



Effective Solutions for Better Health

Susan Swanson, CR, STT

970-689-9576

solereflexions@hotmail.com

Spinal Touch:

New Technique Has Chiropractic Effects

One child came in so emaciated that he couldn't move, chew, or close his eyes. The doctors, unable to give an exact diagnosis, gave the boy only a few weeks to live. Another client came in with a gall bladder full of stones. Another had such pain in her abdomen that she was bedridden and had been that way for years. Several clients had MS. Another child came in with Schwartz-Champell Disease. At 29 months old, she was in a permanent Z-shaped position. Yet all recovered.* How could this be? What helped them to recover and go on to lead normal, healthy lives?

The answer is simple. It is a light-touch therapy that gives chiropractic effects and it is called **Spinal Touch**.

Spinal Touch had its beginnings in the late 1910's. John Hurley,

DC, and a former structural engineer, sensed that there must be a way to provide more effective help to his patients, based on the application of structural laws to the human frame. He found that the body's center of gravity occurs at the union of the sacrum and the fifth lumbar vertebra and that all stresses upon the body, such as pressures, physical traumas, strong emotion, surgeries, pregnancy, or illness, impact that center of balance. The resulting distortion, in the form of excess curvature of the spine, results in compression of the organs in the chest cavity and the pelvic region. This compression

inhibits proper circulation, distribution of vital nutrients to the organs, and proper nerve function. Without these, the organs become congested, and this congestion is a precursor to disease. Also, the hampered circulation causes fatigue poisons to accumulate in the muscles and organ tissues. In addition to all of this, the muscles attached to the skeletal structure go into a state of continual severe contraction allowing poisons to build in them as well. As in the law of inertia, the body will continue in this vicious cycle unless acted upon by some external force.

This is why Dr. Hurley developed Spinal Touch. By applying structural laws, principles founded in acupuncture, and massage techniques, he created a technique that would relieve the muscles from this constant state of contraction. Unlike other chiropractic and non-force techniques, Spinal Touch is a more complete technique. In addition to working the problem areas of the spine, it works all the muscles impacting the spine for a more complete treatment.

Remember, muscles move bones; bones don't move muscles! If we relax all the vertebral muscles, the vertebrae will find their natural position in the spinal column. This in turn will bring relief to the compressed organs and toxin laden muscles resulting in the body's natural self-repair process.

Of course, success of the treatment will depend on one's age, general constitution, and the degree of chronic illness. After several sessions of Spinal Touch, assessment can be made of any actual tissue damage and then supplements can be added to support the restoration of the organs and tissues.

*Experiences of my instructor, Dr. W.L. Rosquist, DC, and Dr. Goes, DC