

Imitation is the Sincerest Form of Flattery

When we have little children in the office, they often will “help” me adjust their parents, siblings, teddy bears and dolls after they get their own spines checked. One time I even adjusted a blankie that was getting the sniffles! Kids love to do what they see others around them doing. This is especially true for parents and grandparents. For small children, the grown ups in their family are the ones they imitate the most. As we’ve all seen when children use big words or bad words this can either be beneficial or detrimental.

In the same way that we imitate our family’s behavior, we also imitate their health patterns. Heart disease, obesity, diabetes, scoliosis, headaches, etc. can be seen through several generations and branches of the family tree. The same way that we look like our families on the outside (skin color, eye color, mannerisms) we also look like our families on the inside (heart development, glands, joints). So if we imitate the same traits as our families, does that mean that we have to follow their paths exactly? Just because we have the same beginning, do we have to have the same ending? Absolutely not!

One of the wonderful aspects of how we are made allows us to have a great deal of determination over our health. If we come from an obese family, we can make choices to stay fit. The same is true with heart disease and diabetes. While we may always have challenges produced by our genes, we are not slaves to them. Our bodies are made to heal and to function healthfully. We just need to help it do so. People have told me that they come into the office for their low back pain. They have migraine headaches also, but they tell me those cannot be helped. Nothing works to ease them, three generations of their family has them and nothing can stop it, it is just the way it is. They are often surprised, however, when their spine is lined up properly and the nerve flow gets to where it needs to go and muscles relax and hormones come into balance, and the “hereditary” headache is now gone! As it turns out, the headache was not genetic, but the attitude that nothing could be done about it is. Please do not fall into this trap. We are not helpless victims of mysterious genetic codes. We can make the most of a challenging situation.

We need to take special care of our nervous systems. This is what controls all of our healing, immunity, digestion, blood flow, and every other part of our body. If there is a problem with this system, nothing else will work the way it should because it is not getting the necessary information from the brain. Only a doctor of chiropractic is trained to detect spinal misalignments (called subluxations) and gently correct them. If you want to change your children’s family history, start today with yourself. Make a family appointment to have your nervous system checked for spinal subluxations. This is the beginning of change. It is possible. Imitate the good things that you see in your family and improve on what needs help. For more information, go to www.VibrantSpine.com or www.icpa4kids.org.

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