



NEUROPLASTICITY

Just Another Reason To Be Adjusted!

Our bodies are controlled by the nervous system. In the book, *The Brain That Changes Itself* by Dr. Norman Doidge, the science of “neuroplasticity” is explained. Dr. Doidge reviews the studies that revolutionized neuroscience - the science of the brain and nervous system.

At one time, it was believed that our brains learn patterns when we are children and these patterns are “hardwired” and unchangeable. These patterns, or nerve pathways, make us who we are. They color our perceptions, thoughts, and actions. This belief limits the possibility of change for adults and implies that we are stuck with our habits. Like all concepts that are deemed true and irrefutable, any challenges are met with resistance.

Fortunately, researchers persevered, eventually determining that the brain can learn and change. These changes are spurred especially by input received from senses and thoughts. Instead of being a finished product as a child, this research revealed that humans are evolving being, constantly learning and forming new patterns. Amazingly, the brain starts to change instantaneously as the input changes.

Let’s back up a moment and ask, “How do our senses perceive the world and how do we actually think thoughts?” While we can’t answer this question with 100% certainty, we know it all ties into our nervous system. When we are out of alignment, subluxated, the input from our senses is altered. Altered input leads to altered perception. Altered perception affects our view of the world and our thoughts and actions. Over time, this becomes our pattern and we are stuck, figuratively and literally. This affects our ability to respond appropriately to our environment, which leads to imbalance (lack of homeostasis), dysfunction and disease. The chiropractic adjustment restores normal input from our senses. This normal sensory input causes our perception and thoughts not to be stuck in a past pattern, but to be new and appropriate to the present moment. This healthy input leads to normalized function and restored health.

In addition to the chiropractic adjustment, some ways of changing sensory inputs to have a healthier brain are to learn something new, take a class, do something you’ve always done differently, take a vacation, go for a walk and see something you’ve never noticed before, read a book on a new topic, speak to friend or stranger about a topic you’ve never spoken about before. Change will happen. Trying new things and keeping the mind and body active develops new brain patterns, supporting better health and a better life.

Yours in health,

--Dr. Jack