

The Holmes-Rahe Social Readjustment Rating Scale

Some events in life surprise us pleasantly, some not. Although it is hardly a definitive list, the Holmes-Rahe Social ratings will give some idea of what those events might be and how significant they are in their psychological impact on us:

death of spouse –	100
divorce –	73
marital separation –	65
jail term –	63
death of close family member –	63
personal injury or illness –	53
marriage –	50
fired from work –	47
marital reconciliations –	45
retirement –	45
family illness –	44
pregnancy –	40
sex difficulties –	39
addition to family –	39
change in business –	39
financial challenge –	38
death of close friend –	37
change in career –	36
increase in marital arguments –	35
loan or mortgage over \$100,000 –	31
foreclosure –	30
change in job responsibilities –	29
child leaving home –	29
trouble with in-laws –	29
outstanding personal achievement –	28
change in spouse's work –	26
starting or finishing school –	26
change in lifestyle –	25
change in personal habits –	24
trouble with boss –	23
change in work conditions –	20
change in residence –	20
change in school –	20
change in recreational habits –	19
change in church activities –	19
change in social activities –	18
loan under \$10,000 –	17
change in sleeping habits,	16
change in number of family gatherings –	15
change in eating habits –	15
vacation –	13
Christmas season –	12
minor violation of the law	11

Please circle the number that goes with any stressor that has affected you in the past year.

Total=

In theory, any score over 300 in a year's time, according to Holmes and Rahe, would suggest a person had a high probability (80% chance) of becoming seriously ill.

150 or less: 37% chance of "disease" in the next 2 years.

150-299: 50% chance of disease

300 and over: 80% chance of disease

On the subject of chiropractic and wellness I suggest you look at these:

Research by Dr. Desmond B Johnson Ph D shows an increase in the number of white blood cells pre and post. He says that it has a preventive value against cancer.

Research by Brennan and Hondras presented at the International conference on spinal manipulation showing an increase in the cellular activity of white blood cells pre and post.

Research by Dr. Pero who measured the immune system of 107 patient receiving long term chiropractic care. These patients had a 200% better result than general population and 400% better than cancer patient. He says. Chiropractic care seems to potentiate the genetics of an individual so he can better resist serious disease.