

RESTORATION CYCLE.  
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That which caused the normal cycle to become abnormal was concussion of forces centering at some point in the spinal column causing a subluxation; this in turn producing pressure upon a spinal nerve and interfering with the transmission of mental impulses from brain cell to tissue cell. In order to have the abnormal cycle restored to a normal cycle and the incoordination changed to coordination this pressure must be removed so that the carrying capacity of the impinged nerve may become normal. The progressive steps which accomplish this are: *Adjustic concussion of forces; Innate contraction of forces; subluxation adjusted; restoration of transmission* (tissue cell; reception); *circuit re-established*. The concussion of forces which caused the subluxation were applied in a certain direction. The adjustic concussion of forces must be applied in the opposite direction. To illustrate: If the concussion of forces were so applied as to subluxate the vertebra P. R. I. (posterior, right and inferior) then the adjustic concussion of forces must be applied in the opposite direction. A. L. S.

The adjustic concussion of force is accomplished by a quick move of the adjustor's hands. In this restoration cycle we have a cycle within a cycle and, to understand the next step "Innate contraction of forces," we must consider this "cycle within the cycle." When the adjustic concussion of force is applied to the subluxate vertebra, vibrations are set up in the surrounding tissues and transmitted to the brain cell and interpreted. Innate Intelligence is aware, through the interpretation of vibrations, previously received, that an abnormal condition existed here which reduced the carrying capacity of the nerve, thereby interfering with the transmission of mental impulses, but she had no power at her command with which to correct that condition; Innate Intelligence always being limited within a certain sphere in the body. Through the interpretation of the vibrations produced by the adjustic concussion of force, Innate Intelligence becomes cognizant of an external effort to correct this abnormal condition of the physical body, and a process of adaptation is started, which consists of the transformation of the created force in the brain cell into motor mental impulses, and these are sent out through the efferent nerves to the tissues surrounding the subluxated vertebra, which has now become loosened, we might say, from its moorings by the adjustic concussion of forces and Innate Intelligence through the expression of the motor mental impulses utilizes that which has been done at the point of subluxation. This is an adaptative action on the part of Innate Intelligence and is called *Innate contraction of forces*. It is this Innate contraction of forces which really corrects the subluxation. We may apply an adjustic concussion of forces to the vertebra of a dead body, but we get no adjustment, for there is no "life" or "power" within to respond to the external application of forces. This *Innate contraction of forces* accomplishes the desired end which is subluxation adjusted, and we can have no *subluxation adjusted*, except through this adaptative action of Innate Intelligence. After the subluxation is adjusted the *restoration of transmission* comes as a natural consequence. Now we have a normal current of mental impulses flowing freely from center to periphery, from brain cell to tissue cell. Therefore, we can say the *circuit is re-established*, and it is only a question of time until the abnormal condition produced at the tissue cell during the time the current was obstructed will be restored to the normal condition. The progressive steps of this restoration will be a *retracing*

of the successive steps that lead to the function disorder or pathological condition. Retracing is the process of going backward, and restoring the condition as it was in the beginning. Retracing implies that we are in a state in which we were not originally, and indicates that that original state is preferred to the one in which we now find ourselves. The process necessary to get back to that state may be painful, but if the former state is preferred to the present one, then the process is worth while. In the vegetable kingdom there must always be death before there can be life. The acorn must die and lose its identity before there can be an oak produced. Retracing is one of the most important issues with which the Chiropractor will have to deal in his practice. This shows that the strength of Chiropractic rests in the fact that its philosophy is complete, paying special attention to the facts which are so common and familiar that, ordinarily, scientists have stumbled over their simplicity. It is only reasonable to suppose that as tissue has been destroyed so must it be repaired. If tissue has disintegrated, as in cancer, the reparation which takes place under adjustment will be a simple retracing of the steps that were taken in the disintegration. The following illustration will give an idea of what is meant by retracing:

Suppose we are living in a healthful place on the mountain and we decided to visit the valley below, or, for the sake of the illustration, say the low swampy country. We begin our journey down the mountain and we pass many interesting places, but as we near the swamp our health is influenced by the miasmatic poison in the atmosphere. After we have lived in the swamps for a while we fall sick because of the influence of this poison through the inability of Innate Intelligence to bring about adaptation in the body because of subluxations which interfere with transmission of mental impulses. Then we decide to go back to our mountain home. As we "retrace" our steps we pass the same objects that we passed when going down, and we have much the same experience, only this time our health is improving, and after reaching home we soon regain our former comparative good health. This simply illustrates the fact that as we went down through successive steps we must go back or retrace those successive steps.

But in retracing from incoordination to coordination the consideration is of necessity altered. We have tissue that is abnormal in function or pathological in structure, and as pain is produced in the destruction of the tissue, so will there be pain in the repairing of the tissue. As symptoms are only indications of certain processes going on within the body, so the symptoms of reparation in retracing will be similar to those produced in the destruction or disintegration. A bone is broken and pain is produced in the process; now in the mending of that fracture there will be "knitting pains" which are the symptoms of reparation. If the finger is mashed or a piece of flesh cut out there will be an itching sensation during the process of healing; we call this sensation an "itching sensation" because the vibrations produced in the reparation are not violent enough to be called pain, as they were in the process of destruction, but you have exactly the same principle, for if these vibrations reach a certain velocity their interpretation would also be "pain." Now the same thing is true in the entire body, whether we consider an insignificant bruise in the flesh from trauma or an incoordination in the liver, kidneys or any other organs of the body. When the normal condition becomes abnormal and then the abnormal condition is restored to the normal condition, it must be through a process of retracing, for there can be no *restoration* without *retracing*. We might illustrate the resemblance between symptoms of retracing and symptoms of destructive processes going on in the body with the following homely illustration:

A house has been condemned and is being razed. When it is partly destroyed the owner decides to repair it. Now the process of destruction stops. New material is brought on and the workmen begin to rebuild. We will suppose, for the sake of the illustration, that a picture was taken before the process of destruction was started, and successive pictures are taken at intervals, showing the progress made. Now after the reparation is started we do the same thing. When the building has been completed, the last picture will resemble, very much, the first picture that was taken. Now as we look at these pictures, the workmen having been kept out of the picture, also the old material during destruction and the new material during reparation, it will be readily determined just what took place during the entire process; but we must look at the entire set of pictures to be able to reach an accurate conclusion. So it is with the symptoms of retracing. Might as well judge what process was going on in the house by looking only at one picture, as to try to judge between symptoms of reparation and symptoms of destruction by observing the condition of the patient at any one time. The entire situation must be taken into consideration and comparison made.