

# **Nervous System Function: The Key Component to Optimal Health**

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According to an article published in the journal of the American Family Physician, there are at least 106,000 deaths each year in the United States from the side effects of *properly prescribed* medications<sup>1</sup>, and that 10 percent of hospital admissions may be attributable to drug-induced disorders. Additionally, according to an article published in 2000 in the Journal of the American Medical Association at least 250,000 people yearly in the U.S. are hospitalized as a result of adverse drug reactions<sup>2</sup>. There is no drug that will make you healthy in the truest sense of the word, and reliance on drugs for your health is risky at best.

Our bodies have amazing self-regulating, healing and repair capabilities. The key system that manages these self-healing capabilities is the nervous system. According to basic physiology, the nervous system controls and coordinates all organs and systems in the body. Like an energy conduit providing information, feedback to our brain and power to all systems the nervous system is essential for life itself and good health. Being the controller and regulator of all organs and bodily systems, the key to maintaining good health is maintaining a properly functioning nervous system.

The nervous system is extremely complex, but essentially consists of two components: The Cerebrospinal component and the Autonomic component. The Cerebrospinal Nervous System is often abbreviated the CNS and the Autonomic Nervous System is abbreviated ANS.

The cerebrospinal component consists of the brain and the spinal cord and all the nerves exiting from the spinal cord. The brain and the spinal cord are all protected by the bones of the skull and vertebral column. The CNS essentially controls all the parts of the body that we can think about controlling and take immediate action to make a change in. For example, when the CNS is functioning properly you can think about moving your arms and make them move the way you want.

The autonomic component consists of the all the nerves that send and receive messages to and from all the internal organs, glands, blood vessels, lymph tissues, special senses, etcetera. The origin of the nerves of ANS are intimately associated with the vertebral column. The ANS controls all the parts of the body that you don't have to think about regulating and changing for proper function. For example, when the ANS functions properly you don't have to think about making your heart speed up and pump more blood when you start to run fast...it does so on its own under control of the ANS.

Chiropractic adjustments essentially relieve stress and irritation on the CNS and ANS. Powerful pain-relieving neurochemicals are released in response to chiropractic adjustments. Also with proper communication to and from all the organs and tissues via the nervous system, our entire body works better. Chiropractic care is whole body health care!

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<sup>1</sup> Holland, E., DeGruy, F., Drug Induced Disorders. Amer Fam Phys, Nov 1, 1997: 56(7):1781-90.

<sup>2</sup> Starfield, B., Is U.S. Health Really the Best in the World?, JAMA, July 26 2000: 284(4):483-5.