

CLEAR | HEALTH CHIROPRACTIC

Retracing Cycles of Repair

***"As it took time for the condition to change from health to a maximum degree of abnormality...
it takes time to retrace back to health"***

-Dr. B.J. Palmer

Retracing: Cycles of Repair

What do we mean by retracing? Primarily it implies re-experiencing or the reawakening of old symptoms, including pain, memories and even emotions for more complete healing. Even though these experiences are part of the healing process and thus good for you, they may cause you unnecessary concern if not fully understood.

When a patient is under chiropractic care, it often occurs that he exhibits symptoms that have not manifested themselves for months, or even years. One's first impression is that they are becoming worse, but they are retracing the several stages through which their disease, pain or health concern progressed in the making.

The question of time is essential in the matter of retracing. If a health concern has been in progress for a number of years, the patient should not always expect to regain the normal state within a few days.

As it took time for the condition of the patient to change from health to a maximum degree of abnormality, so it takes time to retrace from the abnormal condition back to health.

Response Varies

The time consumed in the recovery does not always correspond to the time consumed in the production of the disease. As a general thing, however, it may be stated that acute diseases respond rapidly, while chronic cases of long standing are slower in their response.

Some abnormalities show very extensive involvement of tissues, while others show very little involvement of tissues. In any involvement of tissues, the structures must retrace the various steps through which it passed in assuming its normal condition.

What The Chiropractor Does

The chiropractor is thoroughly trained to detect the abnormal positions of the vertebrae in the spine. He is further trained in the technique of restoring these vertebrae to their normal positions.

The question naturally arises in the mind of the patient as to why the chiropractor cannot return the vertebra immediately to its normal position and thus immediately restore the tissue to a healthy state.

What actually happens when an adjustment is given is the vertebra is returned toward its normal position. When an adjustment is done, the ligaments and muscles are given an opportunity to

regain, in part, their normal tone, and this permits them to hold the vertebra in a more nearly normal state.

Points To Remember

The spine, however, and the body in general is subject to more or less strain during everyday life, and it is possible that the vertebra may recede toward its old abnormal position, thereby necessitating another adjustment.

Keep in mind that tissues often must be rebuilt in order for the vertebra to hold its normal position. In addition, tissues that have perhaps for years assumed an abnormal condition, due to the gradually increasing pressure upon the nerve fibers, must be allowed time to return through the various stages they have passed in the production of the abnormality.

This all takes time, and patience becomes a cardinal virtue, based on the knowledge that *all is progressing as it should*. **Time and repetition** is needed to allow the tissues to heal and repair.

Homeopathy

Homeopathy has codified the observations of Constantine Hering, a homeopathic researcher, as Hering's Law or "The Law of Cure". Retracing occurs (a) from interior to exterior; (b) from the most vital to the least vital organs; and (c) in reverse order from that in which the symptoms appeared. (Coulter HL *Homeopathic Science & Modern Medicine*. Berkley, CA: North Atlantic Books. 1980:24.) According to homeopaths, without retracing, there is no true healing.

Retracing & Medicine

Retracing seems to occur with healing systems that permit the body to express itself as it detoxifies, releases old energies and restores and rebalances the body. Retracing is often uncommon in standard medical practice partly because the tendency of medicine is to suppress and mask symptoms.

It is essential for this period of retracing to be passed through to get to the end goal. Do not allow any temporary discouragement to preclude the ultimate health which will be yours if you continue!

