## **Allopathic Medicine Wellness Chiropractic Lifestyle Interventions** Mind/Body Separation Mind, body, and spirit are one. The Body is a machine. The body-mind-spirit as a natural, holistic, vitalistic ecosystem interlinked with all other ecosystems. This intricacy is beyond imagination. The patient is seen as an ecosystem designed and programmed for health. The patient seen as object programmed for disease. Sickness is seen Inspiring and Empowering the patient with regard to Innate Lifestyle choices as your body's failure (pathology). The solution is to change the is essential. Sickness is an adaptation to a pathological (toxic and deficient) physiological response of the body with drugs. environment. The solution is restore law and order (think, eat, move well, with a nervous system free from interference.) The practitioner serves patient through role modeling, leadership and The patient is alienated from the practitioner. The patient has no expertise. The patient takes full responsibility for decisions regarding the responsibility-Dictatorship. recommendations of their practitioner - TEAMWORK! Lifestyle analysis based on providing the pure and sufficient raw materials required for your body to do what it is designed and programmed to do . Symptom centered diagnosis and treatment from the outside in. Innate Lifestyle choices (think, eat, and move well and remaining subluxation Drugs and Surgery. free!) Pure and sufficient lifestyle recommendations are standardized; the required time for each patient to reach their optimum health potential is Hierarchical organization of the body and standardization of care individualized—"Your body is not doing what it is designed and programmed "These symptoms get (insert drug) for (insert time period)." to do, just how long it will take to repair itself is dependent on how much change you make." Both practitioner and patient each have their own inherent responsibilities. All authority and responsibility is given to the practitioner. Science, technology and research are used to find out how well the body is Science, technology, and research are based on changing the parameter of the disease, not on correcting the cause of it. The petri working to aide in helping your body to do what it is designed and programmed to do-HEALTH! The whole human being defines what we dish defines how your body is treated. research. The focus is on creating and maintaining long term health and well-being Aggressive intervention; emphasis placed on short term results with through life-long Lifestyle choices (Wellness Care). drugs and surgery (crisis care). Death and aging are natural processes; EARLY aging and death are Death is seen as defeat. undesirable and unnecessary. It is clearly a profit driven system. Insurance companies dictate care. System of equal exchange; success is defined as all involved parties having lives enriched by the relationship. Insurance is NOT allowed to dictate what YOUR body needs.

New paradigms and ways of thinking are intolerated, ignored, and

said to be ineffective without even learning about them.

Type of thinking: linear, mechanical

Type of thinking: fluid, all encompassing-integration of science, art, and philosophy.

We have a clear definition and understanding of the roles and abilities of

various interventions; Confusion between wellness and allopathic paradigms

are NOT tolerated.