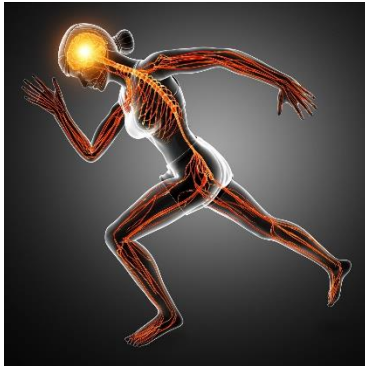


HEALTHY CELL CONCEPT III – Cell Communication

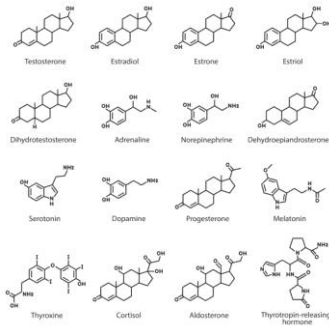
BY Dr. Rowen S. Pfeifer

How do cells communicate with one another? This will be a rather short article since the goal here is to get a basic understanding of the importance of a healthy lifestyle rather than to get into the technical aspects of human biochemistry and physiology. The cells of the body communicate in at least two important ways – through the nerve system and through the hormonal system.



I have discussed the importance of spinal/nerve system health in an article entitled *The Doctor of the Future – Today* so I refer you to that article to learn more about why Chiropractic can be vital to proper nerve health, and therefore, proper cell communication, since the nerve system coordinates and controls all function in the body. All cells of the body communicate with each other through the nerve system. If interference to the proper communication of the nerve signal exists, then poor communication will be the result.

Chiropractors remove this interference through adjusting the joints of the spine. In addition, it is important that the nerves are not poisoned with toxins from our diet or our environment. A healthy diet along with proper detoxification are critical to high level nerve function including proper production of, and transmission of, neurotransmitters.



Coincident with the communication signals carried to the cells by the nerve system is the hormonal system. Hormones are secreted from glands in our body and produce generally slower acting and longer lasting effects than the nerve system. Hormones are produced and sent out from several different glands throughout our body, including the hypothalamus, pituitary gland, pineal gland, thyroid gland, parathyroid glands, adrenal glands, kidneys, testes, ovaries, etc. All these glands need to interact in a coordinated and complex symphony to provide proper balance and harmony to the daily

functioning of the body.

In the case of the kidneys, for example, a poor diet can lead to the inability of the cells of the body to properly respond to the hormone, insulin, which results in type II diabetes. Conversely, when a healthy diet and lifestyle is put into place this balance can be restored and the healing result is reversal of the entity called diabetes. I trust that it appears obvious by now that a body that is deficient in nutrients or is toxic will have difficulty not only producing some hormones (lack of raw materials to build the hormones) but could also have problems properly affecting the target tissues if they are toxic.

We reap what we sow. Why not learn how to sow seeds of health in order to reap a harvest of health?

Dr. Rowen S. Pfeifer graduated with honors (cum laude) from Palmer College of Chiropractic in Davenport, IA March 20, 1987. Dr Pfeifer has been an avid student of health, diet and lifestyle principles since 1975 and has been teaching health classes and seminars, writing articles, and doing radio and television interviews for over 30 years. He lives in the Nashville, TN area where he resides with his wife, Patty. They have two children and one grandson. For more information, you can contact Dr. Pfeifer by calling 615.714.1877 or by email at drrowen@livinghealthchiro.com.