

The Confession of Dr. David S. Wallace, D.C.

I have been practicing chiropractic since 1999 and my confession is that I have never healed or cured anybody. Coming from a doctor this may sound unusual. The truth is that the healer is on the inside of each one of us. The living body has the ability and knows how to heal itself.

Cut your finger, it heals. Bruise your arm, it heals. Pull a muscle, it heals. Break a bone and put the ends together and it heals. Get an infection or cold and your immune system goes to work to deal with it. Cells die and are replaced every second. Eat food and the body can break it down, extract the necessary nutrients and utilize them. Oxygen is taken from the air you breathe and distributed throughout your body via the blood. Your blood is pumped over miles of arteries and veins. Carbon dioxide is removed as waste from the cells, to the blood, and is expelled through your lungs. All these things and much more are happening simultaneously. You do not have to go to school to learn how, you do not have to ask a doctor what to do, and thank goodness you do not have to concentrate on doing these things ourselves. The living body comes with the ability and know how.

In chiropractic we call this obvious expression of organization, innate intelligence. Primarily, the innate intelligence is expressed over the nerve system, the major communication network of the body. Almost every function in the body is coordinated by, controlled by, and relies upon the nerve system.

As a chiropractor, what I am concerned with is the relationship between the bones of the spine and the nerves that are housed within it. If a bone in the spine loses its proper position and interferes with the proper function of the nerve system, coordination within the body is lost. If something interferes with the connection between the brain and the body, it is always bad, and always keeps you from functioning, performing and being their best. You cannot be at your best with subluxations. It is that simple. I have been trained to specifically and efficiently locate these subluxations and assist your body in correcting them. The sooner this is done, the sooner the innate intelligence of your body can be more fully expressed. This allows you to better make the right chemicals for your given needs. It allows the innate healing ability of the body to be expressed at closer to 100%. It allows for proper function and performance, and it allows you to express more life.

Once free of interference, the body works quite well on its own. As a chiropractor, I merely want to help your body function free of interference and keep it that way. We know your body is amazing and when it is free of interference it usually takes good care of itself.

I cannot cure or heal anyone. Certainly, I have seen amazing things happen to people I have had the privilege of adjusting, but only the innate intelligence of the body is able to heal. Only the innate intelligence can coordinate the replacing and creation of new cells and only the innate

intelligence can find the proper balance of chemistry for you in each situation of your life.

Through chiropractic I merely make sure the innate intelligence of the body is free to do its job without interference to its expression.

This is my confession.

David S. Wallace, D.C.
Family Chiropractor

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