

How to Reboot Your Nervous System for Optimum Performance

Written by Bradley Kobsar, D.C.

Thursday, 01 June 2017 00:00 - Last Updated Wednesday, 13 September 2017 13:33

Have you ever seen a healthy newborn baby appear bored? Of course not. Babies radiate awe, joy, wonder, vitality, energy, life, and rejuvenation. It's their natural state. But it's your natural state, too. You are always in touch with the vitality of life. As long as there's life, there's still a spark of this healing vitality.



100 CHIROPRACTIC FOR LIFE

How to Reboot Your Nervous System for Optimum Performance

By Bradley Kobsar, D.C.

Have you ever seen a healthy newborn baby appear bored? Of course not. Babies radiate awe, joy, wonder, vitality, energy, life, and rejuvenation. It's their natural state. But it's your natural state, too. You are always in touch with the vitality of life. As long as there's life, there's still a spark of this healing vitality.

This incredible ability you have to heal and auto-regulate body functions is due to an innate intelligence that you are born with. According to Lewis Thomas, M.D., "...a kind of super intelligence exists in each of us, infinitely smarter and possessed of technical know-how far beyond our present understanding." This is your innate intelligence, the inborn wisdom of your body. This intelligence allows your body to constantly adapt to its ever-changing environments. For example, it knows how to digest your food after you've eaten. You don't have to think about it. It also heals the cut on your finger. It keeps your heart beating, and it kicks your immune system into high gear when your body requires it.

Innate intelligence resides everywhere in your body. It is mediated by your brain, which communicates with every muscle, gland, organ, and cell in your body via your nervous system. Chiropractors are the only doctors who, as a profession, formally recognize this inborn wisdom or intelligence. They work on, and with, the body so that our innate intelligence can express itself as near to 100 percent of its capacity as possible. And that's where the practical foundations of chiropractic come in.

Because your brain and the rest of your nervous system mediate your innate intelligence, it stands to reason that this system must be optimized to its highest potential if true health is to be achieved. Your nervous system really is your master computer. It regulates all functions of the body every second of your life. When it's out of sync, you're out of sync.

The Value of Chiropractic Adjustments

Your brain communicates vital messages to all systems in your body through the primary conduit of the spinal cord. Your spinal cord is protected by 24 moveable vertebrae. Spinal nerves exit between vertebrae and branch out to deliver the messages sent from your brain through your spine to each muscle, gland, organ, and cell of your body. And through the same system, messages are returned.

Your spine is the most likely place for nervous system interference to occur. If your spinal vertebrae get out of alignment, even slightly—which injuries, poor posture, and many other life stresses can cause—the vertebrae may act as resistors to the distribution of your nervous system energy. The misalignments interfere with the transmission of nervous impulses and diminish the body's ability to stay healthy. Chiropractors call these vertebral misalignments, or displacements, subluxations. When a vertebral subluxation impairs a spinal nerve, it only takes a pressure as light as the weight of a quarter for three minutes to reduce the function of that nerve by 60 percent. Moreover, degenerative changes in the nerve begin to take place within three hours.

My responsibility as a doctor of chiropractic is to locate subluxations in your spine and gradually coax your vertebrae back into place so that normal nerve function is restored and other damaged tissues in the region can begin to heal. This will allow the nervous system to effectively communicate with and control bodily functions once again. Greater health and well-being is the result. 🌱



46 pathwaysofholisticwellness.org ISSUE 14

© SHARON WISNEY PHOTOGRAPHY

[Appearing in Issue #54. Order A Copy Today](#)

How to Reboot Your Nervous System for Optimum Performance

Written by Bradley Kobsar, D.C.

Thursday, 01 June 2017 00:00 - Last Updated Wednesday, 13 September 2017 13:33

This incredible ability you have to heal and auto-regulate body functions is due to an inner intelligence that you are born with. According to Lewis Thomas, M.D., "...a kind of super intelligence exists in each of us, infinitely smarter and possessed of technical know-how far beyond our present understanding." This is your innate intelligence, the inborn wisdom of your body. This intelligence allows your body to constantly adapt to its ever-changing environments. For example, it knows how to digest your food after you've eaten. You don't have to think about it. It also heals the cut on your finger. It keeps your heart beating, and it kicks your immune system into high gear when your body requires it.

Innate intelligence resides everywhere in your body. It is mediated by your brain, which communicates with every muscle, gland, organ, and cell in your body via your nervous system. Chiropractors are the only doctors who, as a profession, formally recognize this inborn wisdom or intelligence. They work on, and with, the body so that our innate intelligence can express itself as near to 100 percent of its capacity as possible. And that's where the practical foundations of chiropractic come in.

Because your brain and the rest of your nervous system mediate your innate intelligence, it stands to reason that this system must be optimized to its highest potential if true health is to be achieved. Your nervous system really is your master computer. It regulates all functions of the body every second of your life. When it's out of sync, you're out of sync.

The Value of Chiropractic Adjustments

Your brain communicates vital messages to all systems in your body through the primary conduit of the spinal cord. Your spinal cord is protected by 24 moveable vertebrae. Spinal nerves exit between vertebrae and branch out to deliver the messages sent from your brain through your spine to each muscle, gland, organ, and cell of your body. And through the same system, messages are returned.

Your spine is the most likely place for nervous system interference to occur. If your spinal vertebrae get out of alignment, even slightly—which injuries, poor posture, and many other life stresses can cause—the vertebrae may act as resistors to the distribution of your nervous system energy. The misalignments interfere with the transmission of nervous impulses and diminish the body's ability to stay healthy. Chiropractors call these vertebral misalignments, or

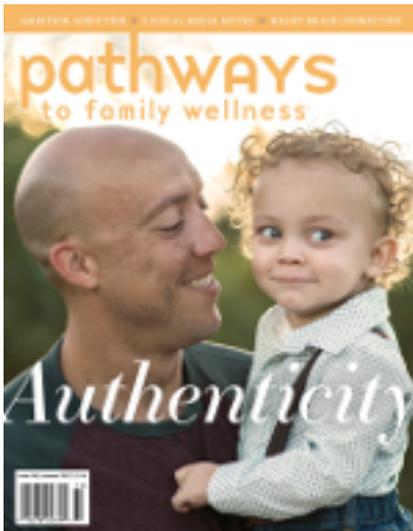
How to Reboot Your Nervous System for Optimum Performance

Written by Bradley Kobsar, D.C.

Thursday, 01 June 2017 00:00 - Last Updated Wednesday, 13 September 2017 13:33

displacements, subluxations. When a vertebral subluxation impairs a spinal nerve, it only takes a pressure as light as the weight of a quarter for three minutes to reduce the function of that nerve by 60 percent. Moreover, degenerative changes in the nerve begin to take place within three hours.

My responsibility as a doctor of chiropractic is to locate subluxations in your spine and gradually coax your vertebrae back into place so that normal nerve function is restored and other damaged tissues in the region can begin to heal. This will allow the nervous system to effectively communicate with and control bodily functions once again. Greater health and wellbeing is the result.



This article appeared in [Pathways to Family Wellness](#) magazine, Issue #54.

View [Article Resources](#) .

View [Author Bio](#) .

How to Reboot Your Nervous System for Optimum Performance

Written by Bradley Kobsar, D.C.

Thursday, 01 June 2017 00:00 - Last Updated Wednesday, 13 September 2017 13:33

To purchase this issue, [Order Here](#) .