



The Wellness Practice™

The Science of Human Wellness

Eat Well - Move Well - Think Well™

The Innate Diet™ & Natural Hygiene



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Introduction

There are a few key concepts that must be understood before we begin discussing wellness nutrition. The goal of any wellness intervention, including wellness nutrition, is to increase health and well-being. The most important things we must understand then are the concepts of health and wellness. Let's start with health.

What is health?

Dr. Chestnut's 10 Fundamental Scientific Truths Regarding Health and Sickness

1. All living things, including humans, are composed of individual living cells working harmoniously together in a self-healing and self-regulating ecosystem to maintain homeostasis, health and life.
2. Our cells are innately or genetically equipped from birth with all the necessary intelligence to function properly. Our cells are programmed for homeostasis and health and they NEVER dysfunction without a physical, emotional, chemical, or spiritual stressor.
3. Our cells are all genetically programmed with the perfect recipe for health; it is our choices and our living environment that determine whether or not the proper ingredients are supplied!

(In other words, because cells are all programmed for homeostasis, the only causes of cells losing homeostasis or health are unhealthy lifestyle choices or some other stressors in our environment.)
4. Health, by definition, is a state of consistent homeostatic cell function.
5. Sickness, by definition, is a lack of consistent homeostatic cell function. Sickness is a lack of health just like darkness is a lack of light.

Sickness, by definition, is a lack of health; it does not exist as an independent entity. Darkness, by definition, is a lack of light; it does not exist as an independent entity. Neither disease nor darkness have any physical properties. Imagine if you were in a sealed room that was well lit and outside that room was a dark hallway. If you opened the door would darkness rush in or would light rush out? Light would rush out and illuminate the dark hallway of course. Why? Because light exists and darkness does not. If you wanted to make the room brighter could you look for darkness and remove it? Of course not. You can't remove something that does not exist; to make the room brighter you would have to increase the amount of light.

If you wanted to make someone healthier could you look for sickness or "disease" and remove it? Of course not. You can't remove something that does not exist; to make someone healthier you have to increase the amount of health, you have to increase the level of homeostatic cell function!

This is why treating symptoms and disease never creates health or prevents disease! The entire premise of allopathic medicine is based on the false belief that disease exists as an entity separate from cell function. Medicine thinks disease and illness are somehow separate from you. Allopathy or medicine studies disease and how to treat its symptoms instead of studying how to create health! Medicine is not health care at all, it is sickness care!

Wellness is based on the REAL entity of homeostatic cell function, this is why it is the only way to create health and prevent a lack of health or illness. The entire premise of wellness is based on the true belief that health exists as the entity of homeostatic cell function. Wellness understands that health is you, it is your cells! Wellness studies how to restore homeostatic cell function and health not how to treat disease and symptoms. Wellness is not sickness care at all, it is health care!

6. The function of our cells determines our states of health and sickness.

7. The cause of all non-homeostatic cell function is stressors.

8. All health stressors can be divided into one of two categories:

1. A. Deficiencies in the required ingredients for homeostatic cell function
2. B. Toxicities that drive cell function away from homeostasis

9. Because cells are born with all the required innate genetic intelligence for homeostasis and health, cells always function perfectly in relation to any given environment. Symptoms do NOT represent an error in the intelligence of cells. Symptoms represent important signals from cells telling you that there is something wrong, that there is a deficiency or a toxicity, and that they are under stress. Illnesses represent the body's best ability to adapt to a chronic unhealthy environment, to chronic deficiency or toxicity, to chronic stressors. The cells NEVER function pathologically or incorrectly, the ENVIRONMENT is pathological or unhealthy! It is unscientific to look at the cell as the problem, we must always look at the environment.

10. In order to function properly and produce health cells must have all requirements met and be free of toxicity. In other words it is impossible to be 100% healthy by supplying cells with only some of the requirements or by eliminating only some toxins. This is why other programs fail, they try to treat a single symptom or address a single deficiency or toxicity but fail to create an entire healthy ecosystem of cells. Plants can't be healthy even if they have all the water and nutrients they require if they are missing sunlight! Even if they have all the required sunlight, water, and nutrients but are being poisoned they cannot be healthy. The same is true for human beings. You can't eat well and exercise well and relax well and not remove subluxation and expect to be healthy. Nor can you expect to be healthy if you are poisoning yourself. This is why the Wellness Practice™ program is so successful; it addresses all deficiencies and toxicities and creates sufficiency and purity!

Can you think of any sickness or disease that isn't the result of cells not functioning homeostatically?

Can you think of any cause of non-homeostatic cell dysfunction other than deficiency or toxicity?

If all your cells are functioning homeostatically is it POSSIBLE to be sick? NO!

These are paradigm changing and life saving truths!

Disease does not exist! Disease is merely a LACK of proper cell function (disease), it does not exist on its own anymore than darkness does.

Outside of a human cell what properties of existence do diseases have? How much do they weigh? What do they smell like? What do they feel like? You don't catch disease you express states of dis-ease or non-homeostatic cell function. It is YOUR CELLS!!

This is the secret to lifelong health and wellness that I finally discovered!! Supply your cells with the ingredients that they need and avoid the things that are toxic to your cells and you naturally get maximum health 100% of the time!

Health is a simple concept. This is why other 'dumb' animals are so much healthier than humans – they simply follow natural laws and live congruently with the innate intelligence in their genes.

After years of biological, ecological, and physiological research I finally realized that human beings living in industrialized societies are equivalent to wild animals living in captivity. We suffer from the very same problems! If we take animals out of their natural environments and make them live in our industrialized environment they get the same sicknesses we get – cancers, depression, anxiety, anger, low sex drive, obesity, diabetes, premature aging, shorter lifespans etc.

In other words, if we expose animals to the same deficiencies and toxicities that we expose ourselves to everyday they get as sick as we are! We are living incongruently with the innate intelligence in our genes. We do not suffer from genetic problems; we are failing to provide the intelligence in our genes with the proper ingredients to produce health and we are

exposed to unnatural toxins and stressors.

The major killers like cancers and heart disease and obesity and stroke and the major chronic illnesses like depression, anxiety, fatigue etc have never been shown to be genetic disorders! In fact, the incidence of these illnesses has been steadily increasing for years yet our genes have not changed! Also, animals taken into captivity develop similar illnesses within a few years and this certainly cannot be due to genetic changes!

Our environment turns genes on and off; our genes are healthy, it is our environment and our lifestyle choices that are sick.

Genes are like a library, you inherit your books from your parents but you inherit healthy books 99.99% of the time. Less than 0.01% of health problems in society are classified as genetic disorders. Even the genome project found 70% less genes in humans than expected. The environment dictates a much greater role in diversity than even geneticists originally expected.

What books you choose to read from your genetic library is what determines your health. It is your lifestyle choices that determine your health! Our genes are programmed for health but they are also programmed to live in a natural, healthy, pure and sufficient environment. The healthier the environment and lifestyle choices, the healthier the cells. The healthier the cells the healthier the person – period – no exceptions.

What is wellness?

Without knowing what wellness is we certainly could not understand wellness nutrition.

Wellness really is a paradigm, it is a lens through which to see the world, it is a philosophical view which guides and defines both scientific and clinical intent. At the core of wellness are the concepts of homeostasis and holism. To put it simply, the body-mind-spirit is innately intelligent, is self healing and self regulating and thus always responds in the most appropriate way

possible at any given time to any given environment. The intelligence of the body-mind-spirit is perfect, it is only when we interfere with it, or fail to supply it with the required nutrients, that illness results.

Symptoms and “diseases” are simply signs that the intelligence of the body-mind-spirit is under stress and is being forced to try to adapt. Symptoms and illnesses are not indications that the body-mind-spirit is inherently prone to failures; they are signs that we are failing to provide the proper environment to support it.

The goal of wellness interventions then is to support, or to stop chronic interferences and stresses to, the perfect intelligence of the body-mind-spirit so that the normal state of homeostasis and health can be restored or maintained.

Chiropractic is a wellness paradigm or perhaps more accurately chiropractic has a professional philosophy that falls within the wellness paradigm. The core concepts or philosophies of chiropractic are vitalism, holism, naturalism, conservatism, and critical rationalism. Chiropractic is as linked to the wellness paradigm as medicine is to the allopathic paradigm. Chiropractic nutrition (wellness nutrition) then, is nutrition practiced within, and congruently with, the chiropractic wellness paradigm.

This can be confusing as some who have a license to practice chiropractic, and some schools who teach chiropractic, have chosen to attempt to move chiropractic out of the wellness paradigm and into the allopathic paradigm.

This is a philosophically invalid and impotent endeavor because one cannot be a chiropractic allopath anymore than one can be a meat eating vegetarian. This attempt to try and fit the wellness philosophy of chiropractic into an allopathic paradigm has created great confusion and much infighting. We are now struggling to define ourselves not only to each other but to other professions and the public. It has also had great detrimental effects on our research and clinical protocols.

The wellness paradigm is very distinct from the allopathic or medical paradigm; in fact they are mutually exclusive. For this reason one cannot simultaneously think, practice, or do research in both paradigms. Let me explain.

At the core of the allopathic paradigm is the belief that cell function is solely under genetic control and that genes inherently make mistakes which result in errors in cell function. Allopathic scientists and practitioners choose to over-ride the ability of the genes to control and regulate the body. The allopathic paradigm includes the belief that the intelligence of the genetic code is simply inherently prone to failures. The goal of allopathic research and intervention is to reduce symptoms or treat diseases that they believe result from the inherent failures of the genes to properly control and regulate the body.

Allopathic science and scope of practice does not include the concept of global homeostasis and health. Allopathic scientists and allopathic practitioners consider a reduction in symptoms a successful result regardless of whether or not the health and homeostatic status of the patient has been improved. An example would be to lower pain with a drug or therapy while disregarding the facts that this not only does not increase the health of the patient but very often decreases it. Allopathic scientists and practitioners do not attempt to measure health and homeostasis because it is not these concepts which drive the research questions and clinical outcome goals of the allopathic paradigm.

The wellness paradigm is founded on the knowledge that the innate genetic intelligence is perfect and that the natural expression of this perfect intelligence is health and homeostasis. Wellness scientists and practitioners recognize the fact that the environment can interfere with the ability of the innate genetic intelligence to express homeostasis.

The goal of wellness research and intervention is to drive the human ecosystem toward the natural states of homeostasis and health.

Wellness science and scope of practice do not include the concepts of symptom and disease treatment or therapy. Wellness scientists and practitioners consider an improvement in human ecosystem homeostasis and health a successful result. Symptoms are seen as signals that the mind-body-spirit is under stress and crying out for appropriate environmental changes. Removing the ability of the body to send these signals without addressing the underlying cause is illogical within the wellness paradigm.

Wellness does not attempt to measure disease and symptoms because it is not these concepts which drive the research questions and clinical outcome goals of the wellness paradigm. Symptoms and disease are not present in states of homeostasis so as homeostasis is restored they naturally fade away. Importantly however, symptoms and signs of disease can be absent even with non-homeostatic cell function occurring and for this reason the goal of wellness intervention is always to restore homeostasis not to relieve symptoms or treat disease.

Chiropractic and Wellness Nutrition

In order for chiropractic to be a valid wellness profession then, we must have as our goal to move cell function toward homeostasis. We must have as our goal to recognize and support the innate intelligence of the body and to remove or at least minimize interferences and stresses upon it. We must have as our goal the minimization or elimination of toxicity and deficiency and the maximization or restoration of purity and sufficiency.

In order for chiropractors to be valid wellness practitioners we must have clinical strategies that are congruent with accomplishing these wellness goals. This is the entire purpose of The Wellness Practice™ certification program!

Clearly nutritional sufficiency and purity are fundamental requirements for health. Clearly nutritional deficiency and toxicity are fundamental causes for illness or lack of health. Clearly nutrition is a component of wellness. Chiropractors, therefore, require wellness nutritional clinical strategies in

order to be valid wellness practitioners.

One could argue that chiropractors could just refer patients out for this component of wellness. I would ask to whom? Where can patients go to get wellness nutritional advice? Virtually everywhere they will go for nutritional advice will result in allopathic rather than wellness information. They will get advice on natural remedies or treatments for symptoms or diseases, they will not get valid information on the requirements for nutritional purity and sufficiency.

No school teaches such a thing. No profession, until now, has ever offered post-graduate education on wellness nutrition.

When wellness nutrition is understood it can be applied homogeneously to every patient because as humans we have virtually the same nutritional requirements. The Innate Diet™ is universal. Of course infants must eat differently than adults but infants require The Innate Infant Diet™ which is nothing other than breast milk from a mother eating The Innate Diet™. The more you understand about this the easier it is to incorporate into a practice and the greater your clinical results and financial reward will be.

Does anyone actually believe that adjusting someone who is nutritionally toxic and deficient will have the same result as adjusting someone who is nutritionally sufficient and pure? This view is totally unscientific and totally indefensible.

This brings me to another point. Too often chiropractors mistakenly doubt the power of chiropractic because they have patients who are seemingly not improving from their adjustments. I see these chiropractors at seminars looking for answers. They doubt themselves or they doubt their technique or they doubt chiropractic. What they should be doubting is whether or not the patients who are not responding have remaining toxicity and deficiency driving them away from homeostatic cell function and health!

These doctors are making several errors. First, they are very often evaluating the effectiveness of their care based on symptoms. This is an allopathic assessment tool for a wellness intervention and it is totally invalid. If you choose to be an allopathic manipulation therapist whose goal is to reduce

pain then this would be a valid way to measure the effectiveness of your care.

However, if your goal is to increase the health of the patient then the only way to validly evaluate the effectiveness of your care is to determine whether or not your care has resulted in more homeostatic cell function. As mentioned above, this is entirely possible to achieve without the alleviation of symptoms.

Second, many of these doctors are thinking within a reductionist paradigm and trying to evaluate a holistic human being and a holistic intervention. For any given set of symptoms there are virtually thousands of possible physiological and environmental contributing factors that are all inter-related.

Let me explain. Let's assume that subluxation is a contributing factor to pain. Is anyone willing to argue that subluxation is the only pain causing factor possible? This would be absurd. Is anyone willing to argue that subluxation could not be a cofactor with many other potential contributing factors in terms of pain? Of course not. There are literally thousands of dietary, emotional, spiritual, and physiological factors that could be at play.

Let's assume for a minute that in a given patient subluxation is the only factor present. You adjust that patient, the pain subsides, you feel like a hero, you love yourself, your technique, and chiropractic. Just wait though, the next patient may have several other factors that are acting in addition to subluxation to cause pain. Let's say they eat a very inflammatory diet or are totally deficient in omega 3 fatty acids. You adjust them, they get an inflammatory reaction, they feel worse, you feel worse. You feel like a failure, you doubt yourself, your technique, and chiropractic. Hey sound familiar?

Think about how unscientific this is. The fact is if you removed subluxation that patient has better movement and nutrition of the spinal tissues and better proprioceptive neurology. They should be grateful and you should be proud. If only you had just evaluated your care based on function instead of symptoms! If only your patient had been taught to do this! Darn.

Sadly we even have research studies using this type of paradigm, it is called allopathic research. The gold standard is the RCT or randomized controlled trial. In this model you could completely improve the health of the patient but if the symptoms they chose to measure did not change the study would conclude that the intervention had no effect. No effect on what? Symptoms or disease! Even if they measured function with this type of research they could easily make incorrect conclusions.

The Plant Analogy

Let me give you an analogy so that you can understand. We can all agree that all living organisms are made up of cells working together to maintain life. Each organism is in fact an ecosystem of cells. I like to think of all my patients this way. I just see ecosystems of cells that are toxic or deficient and my job is to help them to become pure and sufficient. When this occurs the ecosystem naturally goes back to its natural state – homeostasis and health. There are countless examples of this to prove I am right. Stop smoking and your lungs clear (as long as you have not exhausted your innate ability to adapt). Stop polluting rivers and the plants and fish come back. Walk away from a logged forest for long enough and a forest will return. The less we intervene in natural ecosystems the healthier they are – period. When people realize that they are ecosystems they will stop polluting themselves and start making ecologically friendly or physiologically compatible lifestyle choices.

Back to my analogy. Think of plants. If you had a bunch of plants that were wilting what would you do? Add drugs and remove parts? I doubt it. You would ask intelligent questions such as if the plants were getting enough sunlight. You might notice that the wilting plants were in the shade and, realizing that these particular plants required a lot of sunlight, you would intelligently put them in the sun. Well they should all stop wilting right? Guess what. They all wilted more! If you were doing a study you would have

to conclude that sunlight made plants worse. But you knew these plants were deficient in sunlight, how is this possible?

What if they were also deficient in water? Putting a dry plant in the sun could indeed make it dry out faster couldn't it? O.K. then, let's give all the plants water and put them in the sun. You're a brilliant clinician! Too bad only a few of the plants got better. In other words, no significant difference between water and sunlight and flipping a coin or water and sunlight and fake water and sunlight. Your study concludes that water and sunlight has no beneficial effect on wilting plants. What? Some of the plants were saved! Sorry, not statistically significantly better than the control group and in the RCT model you must conclude that your intervention had no effect. How scientific! What a wonderful gold standard!

But wait, you won't give up. You will also add nutrients to the soil. Now you have well fed, well watered plants basking in the sun all day. Surely your plants are totally sufficient now and will thrive. Sorry, only a few get better again. How is this possible? Your study will be quoted as evidence that water, sunlight, and food is no good for plants. But we know for sure plants will die without this stuff! Sorry, we must be scientific and your RCT study clearly showed that water, nutrients, and sunlight were not any better for plants than fake water, nutrients, and sunlight.

But if I take healthy plants and take away water, nutrients and sunlight they will all die! Wait a minute, did you want to study healthy plants? That is not within the paradigm of allopathy because it cannot answer the real important questions of whether or not your intervention improved symptoms or treated a disease. In allopathy you must evaluate everything based on these criteria.

By the way, why didn't your plants all thrive if you gave them all water, nutrients and sunlight? They were toxic! Your neighbor was dumping out his oil in his back yard and it got into the root systems of your plants!

I hope you see that in order to be healthy and well, in order to maintain homeostasis, ecosystems have to have sufficiency in ALL the required nutrients, and purity in ALL aspects of their environment AT THE SAME TIME, for a period of time!

This is what your patients need, they are ecosystems of cells.

I hope you also realize that in every case it was NOT a genetic problem with the plants or the cells of the plant ecosystem that was the problem. The problem was the deficient and toxic environments the plants were in. However, if you studied the genetics of these sick plants you would see different genes being expressed in the sick plants than in healthy ones. This is the EFFECT of the deficient and toxic environment NOT the CAUSE! Interesting isn't it. Keep reading, it gets better.

Something we should point out here is that the stress of toxicity and deficiency causes acceleration of the aging process. Toxicity and deficiency lead to damaged cells from free radicals and other damaging toxins and to increased rates of cell division per unit of time. For years allopathy has unscientifically told us that aging leads to disease. This is totally false. Aging leads to getting older, and to very gradually running out of the ability to maintain homeostasis. This process, when not accelerated by toxicity and deficiency, takes about 120 years in humans.

Think about some of the myths regarding aging. One of my favorites is the myth that arthritis is caused by aging. So many of my patients have been told that arthritis is "just part of the aging process". The first thing I do is ask them if they have any joints that are not arthritic or that are less arthritic than others. The answer is always yes. I then ask them if all their joints were born on the same day. The answer is always yes, unless they are too confused to answer. I then ask how it is possible to have different levels of arthritis in different joints if arthritis is caused by aging.