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*Health Bulletin/Newsletter-28*  
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*Please forward to your friends and family!*

### **Health Insurance Or Health Assurance That Is The Question?**

It is imperative that you have health insurance for yourself and your family. We are all aware of the cost of health care today. A single day stay in a local hospital for the room itself, with no medical treatment is nearly \$4,000. Is health insurance a preventative or more disease insurance? I say this because you use it when sick or injured. What your insurance offers are payments for services rendered to treat your particular condition?

Your health plan will offer what they call preventive care such as mammograms, PAP smears, colonoscopy, bone density testing, prostate examination, blood work to show cholesterol levels, etc. But these services if they are paid for are not preventative, but rather early detection. I believe what your really want is health assurance because the benefits are greater, and that is not to get sick in the first place.

I am bringing this idea up because in a continuing education program I took recently entitled "Evidence-Led Approach To Spinal Adjusting", a particular research study was mentioned that I had not been familiar with. Though this study was done in 1921, ninety years ago, at the University of Pennsylvania Medical School, by Henry Winsor, M.D., its finding an information are revolutionary for it time, but also hold true today. You might think to yourself, how is relevant this information in medicine that is ninety years old! The truth is timeless such as Newton's Law of Gravity, which was presented to the scientific community in 1687, some 324 years ago. If you don't believe in this physical law and you want to ignore it, then go up to the roof of your house and step off, and see if it doesn't apply to you!

The medical research study that I was referring to, by Henry Winsor, M.D., was published in Medical Times, November 1921, pp. 1-7, titled "Sympathetic Segmental Disturbances, in Dissected Cadavers, of Visceral Disease with Vertebral Deformities of the Same Sympathetic Segments". What Dr. Winsor did was take 50 cadavers at University of Pennsylvania Medical School and preformed (necropsies) or autopsies to see if a minor curvature of the spine affects the sympathetic nerves that control the bodies' organs and did this cause disease of the associated organs system. The finding of this study showed 49 of the 50 cadavers showed curvatures, all were rigid and of long duration, similar to chiropractic subluxation and fixation patterns. All areas of the spinal deformity showed pathological tissue changes or outright disease. The disease found were cancers of involved organs, or disease of heart, gall bladder, kidney, stomach, large and small intestine. The positive correlation for organ malfunction or disease was nearly 99% in all cadavers in this study.

This is mind boggling, and correlates exactly with the chiropractic philosophy and principles, that chiropractic adjustment of the spine can help organ malfunction and can prevent or disrupt the disease process. This means that everyone should have their spine examined and adjusted at least 4 times a year, or with the change of the seasons. And this is what is known as Health Assurance-not getting sick in the first place.

To be fair and open minded I want to tell you a few thoughts that I would have asked this researcher about this particular study. The first would be, did these individuals who died, and became the cadavers to teach the students at this medical school anatomy, die of the disease found in the organ system supplied by sympathetic nerve that supply that particular organ? Other factors I would need to know was the age, gender of the particular individual examined in this study.

Current knowledge would also play a major role in sickness or disease such as genetic factors and family histories. Nevertheless the subluxation, fixation, and spinal distortions can play a major role in the development of sickness and disease and chiropractic intervention with spinal adjustment can interrupt this cycle.

Just remember your health is your most important asset and should not be squandered. It is easier to maintain it by regular Chiropractic and Applied Kinesiology examination. It also requires your participation in getting regular exercise, proper diet and nutritional supplementation to have Health Assurance rather than Health Insurance.