

# One of the Biggest and Most Harmful Health Myths

Nearly all people have heard news about a middle-aged man who dies of a heart attack while jogging the day after receiving a clean bill of health from his medical doctor. Many know about someone in their thirties diagnosed with stage-4 cancer without having any signs or symptoms of ill health. While stories like these happen every day, most of society still believes bad health involves pain or symptoms.

Science and research have now clarified exactly why the absence of symptoms are not very good indicators of health. A paper titled *"The Neurophysics of Human Behavior"* from Furman and Gallo in 2000 reported that *"while the brain can process several trillion bits of information per second, it appears that we are perhaps only consciously aware of 50 bits of information per second at any given time."* This means that only 50 out of several trillion bits of information are felt or even known by a person every second. So much is happening in the body on a second by second basis throughout life that is never felt or known. This science is profound and describes why most dysfunction and disease goes unfelt and undetected until late stages. Determining health on the presence or absence of symptoms is very dangerous, and this article explains why.



Chiropractors recognize that health is about optimal function, NOT just pain or symptoms. Function of the body is controlled and coordinated by the Central Nervous System. Chiropractic adjustments play a significant role because the spine has been proven to directly influence the function of the nervous system, most times without causing pain.

Unfortunately, over 80% of medical and pharmaceutical solutions still only focus primarily on alleviating symptoms. On the contrary, Chiropractors focus on improving function from the INSIDE-OUT by honoring and working with the INNATE intelligence of the body. Perpetuating the idea that the presence or absence of symptoms is a good indicator of health will continue to lead to the demise of millions. Chiropractors have always practiced with a different philosophy which includes helping kids and families, with or without symptoms, reach their health potential.

## **The Neurophysics of Human Behavior**

2000. CRC Press, LLC Boca Raton, London, New York, Washington D.C.

*"Explorations at the interface of Brain, Mind, Behavior, and Information"*

Mark Evan Furman & Fred P. Gallo