

# Dr. Jay ... History of Chiropractics



Dr. Jay Rothstein  
October 2011

I want to thank David Gussin for putting together an excellent organization and for allowing me the opportunity to share my thoughts about health in a monthly newsletter.

I've decided to start the first newsletter by with a brief history of Chiropractic. The first adjustment was in 1895 to help restore the hearing of the building janitor, Mr. Harvey Lillard. It was founded by Dr. D.D. Palmer, an avid student of human anatomy and physiology. When asked Mr. Lillard how he had become deaf Lillard replied that, 17 years before, while bent over in a cramped, stooping position he "heard something "pop" in his spine" and immediately lost most of his hearing. Palmer examined Lillard, and found a tender lump on the spine between his shoulders. He recognized the lump as a badly misaligned vertebra, and reasoned that since it had occurred when the man went deaf, restoring the vertebra to its proper position might also restore Lillard's hearing. He presented his theory to Lillard and requested that he be allowed to try and realign the vertebra. Having known Palmer for years, and having seen the great number of people who sought his help, Lillard agreed to let him work on him.

Palmer reasoned that the body was controlled through the brain and nerve system. Thousands of messages are sent every second to control each structure and function within the body. In Gray's Anatomy textbook it says, "The nervous system controls and coordinates the function of every cell, tissue and organ". Palmer theorized that pressure on the nerves could distort and block these messages as they traveled from the brain, through the spinal cord and on to the body. Palmer felt that Lillard's hearing loss was due to a blockage of the spinal nerves which control the inner ear. Ultimately, this nerve blockage and bone misalignment "vertebral subluxations", lessend the body's ability to function by disrupting communication over the nerve system. When Palmer corrected the misalignment by pushing the vertebrae back into place, the nerve pathways were reopened and thus Lillard's hearing was restored.

Lillard said that his hearing was better and almost completely restored. Lillard described:

*I was deaf 17 years and I expected to always remain so, for I had doctored a great deal without any benefit. I had long ago made up my mind to not take any more ear treatments, for it did me no good. Last January Dr. Palmer told me that my deafness came from an injury in my spine. This was new to me; but it is a fact that my back was injured at the time I went deaf. Dr. Palmer treated me on the spine; in two treatments I could hear quite well. That was eight months ago. My hearing remains good.*

HARVEY LILLARD, 320 W. Eleventh St., Davenport, Iowa.<sup>[1]</sup>

The philosophy of Chiropractic is the body is a self-healing, self-regulating organism. The nervous system is the master system of the body. Thus any interference to the nervous system will result in a less than optimally functioning body. This includes the immune system which will be the topic for next month's newsletter on the "Cold and Flu Season". There are several different methods that Chiropractors can use. Find a method that works best for you.

Have a healthy and happy Fall season and visit us at [www.rfamilychiropractic.com](http://www.rfamilychiropractic.com)

Dr. Jay Rothstein

1. En.Wikipedia.org/wiki/William\_Harvey\_Lillard

