

The Wisdom of the Body

The following four paragraphs were taken from *The Wisdom of the Body* by Walter B. Cannon, MD, professor of Physiology at Harvard School of Medicine from 1906 to 1942. The book was first published in 1932 by Norton & Co. in New York. Dr. Cannon coined the term “fight or flight response” and developed the theory of homeostasis.

Our bodies are made of extraordinarily unstable material. Pulses of energy, so minute that very delicate methods are required to measure them, course along our nerves. On reaching muscles they find there a substance so sensitive to slight disturbance that, like an explosive touched off by a fuse, it may discharge in a powerful movement.

The instability of bodily structure is shown also by its quick change when conditions are altered.

The ability of living things to maintain their own constancy has long amazed biologists. The idea that disease is cured by natural powers, by a vis medicatrix naturae, an idea held by Hippocrates (460-377 B.C.), implies the existence of agencies which are ready to operate correctly when the normal state of the organism is upset.

INNATE INTELLIGENCE and AUTONOMIC NERVOUS SYSTEM

The autonomic nervous system (ANS) is a crucial part of the peripheral nervous system that regulates involuntary bodily

functions like heart rate, blood pressure, digestion, and respiration without conscious control, ensuring the body's internal environment remains stable. National Institutes of Health (NIH) (.gov)

This definition of the autonomic nervous system defines how innate intelligence (expressed through autonomic nervous system) is why a Doctor of Chiropractic is uniquely suited to recognize and evaluate early signs of deviation of the body's normal physiological functions. Such deviations inevitably lead to exhaustion of the body's compensatory mechanisms and produce symptoms that if not recognized and treated can lead to pathological changes that require medical attention.

INNATE IMMUNE SYSTEM

The innate immune system is the body's first line of defense against infection, present from birth and providing an immediate, non-specific response to foreign invaders. It includes physical barriers like skin and mucous membranes, as well as immune cells and proteins like neutrophils, macrophages, and complement, according to the Immune Deficiency Foundation. Immune Deficiency Foundation: <https://primaryimmune.org>

Unlike the adaptive immune system, innate immunity has no memory of past encounters and doesn't offer long-term protection against specific pathogens, according to the Merck Manuals. <https://www.merckmanuals.com/>

Supplementing nutrients to counter symptoms is little more than educated guesswork. Symptoms are Innate's signal that a system, organ, or tissue is unable to produce adequate energy to meet its responsibilities for maintaining homeostasis and normal physiological function. **Carbohydrates, protein, lipids, vitamins, and minerals are building blocks used in producing energy. They must be put to work.** They are not workers.

Find out how to put them to work by visiting the Food Enzyme Institute.

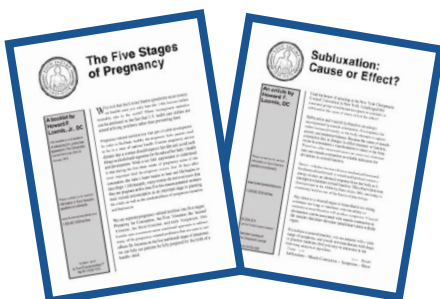
Looking For More Information Like This? Visit the Food Enzyme Institute Online!

We offer online tools and resources that provide you with success

Educational videos to share with your patients on our Facebook & YouTube

Online Seminars
You complete at your own pace

A large collection of Dr. Loomis' articles - search by keyword for a quick reference!



Complimentary Clinical Support to call and consult with an experienced doctor

Reviews of scientific studies with narrations and clinical insight from Dr. Loomis & his colleagues

St. Louis, MO Summer Seminar Series

Seminar One — June 27-28, 2025
Seminar Two — July 25-27, 2025
Seminar Three — Aug 22-23, 2025

Contact us
Toll-free: 800-662-2630
customerservice@foodenzymeinstitute.com



Scan the QR Code to watch **A Lasting Legacy** with Dr. Howard Loomis, Jr. & Dr. Dennis Frerking

www.foodenzymeinstitute.com