

## Momentum

WE CANNOT appreciate momentum of dis-ease (Body malfunction) without first understanding momentum of ease (normal body function). You cannot understand momentum of ease without understanding what momentum is. Momentum is defined in physics as the quantity of motion of a moving object, equal to the product of its mass and its velocity. There is a driving force against resistance. Motion implies speed and momentum is the amount of force used to stop speed. So we have speed and introduce resistance to stop it to manifest momentum.

TAKE for instance, an electric fan, which is spinning at a speed of a thousand revolutions per minute. Resistance is introduced to stop this force of motion by cutting off the current and the fan begins to slow down and finally cease to run. The greatest amount of momentum was immediately after the current was cut off. When the fan finally stopped, there was no momentum at all.

NOW that the fan is stopped let's say we wish to turn it on again. We must first turn on the current and the fan starts to develop speed. The least momentum is in the first second, twice as much in the second and more than three times as much in the third. This builds up until it reaches its maximum speed or number of revolutions per minute.

WHEN we turn the fan off it does not stop immediately because the momentum must ease down and stop. When we turn the fan on it does not reach its maximum r.p.m.'s immediately because it must pick up or gain momentum. I, think you appreciate our idea of momentum, and resistance. In applying this to your body, recognize that your body is living under a condition of momentum. Every impression you receive is more or less resisted by the tissue cell. Let's consider a physical force such as a fall. The invasion of force to the body caused by the fall overcomes the resistance of the body internally. These momenta coming together causes a clash of forces. If the invasive force is greater than the internal resistive force, the shock waves or forces cause the vertebral subluxation. Now that the vertebral subluxation has been produced an alteration or interference of life energy (nerve impulses) causes a dis-eased condition to develop in one tissue cell, two cells, then 200, 2,000 and then 2 million. Proportionately, the longer the subluxation exists, the greater becomes the momentum of speed of diseases. The longer it runs, the longer you go down hill, the greater becomes it's speed and the greater becomes the momentum of disease.

I, as a chiropractor, am called upon to detect, locate and adjust vertebral subluxation. I am asked to reverse the vertebral subluxation, reverse the power, and the patient immediately expects to be well. Your body cannot do this as; it is contrary to the laws of momentum. The vertebral subluxation and the diseased condition has gained a tremendous momentum. I adjust the vertebral subluxation and the momentum of dis-ease must slow down and stop to zero. Now the power of the life functions within can build from zero to a maximum momentum of normal function, or health. This process requires time! Be patient with your body's health processes. The longer you stay in adjustment, the more momentum is gained towards health.

LET'S recall the time just prior to your first adjustment, when you had the vertebral subluxation and the maximum of momentum of diseases. You receive that first adjustment and let's suppose it takes three weeks for the life energy now getting through 100% to the body to stop the momentum of diseases. It then takes a period of time to start at the minimum of momentum and build up to the maximum of momentum of normal controlled function that is health. You must understand that while the brakes are being put on, by the renewed life energy causing resistance to the momentum of diseases you may see some relief. However, you can't have improvement till this dis-ease process is stopped and you begin to reverse to the constructive health process.

YOUR understanding of this is important so you can appreciate what your body must go through. It will keep you from becoming discouraged because you can realize it is a part of your normal process of getting well. Therefore, if you receive that first adjustment and you feel that you continued to get worse, you are simply letting the momentum of the disease process stop. Then you can begin to reverse conditions, that is, the momentum towards health can begin. No you will begin that constructive momentum of growth to health and a maximum of momentum of ease.

CHIROPRACTIC has a philosophy of observing and working with life's natural processes. It is a philosophy of reality and common sense. In investigating the phases of chiropractic philosophy of momentum and retracing, one works hand in hand with the other. These are natural principles, a definite fact, and yet simple. Just understand them and allow them to work. Keep your appointments to keep control of the vertebral subluxation. If you do, you can be better than you are!