

Talking Points & Resources

Hello Pathways Connect Group Participants,

Preliminary note: There is no wrong way

To run your Pathways Connect Gathering, the steps below are to help guide you. However, we encourage you to embrace the flow of your gathering and allow for your meeting to take on its own momentum in whatever direction it might go.

Step 1: Select topics

Prior to your group gathering, find and select one or more of the magazine articles that you found interesting and want to share. Pick topics that make you passionate, as these are the easiest to talk about and spark discussion.

Step 2: The Gathering

Welcome everyone present in the group and ask each person to introduce themselves and share a little about themselves. Be sure to share about yourself as well.

Step 3: Introduce the topic

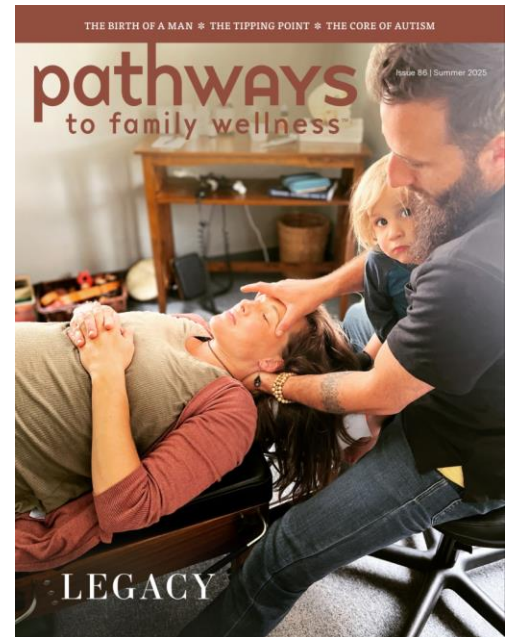
Share with the group your topic and why you chose it, why it interests you, and the importance you see in it. Summarize the article (some article summaries are provided below). You can read the entire article or article summary out loud to your group and share your thoughts at this time.

Step 4: Encourage conversation

We provide questions after each summary section that will help people to engage. Make use of these questions or devise your own.

Step 5: Make the chiropractic connection

At the end of each article summary are notes about how this topic relates to chiropractic. If you utilize these meetings to educate parents on the importance of chiropractic care you will be benefiting your office growth and the health of your community!



PW Issue #86 Introduction: Legacy

Living the Call, Lighting the Way

In these pages, we explore *legacy*—not as something we leave behind, but as something we live *into*, day by day, moment by moment. Legacy is not an inheritance. It is a *presence*—a felt sense of alignment with our values, our intuition, and the truth that lives within us as parents, partners, and sovereign human beings.

This issue of *Pathways* speaks to that living legacy. It honors the voice within us that rises—sometimes in resistance to cultural norms, sometimes in the form of difficult questions—and calls us to live differently. Sometimes rebelliously, but always *responsibly*. Not against society, but *for our children*.

Whether it's the raw honesty of a father coming into his power in “*The Birth of a Man*,” the unflinching curiosity explored in “*10 Reasons Why I’ll Never Get Another Vaccine*,” or the groundbreaking insight into neurological development and misdiagnosis in “*The Core of Autism*,” each piece in this issue reveals a moment when someone said: *I choose to listen to my own knowing*.

We look at legacy not only through what we desire to protect, but also through what we will no longer ignore. “*It Starts With Him*” reminds us that the lineage of life begins in the body of the father—that his health, his coherence, his awareness matter deeply in the story of fertility and family. And “*Circumcision Is Amputation*” asks us to confront the practices we’ve inherited without consent, calling us to reevaluate and realign with what we know is right—even if it’s inconvenient, even if it’s unpopular.

Legacy, then, is not about perfection. It’s about *presence*. It’s about the courage to stand for what resounds as true, even when it disrupts what we’ve been told. And in doing so, we light the torch for those who come after us.

This issue is for the ones willing to question, to reimagine, and to take full responsibility for the life they are creating. It is for those who know that freedom isn’t taught—it’s *modeled*. That intuition isn’t random—it’s *an innate guide to the life of our dreams*. That parenting isn’t about fitting in—it’s about *remembering who we are*, so our children never forget who they are, and the gift of the life they are given.

Welcome to *Issue 86*.

A celebration of living legacy—honest, emboldened, and free.

PW #86 Talking Points, Group Questions, and the Chiropractic Connection

Feature

It Starts With Him

Rethinking Sperm, Stress, and the Legacy We Leave Behind

By Marcia Schaefer, DC

We've long been told that fertility is a women's issue—but what if the story starts somewhere else? In this illuminating and powerful article, Dr. Marcia Schaefer reframes male fertility not as a biological checkbox, but as a vital mirror of health, adaptability, and legacy.

Sperm, she explains, are not just genetic delivery vehicles. They are messengers—deeply sensitive cells that reflect a man's internal environment: his stress levels, nourishment, nervous system balance, and sense of self. And what they carry forward shapes not just the possibility of conception, but the blueprint of the child's health and emotional resilience.

Global sperm counts have dropped dramatically, yet current medical standards obscure the crisis by lowering the definition of what's "normal." Dr. Schaefer doesn't accept the bare minimum—she looks for optimal. Her work reminds us: every 90 days, men regenerate their sperm. That means every 90 days, the story that gets written into each cell can shift. Not by force, not by shame—but by returning to self-trust and congruence.

This is the deeper truth: fertility is not a test—it's a message. And that message can be rewritten.

Dr. Schaefer outlines the three key phases of spermatogenesis—proliferation, meiotic, and maturation—and shows how chronic stress, toxic exposures, and emotional disconnection don't just affect the man, but imprint future generations. But none of it is fixed. Healing begins by creating a safe, congruent environment—internally and relationally.

Through small, consistent choices that restore trust in the body and integrity with the life one wants to live, men can reclaim their fertility not as an outcome to chase, but as a legacy to build.

This is not about fixing men. This is about honoring their role in a new creation story—one rooted in presence, coherence, and deep self-respect.

Questions for Consideration

1. What messages about male fertility have shaped your understanding of conception and parenthood?
 2. How does it feel to imagine sperm as a signal of nervous system balance and life alignment—not just genetic material?
 3. What small acts of congruence (e.g., hydration, light hygiene, presence with a partner) might you or your partner begin practicing?
 4. How might this understanding reshape your view of stress—not just as a health concern, but as an inherited pattern?
 5. In what ways could the journey of preconception become a time of emotional repair and preparation, not just biological readiness?
 6. What does legacy mean to you—and how might your current choices shape the future stories your children will live out?
 7. How can we as a culture begin to better include men in the sacred conversation of conception, parenting, and generational healing?
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The Chiropractic Connection

Chiropractic care invites men to reconnect with their bodies not as machines to fix, but as messengers to trust. The nervous system is at the core of sperm health, and regular chiropractic adjustments support nervous system regulation, hormone balance, and deeper resilience.

Subluxations—especially those related to stress—can interfere with the very adaptability that sperm reflect. By restoring alignment in the spine and coherence in the nervous system, chiropractic care supports the terrain from which life begins. It empowers men to reclaim their role—not just in reproduction, but in relational integrity and generational change.

Just as each sperm carries the signal of a man's inner world, chiropractic helps that signal ring true—through clarity, alignment, and trust in the guiding wisdom of the body.

Taking the Step
Circumcision

Here's why parents deserve the truth

by Kristel Alissa

In a culture where routine practices often go unquestioned, Kristel Alissa asks us to stop and truly look at what we're doing—to our sons, to our instincts, and to our legacy.

Circumcision, she argues, is not a neutral cultural choice—it is an amputation. The removal of a functioning, sensory-rich, and evolutionarily significant part of a child's body. One he cannot consent to. One he will never get back.

With over 20,000 specialized nerve endings, the foreskin is not a mistake of nature. It protects, lubricates, and contributes significantly to sexual health and function. And yet, in the U.S., its removal is normalized and downplayed—treated not as trauma, but as “routine.” That language is part of the problem.

Alissa doesn't just confront the physical risks of circumcision—she explores the emotional and neurological consequences as well. Pain in infancy imprints deeply on the nervous system, even if the child doesn't “remember.” Later in life, men who discover what was taken from them often speak of grief, betrayal, and an aching sense of loss. The decision wasn't theirs. The autonomy was never granted.

And the justifications? That he should “look like his dad,” that “he won't remember,” or that “it's easier”? These don't hold up under scrutiny. We don't remove healthy tissue anywhere else on the body to ease care or mimic a parent. Why should we make an exception here?

Alissa reminds us: we are not just caretakers of our children's present—we are guardians of their future voice. One day, our sons may ask us what choices were made on their behalf. In that moment, our answers will matter.

This isn't about shame. It's about the opportunity to break a cycle. To trust our instincts. To protect what is whole.

Let love be enough. Let wholeness speak.

Questions for Consideration

1. What cultural or familial messages have shaped your view of circumcision?
 2. How do you feel when you hear the foreskin described as a functional organ, rather than something unnecessary?
 3. What would it mean to honor your son's bodily autonomy from the very beginning?
 4. How do we navigate generational patterns (like circumcision) that we now see differently?
 5. Have you ever justified a decision because it seemed "easier"? What does parenting ask of us beyond ease?
 6. How might your relationship with your child change if you see them not as someone to shape, but someone to protect and honor as whole from birth?
 7. What legacy do you want to leave when it comes to body autonomy, trust, and love?
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The Chiropractic Connection

Chiropractic care honors the body's innate design. It supports the body, not by removing or overriding it, but by aligning it with its fullest expression. In the same way, choosing not to circumcise is a choice aligned with the body, with nature, and with your child's sovereignty.

Early trauma, such as circumcision, can imprint into the brain and nervous system, creating subtle stress patterns that affect development, sensory processing, and self-regulation. Chiropractic care helps unravel these imprints by restoring coherence to the spine and nervous system—especially important for infants navigating any challenging birth experiences, including medical interventions, or other early stressors.

By respecting the body's original design—whether through gentle adjustments or the decision to preserve wholeness—we provide and teach our children a foundational truth: Your body is supposed to be what it is. You are safe to trust your body. You are already enough as you are.

Staying the Course
The Birth of a Man
by Matthew Allen, DC

Fatherhood isn't a title—it's a transformation. And for Matthew Allen, DC, that transformation wasn't fully realized until the birth of his daughter. In this intimate and powerful reflection, Allen shares the story of how becoming a father—again and again—has refined his understanding of what it means to be a man.

He witnessed his wife birth their children with awe and respect—through peaceful midwife-supported deliveries, through unassisted home births, and through the raw intensity of primal, autonomous labor. Each experience left its mark. But it was during the birth of his daughter, when his wife turned to him and said, “I need you,” that something broke open in him. In that moment of shared trust and embodied support, he stepped across a threshold. He didn't just witness her strength—he became part of it.

From that moment on, fatherhood became more than presence—it became responsibility, reflection, and embodiment. Allen realized he wasn't just raising children; he was shaping the environment they would carry into their lives—their sense of safety, resilience, and love.

He calls this “protecting the cave.” Not in a hypermasculine way, but as a holistic practice of care. It means curating what enters your children's environment—emotionally, spiritually, and physically. It means being present, not perfect. Guiding them not through fear or control, but through steadiness, integrity, and modeling.

The journey, Allen reminds us, is not about finding yourself in books or screens or even coaches—it's about creating space to hear your own soul speak. In quiet drives, in community, in movement, in ritual. In the ordinary rhythms of life, fatherhood becomes a ceremony of presence.

Protecting the cave means more than guarding the home—it means guarding the emotional heart of your family. And the truest way to do that is to become the man you want your children to become.

Questions for Consideration

1. Have you experienced a moment in parenting that called you into a deeper version of yourself?
 2. What does “protecting the cave” mean to you—physically, emotionally, spiritually?
 3. In what ways do you curate your children’s environment to reflect your values?
 4. What role does community or male friendship play in your growth as a father?
 5. How do you model emotional expression, physical strength, and spiritual grounding for your family?
 6. Have you discovered new rituals or habits that anchor your fatherhood journey?
 7. What would it look like to become the kind of man your children measure others against?
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The Chiropractic Connection

Chiropractic supports fathers, their clarity of purpose, and their capacity to hold space for others with calm strength, and many don’t even know it! That is because their partners and children are the ones who often see a chiropractor, and when they are helped to acquire a newer, greater state of integrated health, the whole family benefits with renewed balance and resilience.

As men are called into deeper roles of protection and connection, chiropractic becomes a foundational tool that they must include for themselves, for restoring coherence in their nervous systems—essential for managing stress, making aligned decisions, and remaining grounded in the chaos of work and family life.

Protecting the cave isn’t about controlling every outcome—it’s about trusting the body, honoring the process, and making space for life to unfold in safety and strength. Chiropractic care supports that process from the inside out. It strengthens not only the spine—but the soul of a father, each one rising to meet his calling in life.

Staying the Course

10 Reasons Why I'll Never Get Another Vaccine*by Alec Zeck*

In an age when health has become synonymous with compliance, Alec Zeck invites us to pause—and rethink everything we've been told about vaccines, health, and bodily autonomy. His message is not one of fear, but of empowerment. His journey, laid out in ten powerful points, calls on each of us to move beyond reflexive trust in systems, and into alignment with nature, critical thinking, and self-responsibility.

At the heart of his stance is a question: *What if health doesn't come from a syringe, but from within?*

Zeck challenges assumptions by exposing long-standing issues: the lack of inert placebo-controlled trials, questionable safety data on vaccine ingredients, regulatory capture of agencies, and the rising tide of families sharing adverse experiences. He emphasizes that many of the toxins and adjuvants in vaccines—such as aluminum, polysorbate 80, and fetal cell lines—have never been studied for long-term effects in the combinations used. And yet, children receive dozens of doses before their second birthday.

He shares the heartbreak of parents who watched their children change after a shot, and the glaring reality that even official systems like VAERS (Vaccine Adverse Event Reporting System) drastically underreport injuries. Behind these statistics are real lives, real families, real trust betrayed.

But this isn't just about questioning vaccines—it's about redefining health altogether.

Zeck speaks of the *natural principles* that form the foundation of vibrant living: real food, clean water, sunlight, movement, human connection, and emotional coherence. He reminds us that health is not something injected, but cultivated. It's not a product—it's a relationship. And for those willing to walk this path, a deeper trust in the body's wisdom is found.

Perhaps the most radical idea in Zeck's article is this: viruses themselves may not exist as we've been told. Drawing on the work of scientists like Dr. Stefan Lanka, he questions the very foundation of infectious disease theory. Whether one agrees or not, the takeaway is clear—science must remain a living inquiry, not a fixed dogma.

Bodily sovereignty isn't just a political idea—it's a sacred biological truth. And the courage to protect it is how we ensure a future where health is aligned with nature, not fear.

Questions for Consideration

1. What sources shaped your beliefs about vaccines and health? Have you ever questioned them?
 2. How do you define true health? Is it something you seek outside yourself, or cultivate from within?
 3. How does the concept of bodily sovereignty resonate with your parenting or lifestyle choices?
 4. What concerns, if any, do you have about the safety of ingredients or testing protocols for vaccines?
 5. In what ways has your family or community experienced health differently—either with or without vaccines?
 6. How might your life shift if you fully trusted your body's ability to adapt, heal, and protect?
 7. What would it mean to live in alignment with natural principles—in your home, relationships, and parenting?
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The Chiropractic Connection

Chiropractic care embodies the philosophy of innate intelligence—the understanding that the body knows how to heal when interference is removed. Just as Zeck challenges the overreach of pharmaceutical medicine, chiropractic restores the path back to the body's original design: self-healing, self-regulating, and self-aware.

Vaccination, by contrast, often seeks to override this wisdom. Chiropractic aligns with the natural rhythms of life, not by injecting substances into the system, but by clearing the nervous system so it can respond to life with **greater conscious adaptability**. Chiropractors recognize that the real source of illness exists in the body's inhibited ability to adapt to the mental, emotional, and lived experiences of stress in life. All else is secondary, such as the bio-chemical and cellular processes which reflect these stresses, as well as the “sub-cellular” activities which modern medicine labels “viruses” often interpreting these particles to be “attacking the immune system.”

Parents are often told there's only one way, then, to “protect” their children. This protection, however, is a premise founded on a microscopic understanding. In the chiropractic model, protection from illness means cultivating resilience, restoring coherence, and aligning with nature's blueprint. It's not about fear—which is the entire basis of the medical philosophy of vaccines. Rather it's about growing our freedom. It's not about fighting disease—it's about living

courageously amid our lived stressors and challenges in life, and living together amid these challenges.

By trusting the body, and supporting its function holistically, we lay the foundation for a life not defined by fear and social manipulation—but by vitality, adaptability, and inner peace of mind.

Living the Journey

The Core of Autism

by John Ohm

What if our understanding of autism—and other so-called “disorders”—has been missing the mark entirely? In this thought-provoking exploration, John Ohm challenges the mainstream medical lens by offering a new biological framework rooted in the brain.

He begins by breaking down the difference between organic, brain-directed “conditions” as opposed to “inorganic conditions” originating from the outside-in:

- **Inorganic conditions** result from external, material causes—like toxins, injuries, or chemical insults.
- **Organic conditions**, by contrast, arise from within—initiated by the brain as intelligent, adaptive responses to unexpected biological conflicts.

Through this lens, many “diseases” and “conditions” may now be seen as natural consequences of meaningful expressions directed by the brain as part of the body’s survival intelligence.

Autism, Ohm argues, has been overgeneralized. Originally coined by Eugen Bleuler to describe a psychological condition of social withdrawal, “autism” referred to an *organic*, internally-driven shift in personality. Today, however, the term is often applied to individuals with profound motor dysfunction, gut issues, and sensory processing challenges—symptoms that often correlate to *inorganic* causes such as injury or toxic environmental exposure.

Yet the real revolution in this article lies in the concept of **brain constellations**—a discovery within the paradigm of German New Medicine that identifies specific, measurable lesions in the brain that correlate with corresponding behavioral or psychological expressions. In the case of classic (organic) autism, Ohm outlines a specific constellation:

- A lesion in the **left temporal lobe** (caused by a perceived territorial fear of aggression conflict)
- A lesion in the **right temporal lobe** (caused by a territorial anger conflict)

Together, this constellation of conflict shocks in life generates a biologically meaningful shift into deep self-focus and social withdrawal—traits often pathologized but here revealed as protective and adaptive.

At the same time, Ohm acknowledges that what we call “severe autism” today often involves **inorganic motor impairment**—frequently occurring after environmental insults, including vaccines. He references the powerful work of Elizabeth Vosseller and the *Spell to Communicate* method, which proves that many non-speaking individuals have intact cognitive function but

impaired motor-nerve pathways. They are not “intellectually disabled”— but have motor difficulties that inhibit their ability to communicate.

Ultimately, Ohm offers a radical reframe: that autism—the organic change in personality—can be understood as an expression of unresolved biological conflict shocks. While the motor-specific difficulties may be the result of both conflict shocks and environmental insults. And the true path forward involves an appreciation for these conflicts that impact the brain, necessitating a new approach centered on conflict resolution, which is an approach that, at its heart, is about realignment with the body’s inner, adaptive intelligence.

Autism may not be one thing, but many things. And by understanding its organic biology meaning, we open the door to care that is truly aligned with life intelligence.

Questions for Consideration

1. What does it shift in you to hear that the body may generate symptoms as adaptive biological responses?
2. How does the distinction between *organic* and *inorganic* conditions reshape your understanding of disease?
3. Have you or someone you know experienced a sudden shift in behavior or function following a traumatic event?
4. What are the implications of mislabeling cognitive impairments that are actually motor impairments?
5. How can we as a culture better honor the lived intelligence of non-verbal individuals or those with different neurological expressions?
6. What would a model of care look like that prioritizes conflict resolution over symptom suppression?
7. How might a greater awareness of the brain’s role in biological adaptation transform your approach to parenting, healing, or community?

The Chiropractic Connection

Chiropractic has long honored the wisdom of the nervous system. John Ohm’s article gives language and structure to that philosophy—showing that what we often call dysfunction may in fact be adaptation. From this perspective, chiropractic care becomes a vital form of *neurological listening*—a way of connecting with the brain’s attempt to bring balance through structural and functional means.

In cases of autism and other neurodevelopmental challenges, chiropractic adjustments—especially when paired with tools like CT-based brain mapping, motor pathway assessments to assess stress and conflict that needs resolution—can support the nervous system in unwinding the key traumas to restore coherence. Instead of trying to “fix” children, we create the conditions where their bodies can complete the programs of adaptation which they began under upon their acute stress experiences.

This is especially powerful in addressing motor challenges. Chiropractic care, by removing interference and honoring the relationship between motor function and the perception of particular overwhelming shocks of stress (which impact the brain and nervous system), helps align the family with the intelligence that is operating in the nervous system, so they can understand the path to conflict resolution which begins with building nervous system resilience through conscious chiropractic care.

Health, in this view, is not about correcting something that’s “broken,” like fixing a machine. It’s about re-tuning the instrument of the living body, through our care and community awareness, so we can rise to play our song despite the challenges that impacted our life.