

Thot of the Week

By Kevin Donka, D.C.

Amazing New Theory!

Here is the headline from the USA Weekend section of the Chicago Daily Herald Newspaper.

Special Report: Raising Healthier Kids – Learn about the exciting new theory experts believe may solve many of your children's ills. Of course, I couldn't wait to see what the new theory was and learn all about the cutting edge technologies that science is developing to help us out. Of course, I don't want to reproduce the entire fascinating article for you here, so I will simply summarize it for you. Here is the new theory in a nutshell; **Mother Nature Knows Best.** In fact, that is the big headline at the beginning of the article. In short, an *expert* has written a book called *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder.*

Now before you think I am putting you on, I'm not. You can access the article yourself if you like by going to usaweekend.com. This article talks about how healing nature is, how it stimulates physical activity and how it kick-starts the imagination. So now, after years of listening to the so-called experts and discouraging and even squashing the imaginations of our children in school by trying to make them all the same and even drugging large numbers of them, we are being told that we need to get our kids back into nature and get their imaginations going again so that they can be healthier and happier.

I will submit to you my own theory that EVERYONE is suffering from Nature-Deficit Disorder whenever they have interference in their nerve systems (what we call the *subluxation process*) and need a chiropractic adjustment! The problem with the so-called experts is that they are still blind to the fact that at our deepest level we ARE nature! Nature is not separate from us, it is not apart from us; we are all a PART OF All That Is, also called NATURE! Our Life Force is how Nature expresses Itself through us! Chiropractors have said for years that *Nature needs no help, just no interference!*

Chiropractic adjustments restore the CONNECTION between your mind and body, free your Life Force and allow you to function in your *NATURALLY* healthy and happy state of being! In the article, the author points out how exposure to nature can help prevent obesity, attention disorders, depression and stress, as well as other problems, and even enhance our children's academic and emotional growth! This is because when people are reminded of whom they are at the highest level, they can then access all the Power they have inside of them.

Now I ask you; is this *really* a ground-breaking new theory?! Have we so lost touch with who we are and how we work that we need someone to write a book and teach us about how being outside is good for us? At the end of the article, it asks the question, "What do people need to get started spending more time in nature?" Again, are we so programmed to believe that we are lacking and that we need something from the outside to be whole that we think we have to go out and buy something just to take a walk outside?

I am really glad that someone is pointing out that **Mother Nature Knows Best.** I just question whether or not this newspaper is the best source for you to be reminded of that fact, especially when two pages later there is an article on how helpful tonsillectomies can be for children who have trouble sleeping – amazing!

