



Dr Flynn's - Swiss Watch Principle

A common misconception is that one part of the body can be treated at a time and separate from the rest of the body. In the medical community there is a specialist for every system who micromanages one specific system at a time without considering the effects of the treatment on the rest of the body.

The restorative approach sees that if one system in the body is suffering, the entire body suffers; looking at each individual as unique. It looks at the whole body, not just a part of it. It addresses the cause (or causes) of illness, not just the symptoms.

Dr Flynn, founder of The Wellness Way, teaches that the body is made up of systems similar to the gears of a Swiss watch. The nervous system is the gear in the middle that controls all the other gears on the outside of the watch. The endocrine, digestive, skeletal, integumentary, immune, muscular, respiratory, and circulatory systems make up the gears on the outer portion of the watch. Like the watch, if a gear is off, the watch will not keep time. The human body is even more complex. Has anyone ever taken medication for a heart issue and had it affect the liver negatively? You can not treat one system without effecting them all.

To summarize, I agree with Dr Flynn. I do not believe I can help you achieve true restoration or homeostasis in the body by adjusting one system at a time. We must look at the whole body and its unique stressors to customize your restoration journey. A body that has been sick for a long period of time with multiple systems affected will require testing, and repeat testing over a lifetime to reach and maintain a state of wellness.