

Why Wait?

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We often think of disease and physical conditions as something you “just happen to get”, rather than something that develops over time and has a specific cause. There are generally two stages of disease, subclinical and clinical. In the subclinical stage, no symptoms are present, even though stress and dysfunction are occurring. In the clinical stage, symptoms begin to appear. It can be thought of as an iceberg, with the tip of the iceberg being the symptoms, and the portion that is underwater being the underlying cause. When attempting to resolve the symptoms, the underlying cause is there and needs to be addressed as well.

We also tend to think of conditions as only involving the body part in which they manifest, but in fact, stresses that occur throughout the body can result in symptoms in one part. The body works as a closed system, and each stress needs to be compensated for. Often there is a pattern of dysfunction that can “blow out” a body part that is unable to adjust.

Let’s take the case of a torn spinal disc. For this example, let’s say there is an imbalance in the muscles of the lower back that is creating a pull on the spine. This muscle imbalance is compensating for torque in the pelvis, which is stressed by a dropped arch in the foot. There may be some discomfort in the affected body parts or there may not. Let’s say the stress continues, an undesirable movement is made, and the spine can no longer compensate. The disc tears. Now symptoms and a condition are present. For best resolution of the disc, treatment would involve the foot, pelvis, muscles, and spine, as the preceding stress needs to be removed. This is an example that involves the structural system only, but our bodies work as an integrated system of structural, biochemical, emotional, and bioelectrical components, and therefore, the stress pattern can be any combination of these components.

Kinesiology, or muscle testing, is an excellent way to determine patterns of stress and determine which components are the “main players”. As there are many possible patterns, using the body as a guide reveals the patterns and allows conditions to be efficiently resolved. Kinesiology is also an excellent way to identify stress and dysfunction before it becomes problematic, as preventative care can be tailored to your specific stress pattern.

For a free consultation, call 314.644.2070

