

Dr. Horning's Chiro Corner

What does being "Holistic" Mean?

What does being holistic mean? It's meaning has almost become diluted and it's definition can be misunderstood. According to Webster's, the definition of Holistic is the following: relating to or concerned with wholes or with complete systems rather than with the analysis of, treatment of, or dissection into parts.

The true approach to holistic health can be represented in a triangle. With and triangle is one side were to increase the other side must increase as well. Conversely, if one side were to decrease the other two would decrease as well.

According to many founding Chiropractors, it was established that the three sides of the triangle are the following: Structure, Chemical, and Emotional/Spiritual.

Structural would mean the physical aspects of the body. This would include spinal health, sleep, exercise, posture, etc. Chemical would include nutrition, supplements, herbs, medications, water intake, and toxins. Emotional/Spiritual would include the emotional environment, outlook on life, goals, social environment, and spiritual discovery.

When all three are in good shape a person can be said to holistically healthy. When one side is lacking it will affect the individual on the other two sides. This is crucial to understand. Let's take an example of a car accident. First the person get hurt which affects the structure of his body. Biochemically events occur which alter a person's regular endocrine system. And emotionally the person get upset or stressed (even if it's momentarily). All three are effected. Let

us say someone were to get a good amount of sleep and decided to exercise. First that person would get stronger. Biochemically, the body will improve and emotionally the person would feel generally happier. This is a one sided way to improve. It's recommended to improve on all sides.

A person gets into trouble by developing habits which are contra survival. This can include things like skipping sleep, not getting preventative care, eating junk food, drinking alcohol excessively, watching gossip TV, not exercising, and many others. Help your body first, investing in yourself will make your life better.

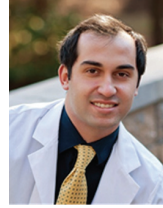
The best approach is to improve all three sides. Work out, get sleep, associate with positive like-minded people, eat healthy, get preventative care, stay away from gossip and work on self-improvement. It might not be immediate, but keep it up and soon you will start to see some major improvements in your life. This is what is meant for a holistic lifestyle. Constantly improving all three sides of the holistic triangle.

Chiropractic comes in by a being great natural approach to health. It is also great preventative care. In my office there is a big focus on structure however there is also a big emphasis on nutrition. As for the emotional/spiritual side, my office collaborates with many people and places for spiritual growth. I'm not the only one though, many Chiropractors have this approach. It's in our blood. I recommend seeing a Chiropractor for at the very least to get on some sort of wellness plan.

This article is intended for informational purposes only and is not meant to diagnose or treat any condition or disease.

A second generation Chiropractor and Applied Kinesiologist, Dr. Benjamin Horning grew up in a holistic home. After seeing the power of these modalities, it became apparent what was the best course for him to take. He studied at the University of Maryland and received the unique degree of Agriculture and Resource Economics. The program showed him quickly the politics of our food system. He learned about the natural ways food can be grown and sold, as well as, the cheaper healthier ways. This experience shook him due to the openness in his education about the flaws in our food system. His time in Maryland helped him to properly look at nutrition without any political biases. Dr. Horning received his Chiropractic Doctorate at Southern California University of Health Sciences.

While at school, he attained a Applied Kinesiology certification and was the school's club president in the technique. He twice went to Washington, D.C. to fight for Chiropractic Rights in the new healthcare system. He graduated on the Dean's List and was awarded Cum Laude. After school, he began his private practice and has treated thousands of patients, from professional athletes, veterans, the homeless, special needs patients, pregnancy patients, children, the elderly, entire families, wellness patients, and patients who saw holistic care as a last resort. Dr. Horning has seen it all and confronts each case with a smile. His passion comes from helping people. He is confident something can be done about it. An eternal optimist, Dr. Horning cares about restoring health and allowing his patients to flourish in whatever goals they have.



The Chiropractic Office of Dr. Benjamin Horning

Dr. Horning's staff treats the whole body through Chiropractic, Muscle Testing, and Nutrition. The focus is to heal your body using a natural, holistic approach.



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Dr. Kayhan graduated from University of Southern California and has more than 15 years of experience.

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