or event interferes with their natural course, Universal Forces act consistently.
For Instance...

Forest fires are not *all* caused by human error. Some result from lightening, or a heat wave; such *natural causes* are *Universal Forces, catalyzing* the forest’s eventual *renewal*. These forces *will* accomplish their goal, *unless firefighters* extinguish the flames.
As Applied To You…

The Universal Force of gravity pulls rain downward in a straight path to the ground. What if you stand in the rain with an umbrella?! Rain will deflect off of your umbrella and change vectors; gravity is still in effect, but the rain’s straight path is no longer. Your umbrella was an interference.
Chiropractic Principle #13

The Function of Matter.

The function of matter is to express force.
In Other Words...

Forces are the vehicle through which your body’s Intelligence expresses itself. *How* are forces able to accomplish this? By acting through matter. Force **needs** matter, so it has an actual **thing** through which to manifest. Otherwise, force would be just force, hanging around, doing nothing!
For Instance…

Without a bulb through which light energy can manifest, light energy would just “float around” in the air—unable to actualize as light! The bulb serves as a vehicle through which forces of light can be expressed.
As Applied To You…

How are the forces responsible for pumping your blood, able to do so? By manifesting themselves *through* the physical matter of your heart’s vessels. The function of your heart, is to be a *vehicle* through which your blood-pumping *forces* are expressed.
Chiropractic Principle #14

Universal Life.

Force is manifested by motion in matter; all matter has motion, therefore there is Universal life in all matter.
In Other Words…

ALL matter is made of atoms, vibrating at specific frequencies. How do atoms move?! By the force of motion. Universal Intelligence created atoms, AND created force. Universal Life is therefore present in all matter; without Universal Life, nothing would exist.
For Instance…

Ever observe bacteria under a microscope? What do you see? Yep… motion! Like all matter, bacteria is comprised of tiny vibrating particles. The force of motion is joining the Universal Intelligence that made the atoms, with the atoms, to create the bacteria; Universal Life will always be present.
As Applied To You…

YOU are also made of vibrating atoms. Your body’s Intelligence “found” a group of atoms in the universe, and via forces of motion, organized them into you. Since Universal Intelligence created the atoms, as well as the force, Universal Life will always be part of you.
Chiropractic Principle #15

No Motion without the Effort of Force.

Matter can have no motion without the application of force by Intelligence.
In Other Words…

Since the act of motion is *itself* not visible, how do we know motion exists?! By *witnessing* an object upon which force is acting, change. *Change of matter is evidence that a force was applied by Intelligence.*
Looking from the window, how do you know if it’s windy? Of course, by watching things blow in the wind! For a tree’s leaves to blow, an application of force by Intelligence upon the leaves must occur. Movement of the leaves is evidence of the force.
As Applied To You…

The messages traveling through your **nerves** are *only* able to do so, because a *force* of motion was applied. *Evidence* of this force? **Your body’s** detectable response to the message!
Chiropractic Principle #16

Intelligence in both Organic and Inorganic Matter.

Universal Intelligence gives force to both organic and inorganic matter.
In Other Words…

Universal Intelligence creates atoms, the building blocks of all organic and inorganic things. Universal Intelligence also creates force, whose job it is to organize atoms into matter. Universal force, therefore, is present within all matter.
Universal Intelligence creates the **laws of physics and chemistry**, by *organizing and giving purpose* to free-floating particles in the universe. These *forces* then organize particles into organic and inorganic “things.”
As Applied To You…

Is your beating heart made of the same “stuff” as a heart that’s not alive? Yes. Both are made of the same physical matter, and contain the same forces that helped organize this matter into a heart. The atoms, and these forces, were created by Universal Intelligence.
Chiropractic Principle #17

Cause and Effect.

Every effect has a cause and every cause has effects.
In Other Words…

Every effect has a cause: No thing in the universe exists (AKA, a tangible effect) without something causing its existence; no event in the universe occurs (AKA, an intangible effect) without something causing its occurrence.
In Other Words...

Every cause has effects: Everything in the universe is made of energy, in the form of vibrating atoms... and atoms keep moving! It is not possible for any one thing to occur, without it influencing something else, and on, and on. Energy changes form but is never destroyed; the effects are infinite!
For Instance…

Dominoes! The falling of the first domino is the effect of, and would not happen without, your push. Your push causes a chain reaction of potential-to-kinetic energy conversion. And the last domino? It is not the last effect! Its energy transfers to the table and begins along a new energy path.
As Applied To You…

Upon a drop in blood pressure, kidney cells release the enzyme renin, which converts the peptide angiotensinogen to angiotensin I, which converts to angiotensin II, which contracts blood vessels, which raises blood pressure. Phew! Each effect had one cause; each cause has multiple effects. The effects continue throughout your body.
Chiropractic Principle #18

Evidence of Life.

The signs of life are evidence of the Intelligence of life.
In Other Words…

How do you know when something has “life”? When it displays **the signs of life**: assimilation, excretion, adaptability, growth, and reproduction. The **chief purpose** of these signs is to **adapt your body to stress**. They’re **manifestations** of your body’s Intelligence, as it constantly evaluates your state of being.
For Instance...

How do you know by looking at a tree whether it’s alive, or plastic?! On a windy day, a tree with life will sway just enough, so it does not break against the wind’s force. The swaying is a sign of life, because it adapts the tree to the wind; it’s the tree’s Intelligence, keeping it alive.
As Applied To You…

What would happen if you were unable to excrete waste from your body? You would eventually suffocate within your own toxins. Doesn’t sound too good! Excretion is a manifestation of your body’s Intelligence, responding to what you consume. It adapts your body, keeping you alive.
Chiropractic Principle #19

Organic Matter.

The material of the body of a “living thing” is organized matter.
In Other Words…

You are more than a random collection of particles! The material of your living physical self is comprised of atoms, organized such that you can maintain the 5 signs of life: assimilation, excretion, adaptability, growth, and reproduction. Your Intelligence designed you in this way, so you can maintain life!
What is a chameleon made of? Is it a random collection of atoms? No. Its material is *organized*, so its color-changing Intelligence has a proper structure through which to work. Changing color adapts a chameleon to light, temperature and mood.
As Applied To You…

Sweating and shivering arises as your brain monitors your temperature, *adapting* you to change. They are vital functions, possible *only* because your Intelligence *organized* the physical material of your body, *for the very purpose* of adaptation. Interference to your nervous system threatens this ability!
Chiropractic Principle #20

Innate Intelligence.

A “living thing” has an inborn intelligence within its body, called Innate Intelligence.
In Other Words...

There’s a limit to what we’ll ever know about the body. **Only your Innate Intelligence knows everything;** it had the know-how to **create** you, and now **keeps you alive** via everything it does, every second of every day! It made your physical body and now lives inside of it, **adapting** you to stress, so **you** can be YOU.
For Instance…

How does a bird know now to build its nest? Through bird school? Silly! A bird is born knowing how to build its nest. THAT is the work of the bird’s Innate Intelligence; it created the bird with this knowledge and ability. A human would never do as good a job!
As Applied To You…

Your heart beats from the moment it’s created. We may understand the science behind it, but *how does your heart simply know* on its own?! By your Innate Intelligence, which *created* your heart already with the “instructions”. No heart school necessary!
Chiropractic Principle #21

The Mission of Innate Intelligence.

The mission of Innate Intelligence is to maintain the material of the body of a “living thing” in active organization.
In Other Words…

The material of your living body is organic matter, organized by your Intelligence. Now, the *mission* of your Intelligence is to *maintain* the life of its own creation (you!), in face of incoming and damaging environmental stressors.
For Instance...

How does an airplane stay in the air, without being pulled to the ground by gravity?! Airplanes generate “lift,” a force which opposes the pull of its weight. Lift is analogous to the plane’s Intelligence: it keeps the plane in the air, so you arrive safely!
As Applied To You…

Without your Innate Intelligence, your body would succumb to stress. You couldn’t eat anything, as you’d have no way to counteract toxins; you couldn’t walk outside in the snow! Damaging Universal Forces would “win”, and your health would pay the price.
Chiropractic Principle #22

The Amount of Innate intelligence.

There is 100% of Innate Intelligence in every “living thing,” the requisite amount, proportional to its organization.
In Other Words...

Innate Intelligence is the Intelligence of living things. Every living thing possesses 100% the Intelligence it requires. It matters not that the actual quantity may vary from one living thing to another; each has a distinct requirement.
For Instance...

A **worm** may require a different *quantity* of Innate Intelligence than a **monkey**, but such a comparison is not needed. Each has 100% Intelligence of what it alone needs!
As Applied To You…

You possess 100% the Intelligence you need. The amount decreases, only when speaking of the amount of Intelligence expressed. Such is the case, with a spinal subluxation. A subluxation blocks the proper flow of your Intelligence through your nervous system, so your body no longer functions at its best.
Chiropractic Principle #23

The Function of Innate Intelligence.

The function of Innate Intelligence is to adapt Universal forces and matter for use in the body, so that all parts of the body will have coordinated action for mutual benefit.
In Other Words…

All energy is created by Universal Intelligence. This new energy “waits” in the universe, until assigned a purpose. Enter… Innate Intelligence! The Intelligence of living beings, it takes some of this free-floating energy, gives it the ability to adapt to the environment, and organizes it into YOU!
How was the galaxy formed? Many scientists believe that at some point, the universe was an infinite uniform space. Energy was there, although not visible to the eye. They believe that following “The Big Bang”, an Intelligence organized some of this “unclaimed” energy, into our galaxy.
As Applied To You…

Every one of your cells is comprised of even smaller parts, including a nucleus, ribosome and lysosome. Each part has its own function. Your Innate Intelligence created every cell by taking non-living energy in the universe, and combining it into a living cell, with adaptive abilities that the cell itself will use.
Chiropractic Principle #24

The Limits of Adaptation.

Innate Intelligence adapts forces and matter for the body as long as it can do so without breaking a Universal law, or Innate Intelligence is limited by the limitations of matter.
In Other Words…

Your body’s Intelligence, expressed through your nervous system, can “work around” a physical or chemical obstruction to still accomplish the task at hand, *as long as it stays* within the Universal laws of science and nature.
Electricity is created when electrons move from one atom to the next; this scientific intelligence allows currents to flow through a wire. If the wire is corroded, a structural limitation of matter now exists. It would be against Universal law for electricity to flow unimpeded through the corrosion.
As Applied To You…

Constriction of your pupils is your body’s Intelligence, working through your nerves, to adapt your eyes to light. If a cranial bone is misaligned, placing pressure upon those nerves, a structural limitation of matter now exists. It would be against Universal law for Intelligence to be unimpeded; your pupils will not receive the proper instructions, until the bone is realigned by your chiropractor.
Chiropractic Principle #25

The Character of Innate Forces.

The forces of Innate Intelligence never injure or destroy the structures in which they work.
In Other Words...

The purpose of your Innate Intelligence is to give you life. Your Intelligence does so by expressing itself through your body, so it needs your body to be healthy! The forces of your Intelligence will therefore never work against your body.
For Instance…

You’ve hopefully *never* been sprayed by a **skunk**! But, if so, you were victim to the skunk’s **defense mechanism**, as created by its Intelligence. The spray will **never** be released **within** the skunk to injure the skunk himself!
As Applied To You…

So your brain can function properly, your Innate Intelligence established a range of acid-base balance, within which your blood must remain. The forces of your Intelligence will never operate such that the number is brought out of range, causing brain-damage!
Chiropractic Principle #26

Comparison of Universal and Innate Forces.

In order to carry on the universal cycle of life, Universal forces are destructive, and Innate forces constructive, as regards structural matter.
In Other Words…

The usual purpose of **Universal force** is to **break** down or destroy matter. Universal force is in **ALL** things. **Innate force** is in **living** things *only*; its nature is to **build** or positively **improve** upon matter. **Both** forces are needed to continue the greater universal cycle of life.
An earthquake is a destructive Universal force, being expressed through the earth’s crust (matter). The force of pressure accumulates until it surpasses the strength of the earth’s crust, breaking the crust apart.
As Applied To You…

The Innate forces behind the growth of your bones is expressed through cells in your bones’ growth plates. The job of these cells is constructive: laying down more bone. Your growth plates are opened at birth and close upon your reaching full height.
Chiropractic Principle #27

The Normality of Innate Intelligence.

Innate Intelligence is always normal and its function is always normal.
In Other Words…

Innate Intelligence behaves according to its own laws, and \textit{establishes its own standard for normal}. These laws determine how things in your body \textit{should} happen, and \textit{should} exist, in order to achieve the desired objective.
For Instance…

Consider the earth’s rotation: the earth always rotates in the same direction! This is normal, as set forth by Universal Intelligence and its scientific laws. The laws always operate normally, so the earth always rotates normally.
As Applied To You…

Your **blood calcium levels** *must always* remain within a normal range, as determined by your body’s Intelligence. Should your levels drop too low, your **parathyroid gland** knows to “borrow” calcium from your bones, and deposit it into your blood.
Chiropractic Principle #28

The Conductors of Innate Forces.

The forces of Innate Intelligence operate through or over the nervous system in animal bodies.
In Other Words…

Your body’s Intelligence expresses itself via force, so it can keep you alive. How exactly does Intelligence “reach” you, so it can accomplish its purpose? By utilizing force to send messages through your nerves. Nerves connect your brain to every cell, tissue and organ in your body.
For Instance…

Your Intelligence knows when you need to breathe. *How* exactly will your Intelligence be able to direct this? By utilizing *force* to send the proper instructions through your *nerves*, between your brain, lungs and diaphragm.
As Applied To You…

Your nervous system must be free of interference, to allow your Intelligence to flow smoothly. Because your nerves emerge from your spine, if your spine is subluxated, the flow will be compromised! It is vital to have your spine checked regularly by your chiropractor for any subluxations.
Chiropractic Principle #29

Interference With Transmission Of Innate Forces.

There can be interference with the transmission of Innate forces.
In Other Words…

The Intelligence of your body is always at 100%, but the *transmission* of Intelligence—therefore the *expression* of Intelligence—is vulnerable to stress. These stresses are environmental, man-made, or self-induced by poor life-style choices.
For Instance…

What would happen to a plant kept in a dark room? Of course, it would soon die. The lack of light would interfere with the transmission of the plant’s Innate forces, whose job it is to provide the plant life. These forces require light to carry forth their purpose.
As Applied To You…

Exiting the birth canal prepares an infant’s lungs for the outside world, via pressure by the vaginal walls that removes fetal lung fluid. A c-section interferes with these innate forces because it removes the element of compression. Lung-function is reduced, setting the stage for asthma and more.
Chiropractic Principle #30

The Causes of Dis-ease.

Interference with the transmission of Innate forces causes in-coordination or disease.
In Other Words...

The proper transmission of your body’s Innate forces allow you to maintain your life. Any stop or limitation to these forces’ effectiveness will jeopardize your health! You will lose the ability to fight stress; effects will snowball, and dis-ease processes will begin.
How do trees energize themselves? Through the trees’ Innate force of *phloem*. Phloem transports *sugar* from photosynthesis in the green leaves, to every cell throughout the plant. What if an animal ate the leaves? The phloem would *stop*—it would lose its job! Lacking energy, the plant would soon die.
As Applied To You…

One of your liver’s functions is to clean your blood. Your liver knows how to do this, via messages from your brain. What if these messages do not reach your liver as they should? Your blood will not be properly cleaned, and your liver will weaken; both dangerous health situations.
Chiropractic Principle #31

Subluxations.

Interference with transmission in the body is always directly or indirectly due to subluxations in the spinal column.
In Other Words…

A subluxation is a misalignment of a vertebra in relation to the one above or below, placing pressure upon the emerging nerve. The pressure interferes with the transmission of impulses traveling through that nerve. Interference to transmission anywhere in the body always originates from a subluxation.
For Instance…

A lamp. Kinetic energy flows *through* the wire to the bulb, where it is “seen” as light. What if you *compress the wire?* The thinned area would be an *obstacle* to the energy’s smooth travel; the lamp would not shine as brightly.
As Applied To You…

Because a subluxation *prevents* your body from *communicating* with itself, the dis-ease process sets in. A subluxation is commonly known as “The Silent Killer” because you *cannot* necessary *feel* when you have one. You may feel great, but in truth be sick!
Chiropractic Principle #32

The Principle of Coordination

Coordination is the principle of harmonious action of all the parts of an organism, in fulfilling their offices and purposes.
In Other Words…

So your body works efficiently, your body parts must *coordinate*: part B’s actions depend upon part A; part C’s actions depend upon part B, and so on. This coordination is governed by *your Innate Intelligence*: your body parts adapt to each *other*, allowing YOU to adapt to your environment.
For Instance…

Do your car’s engine parts work independently, not caring what the other is doing? Or course not. The parts coordinate with each other, and with your speed and steering. Your engine was designed this way to give your car the Intelligence to drive.
As Applied To You…

In breathing, do your lungs act alone? No. They **coordinate with your diaphragm**. Upon inhalation, your diaphragm *flattens*, allowing your chest cavity to enlarge and air to fill the space. Upon exhalation, the reverse. Together, your lungs and diaphragm *adapt* to the amount of oxygen you have and need.
Chiropractic Principle #33

The Law of Demand and Supply.

The Law of Demand and Supply is existent in the body in its ideal state; wherein the “clearing house,” is the brain, Innate the virtuous “banker,” brain cells “clerks,” and nerve cells “messengers.”
In Other Words…

You’re an *adaptive* being, so your body parts *act in accordance*. *How* does each get the materials it needs, to perform its job? Through your *Intelligence*. Your Intelligence receives each of your part’s "demands", so it can “supply” the proper forces. The forces travel *through* your nerves to each body part, where the action is carried out.
We talked about a tree’s phloem; now, it’s xylem! **Xylem** is the force that transports water *from* the roots, up *to* the leaves. The leaves relay their “*demand*” for water to the tree’s Intelligence, which then “*supplies*” the proper force to the xylem. The xylem now transports *just* the right amount of water.

For Instance…
As Applied To You…

Back to the lungs… upon inhalation, *how* does your diaphragm know the *degree* to which it should flatten? Your Intelligence receives your blood’s “*demand*” for oxygen, which then, through your nerves, “*supplies*” the correct force to your diaphragm.