

BJ PALMER AND THE HOLE IN ONE ADJUSTMENT

On September 18, 1895, DD Palmer performed the third thrust into the neck of a janitor named Harvey Lilliard, at which time Harvey Lilliard regained his hearing after being deaf for 17 years. They thought at the time when DD Palmer hypothesized that the lump in Lilliard's neck must be interfering with the nerve supply, that they had found the cure for hearing loss, so began adjusting many people with hearing loss. To their amazement many people got over their hearing loss, some did not, but many other health problems began to get well also, gall bladder conditions, urinary tract problems, lung conditions, etc. Soon after DD Palmer's friend, Reverend Samuel Weed helped him name this new health art form called Chiropractic, "practice by hand".

After developing Chiropractic for a number of years, Dr. Palmer decided to begin traveling around the country, teaching others Chiropractic, and hence provide the roots and origins for many future Chiropractic Colleges. By this time however, BJ Palmer, DD Palmer's son, had thought that researching this art further before presenting and spreading it all over the country would be a better idea. Hence, young BJ at age 20, took over the Palmer College of Chiropractic, and the Palmer Chiropractic Infirmary, and began an incredible research period that would continue on for 30 years. To this day, Dr BJ Palmer is accredited with the "development" of chiropractic. Dr Palmer left no stone unturned in his passion to reveal the true cause of ill-health and how it related to the human spine.

It was BJ Palmer whom discovered the uniqueness and complexity of the upper 2 neck bones displace and create interference to the vital life flow from the Brainstem. This was discovered to be the major underlying cause of malfunctioning organs throughout the body which was the predecessor to a sick body. The relationship of the Upper Cervical (neck) Vertebrae, numbers C-1 and C-2 had peculiarities in their nature, at the top of the human spine, that predisposed them to displacement. 1) It is where the most important organ of the body resides, the Brainstem, which is the source and beginning of life in the body. 2) At no other place in the Nerve system does the Nerve tissue come as close, and fit as snug, as the brainstem to the bony tissue, inside the skull and upper two neck bones. The nerve roots and the spinal cord have much more room between themselves and the bones below C-2. 3) There are no discs holding these two bones in place, but discs are present between every other vertebra in the spine. 4)

There are no large vertebral bodies supporting the vertebrae at C-1 and C-2, but are present throughout the rest of the spine. 5) There are only 2-3 intervertebral surfaces stabilizing joint movement between the upper two cervical bones C-1 and C-2, also known as Atlas and Axis, but there is an average of 6 to 8 between the bones of the rest of the spine. 6) Once C-1 and C-2 displace, they tend to lock out of normal position, until a specific force is introduced to unlock them, allowing them to go back to their proper position. 7) The brainstem itself has no feeling or sensory awareness, this means the upper two cervical vertebrae can create interference to the life flow coming from the brainstem, thereby damaging any part of your body without your awareness, thus it has been nicknamed the "SILENT KILLER", it's formal name, vertebral subluxation. This meant the vertebral subluxation could be present for years accumulating damage before a pain or symptomatic warning showed itself.

It was this revelation of BJ Palmer's, that revealed the most important discovery toward helping the sick recover from sickness and disease of this century that would leave the medical profession behind in their efforts to cure the sick with potions and pills from the "outside" of the body.

From here came an entire philosophy, or better yet a revealing of what really healed when it came to the human body. BJ Palmer now knew that the Life Force must flow downward from the brainstem, which was established to be part inside the skull, and part extending down the neck to C-2, held the power to heal all parts of the human body. The brainstem then became spinal cord, and the life energy must flow through the spinal cord inside the spine, out each nerve root, to supply every organ of the human body. It is this same life energy that has the power to heal and give life to the body, that develops us for nine months in the womb and whose absence creates disease and sickness.

BJ Palmer developed a technique he called the "Hole In One Adjustment", to correct the displacement of these cervical vertebrae. BJ's in-depth study and knowledge of this area was the most advanced for his day, and remains to be this day. He knew to correct the pressure exerted on the brainstem, in a way producing 100% correction of the brainstem interference, he would have to develop a technique that would correct the pressure in a three-dimensional fashion. The displaced positions of these bones were critical and more complex than meets the eye, and interfering with the most important organ in the body, the brainstem, and

the "life energy" flowing from the brainstem. There were already many chiropractors from years of chiropractic development and growth that were established and practicing chiropractic, yet had not learned of BJ's unique discovery. BJ's Hole In One adjustment got such great results he knew he needed to spread it to the rest of the chiropractors and the world.

Dr. Palmer began sending telegraphs all over the United States, inviting doctors to send their most difficult cases to his clinic in Davenport Iowa, to receive his developed, Hole In One Adjustment. On his telegrams he stated, "you know doctors what I mean, the worst of your worst cases". People drove and traveled to Davenport by the thousands to get under care of what became the greatest chiropractor that ever lived. Palmer got cases of epilepsy well, hydrocephalus, cancer, tumors, encephalitis, multiple sclerosis and many more difficult cases. He charted and recorded everything. His results in various categories of disease or sickness scored high in the 90 percentiles, with low averages being mid 80's. Palmer's recognition and correct method of adjusting turned out to be the greatest discovery for the elimination of infirmity and illness in sick patients.

At first it was difficult for many doctors whom already were practicing for years, to accept the idea that the entire root of the spinal problem came from the upper two neck vertebrae and subsequent interference to the brainstem, along with his special Neurocaligraph instrument for nerve interference pattern detection, and specialized adjusting technique. However reluctant though, as time would prove, Palmer's work proved to be the most sophisticated, producing the greatest results, unchallenged. One difference though, it was very difficult to learn the art of the Hole In One Adjustment, yet not impossible. The great reward of superior results were only available to the dedicated and persevering few that would do the necessary training to master the technique, and perhaps had a better than average talent for learning this mind body coordinated technique. Other chiropractic techniques are, even to this day, very effective and successful in the results they achieve, but none captured the uniqueness and power of the HIO adjustment. Other techniques left all patients better off than they were, and improved their health, yet the Hole In One always outperformed when executed properly, and could obtain better results than other methods, especially in the difficult cases.

From the spinal cord, 31 nerve roots on each side (62 total), branch out from the spinal cord inside your spine, passing through the holes on the side of your

vertebrae, (formed by two vertebrae), to the outside of the spine. From there each spinal nerve root branches out an average of 500 million times to supply each and every cell of the human body with the vital life force, enabling each cell to heal and new cells to reproduce regularly to replace old cells.

BJ discovered that the upper neck bones could displace by each moving in four different directions from their appropriate positions, creating interference to the brainstem. This would require a special "torque delivered force" and observance of specific lines of drive to accomplish a "complete" correction of all the brainstem pressure and interference. BJ discovered that there were 274 possible combinations that these two bones could displace to create brainstem interference, and developed a special chiropractic adjustment to correct this. Once BJ unlocked these vertebrae with his special Hole In One Adjustment, all types of problems began to get well that never responded before.

People came by the thousands to BJ's Clinic in Davenport, Iowa to get well, coming with all types of maladies from Cancer to Epilepsy and much more. BJ Palmer would accept any case providing the patient was using no medication of any kind, as he knew medication interfered with the healing powers of the body, and could only cover up symptoms. He would then proceed to give only his "Hole In One" adjustment, adjusting one of the top two to vertebrae only, correcting the brainstem pressure, to get all kinds of cases well. He had percentages of different cases into the 90 percentiles in most categories of illness. If people were not completely healed they were always helped and better off as a result of the adjustment.

BJ Palmer presented 8 of his patient cases in a book called "Chiropractic Clinical Studies", of which one chapter has been reprinted frequently on 8 of BJ's cases. There is a cancer case, 2 epilepsy cases, an encephalitis or sleeping sickness case, a case of tumors, multiple sclerosis, low back and sciatic pain, and hydrocephalus.

BJ Palmer's "Hole In One" technique required the use of specific upper cervical x-rays of these two bones, a graph pattern established from his dual probe heat instrument the neurocaligraph, a special knee-chest table, and a Chiropractor well trained in the art and technique of the "Hole In One" technique.

During BJ's years of development and growth, the Medical profession

(particularly the AMA), did take notice to what he was doing. It wasn't long before they attempted to drag him into court, accusing him of practicing medicine without a license, making such claims that "it is impossible for a vertebrae to be moved or adjusted", etc. The frequent court battling, and cost tied up Palmer's time to some extent. Unfortunately with chiropractic having had many different schools developing before and simultaneously to BJ Palmer's work, there were already many approaches developing to the challenge of correcting vertebral subluxation of the spine. This did not help the spread of Palmer's superior comprehension and method of correcting subluxation. This is in part why this essential key to real health was never able to spread to the public as a whole.

Additionally, it became apparent that the real understanding of what health and chiropractic were really about was not always comprehended by each school of thought. This is why Dr Palmer, during his development years of chiropractic, found it foremost important to develop the chiropractic philosophy and identify what actually does the healing in the human body. He called this healing power, "Innate Intelligence", and it came from the "Brainstem" and existed in every live, healthy human cell in the body, and got there by way of our incredible "nerve system", and was bound up and interfered with by the cervical vertebrae displacing called a vertebral subluxation, and released by the chiropractic adjustment.

Regardless of what type of problem a patient has, whether it be cancer or hearing loss, the vertebral subluxation was analyzed, and corrected to let the life flow once again to "all" the organs and heal them. Although each subluxation is uniquely different, all patients required the same attention, which is to correct subluxation. This of course is not a treatment of disease. It never was or will be the treatment of disease, but the restoration of a full nerve supply. Once this was accomplished, the healing innate intelligence flowing over the nerve supply would then heal whichever organ became sick from a lack of nerve power to that organ.

Medical doctors treat disease with the use of drugs and surgery as if they are doing the healing. The drugs only cover up the symptoms, but don't correct the cause. Chiropractors release the body energy which does the healing. It is this silent blockage of life energy from the brainstem that is the real cause of infirmity and ill-health.

Immune System Research Confirms the Effectiveness of Chiropractic Care

Dr Ronald Pero, Ph. D. is a medical cancer research specialist, whom has gathered statistics on thousands of "very sick people", (those with very low immune competency). Prior to engaging in research of chiropractic patients, Dr Pero has had the opportunity to gather average statistics on thousands of seriously ill patients in specific categories that relate to the patients immune system and it's competency, such as cancer patients for over 15 years. His research also provided for the gathering of comparative statistics on thousands of patients considered medically "normal".

The tests that were routinely administered to patients, either "very sick" or "normal", were the GTTSBO test, the Oxidative Stress Response Index, the Immune Competency test, and the Decrease of Immune Competency with Age test.

The GTTSBO test was essentially to determine whether a patients DNA was normal from the start before moving on to compare them to other norms. The Oxidative Stress Response Index basically measures the bodies ability to resist disease by repairing genetic material called DNA. In other words, it measures the bodies ability to **heal before** the disease takes place. The Immune Competency test measures the capacity of the patients body to develop an immune response, security against a particular disease, and the non-susceptibility to invasive or pathogenic effects of foreign microorganisms or to toxins. The final test was a simple comparison of the immune competency in people as they age and get older, as it is always believed that it always decreases with age.

Once these figures had been established for the "very sick" and the "medical normal", they used the figures to compare them against 96 individuals with long term chiropractic care that were selected from ages 21 to 87. The chiropractic group were given all the same tests, and the results then compared to the "very sick" and the "medical norm".

The researchers found that the "medical norm" category scored 200% stronger over the "very sick" category, in the Oxidative Stress Response, and the Immune Competency tests, but still exhibited a Decrease in Immune Competency with Age. The chiropractic group scored 200% stronger than the "medical normal" group and 400% stronger than the "very sick" category in both the Oxidative Stress Index and the Immune Competency test, and there was NO drop off in Immune Competency with Age. Not one chiropractic patient tested had any decrease of their immune system response with age.

When this occurred, another 46 chiropractic people were tested to confirm the incredible results they had achieved with the first group of 96, and still the chiropractic group's immune index, and oxidative stress index, were 200% over the "medical norm" group, and 400% over the "very sick" group, with NO decrease in immune competency with age!!

These tests took years to complete, and research was expensive, however it proved without a doubt what most of us as chiropractic patients know. You need a full nerve supply throughout life if you expect to stay healthy.

Dr Pero worked on this research project through the Wallenburg Laboratories and the University of Lund in Sweden giving these statistics in a speech made, February 22, 1989.

Waiting To Heal

Problem: Intelligent Life Energy is Cut-Off From Brain to Body at Base of Skull Due to Mis-Aligned Vertebrae. It normally flows through a vast and extensive nerve supply that supplies every part of the human body.

Chiropractor: Introduces "Specific Force" into the Mis-Aligned Vertebrae, Releases them from Stuck, Jammed, Locked, Abnormal Position.

Innate Intelligence: Of the Human Body Present Within the Human Body Tissue, and now restored to full with the release of the nerve interference, directs the surrounding tissue around the bone, (muscle, ligament, tendon, etc.), to PULL the vertebrae to a more advantageous position, where Innate Intelligence wants the vertebrae.

Pressure: Has now been relieved from the Core "Source" of the human nerve supply or Brainstem (The Beginning of where the Life Force comes from within the physical body), and is allowed to flow freely. It immediately begins to repair nerve tissue and target organs they supply. The healthier the tissues become, the better the flow of Innate Intelligence.

Now: Bone is in place. Interference to nerve supply is temporarily gone. Innate Intelligence is flowing the best it can, freely, through a physical nerve supply and body that has been previously damaged by the restriction of the life flow. Healing begins immediately.

When Do I Heal ?

10% of all my healing occurs while I am still experiencing pain and symptoms.

90% of all my healing occurs during the period of time after my pain and symptoms are relieved. When I am already feeling good.

Medicine has taught us to pay attention to our health, only when we are feeling sick or experiencing pain or symptoms.

Chiropractic teaches us that health is gradually lost, while years of damage to our body accumulates due to pressure and interference to our central nerve supply, (the brainstem), called **Subluxation**.

Medicine offers drugs or medications which **all** have **serious** side effects, and surgery which permanently removes parts of your body for the rest of your life.

So live life with a full nerve supply, expressing 100% life and health with chiropractic adjustments. Experience real health.

Don't use chiropractic adjustments like a pill, used only when in pain, use chiropractic because you want full health and life expressiveness. Stay adjusted to stay well, don't wait to get symptoms or pain first.

Med-Pay, What Is It ? Should I Have It ?

Med-Pay is the health care coverage on your automobile insurance policy that may be purchased in addition to your basic policy. It is designed to cover unexpected health care costs rapidly, in the event of injury to you in an auto accident, regardless of who is at fault.

Using Med-Pay does not raise your rates, it does not admit fault, it is just there to aid you in getting well after an accident. It does not matter whose automobile you are in, or who caused the accident, Med-Pay is just there to take care of you and your needs with-out worry. Sounds good ? It is. Yet not all people bother to purchase Med-Pay, and it costs very little considering it's value.

In almost all accidents there is the high potential risk of injury to your body and health due to the enormous impacts that the human body sustains as a result of forces delivered from massive vehicle weights traveling at speeds and impacting with each other. One statistic states that 80% of all auto accident victims have health problems related to the accident up to 15 years after the accident. (This study was performed on non-chiropractic patients).

The best thing for auto injury patients is chiropractic care, and Med-Pay covers chiropractic 100%. Considering it's value, I recommend all drivers to purchase Med-Pay on their auto policies, with as high an increment as you can afford.

Remember, we often hear people express fear of their rates going up. This is ludicrous, as your rates ONLY go up from you being at fault, and if that's the case, you might as well us your insurance anyway as the rates are going up anyway.

Vertebral Subluxation

When a spinal vertebrae misaligns.

The openings inside the vertebrae become smaller.

The millions of nerve fibers inside get restricted interfered with, pinched, cut-off, or blocked.

The messages from the brain to the body become altered, changed, speed-up, slowed-down, sick, pathological, and destructive to the organs and body parts below.

Chiropractors correct vertebral subluxation.

This promotes a full, 100% nerve supply to all the parts of your body and organs.

You must **keep** vertebral subluxation checked and corrected regularly to experience health.