

Thoughts, Trauma and Toxins: Three Causes of Subluxation

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Saturday, 01 June 2013 00:00 - Last Updated Tuesday, 17 September 2013 09:54

In his 1910 text, *The Chiropractor's Adjuster*, D.D. Palmer identified the causes of vertebral subluxation as the Three T's—thoughts, trauma and toxins. Since that time, we have expanded our understanding of how these factors impact our body's function, but the basic concepts Palmer laid down for the profession he founded have survived the test of time.

What we understand now is that subluxation is more than a spinal bone out of place and pinching a nerve, as was once thought. While thuxat an nalf necdenauet ofcwaets, ad

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