

# What is Innate Intelligence?

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Innate Intelligence is a term that many people think they don't understand, but in reality, they understand it much more than they realize.

We are all born with an innate intelligence within our bodies that allows us to function, heal, energize, metabolize, and simply be. Without us telling or teaching it how to do anything, it simply knows how to perform many tasks that we don't even think about before doing them. For example:

- The beating of your heart
- The regulation of your breathing
- The expression on your face
- The healing of a scratch on your hand

Our bodies understand how to do these tasks without being taught – that is called our innate intelligence!

Just like when you break your arm, your body heals itself; it does not need to be told how to heal itself. Depending on the type of break, you may need to have it set, and often you'll be put into a cast. But the cast itself isn't doing the healing, it is simply allowing your body to heal the way it's supposed to through its innate intelligence.

Being your chiropractor is exactly like being the cast on a broken arm. We are not the ones doing the healing, we merely assist in removing nerve interference so that your body can express its innate intelligence fully in order to function, heal, energize, metabolize, and simply be, to the best of its ability.

