

33

ALLIANCE OF UK CHIROPRACTORS

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PRINCIPLES

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Chiropractic is a Gift

By **Ana Echeveste**

**FIVE
PREDICTIONS
FOR 2020**

William Esteb

**IS FEAR
HOLDING
YOU BACK?**

Sarah Waller

**BE THE PRIMARY
OSCILLATOR!**

**Patrick McMahon &
Aaron Morris**

**WOMEN'S
HORMONE
HARMONY**

Veronica Hope

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Why Are You a Chiropractor?



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Is Fear Holding You Back?



MEET THE UCA TEAM

YOUR UCA HEAD OFFICE TEAM AND CONTACT POINT



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PRESIDENT'S REPORT



Dear Colleagues,

Welcome to the Spring edition of the 33 Principles.

I hope the New Year has started well for you. It is hard to believe that we almost have another winter behind us and the blooms of spring are just around the corner. As usual it has been a busy time at the UCA with preparations for the Spring Conference with the usual high quality presenters. Nice to welcome back Bill Esteb and Heidi Haavik who both simplify Chiropractic so well from a patient and practitioner view respectively. We have three new faces in the front of the 33 this edition and Andrew, Glenn and Tarveen are all settling in well.

As usual it has been busy behind the scenes working with the GCC, Royal College of Chiropractors and other associations. We met again in December and you will have no doubt seen the communication from the GCC about the requirement to keep your first aid knowledge up to date. We had the report from the Health and Safety Executive as far as compliance with IRR 17 on radiation safety and there are areas the profession needs to improve before the next round of inspections commence in April. We have also given feedback on behalf of the association to the GCC for the consultation on the draft publication and disclosure policy.

On the student front Sari has been working hard co-ordinating and engaging with students to see what they need to support their transition to

**IT HAS BEEN A BUSY TIME
AT THE UCA WITH
PREPARATIONS FOR THE
SPRING CONFERENCE WITH
THE USUAL HIGH QUALITY
PRESENTERS.**



practice and Tarveen was at the BACS conference early in February. Also keep an eye out for the spinal awareness week information, as it is a great way to raise your profile and that of the profession. The video is always well received and gets great comments. The theme is "Sharp mind, Strong body, Healthy habits" and it will be run from the 17th–23rd of May this year. It still surprises me how many people have little knowledge of Chiropractic and the non-surgical drug free approach we offer.

As ever a great big thanks to the head office team of Colleen, Laura and Melissa who work tirelessly to answer queries, provide support to the executive and membership, produce this magazine and put on the conferences.

Again we have another great edition of 33 full of great content along with our regular contributors.

Enjoy on behalf of the UCA executive.

Paul McCrossin, President, UCA.



PAUL McCROSSIN
President, UCA

STUDENT **REPORT**

PREPARING FOR



WE HAVE HAD A GREAT TIME
ENGAGING WITH STUDENTS.

In the last few months we have been working closely with our student representatives at AECC, McTimoney and WIOC to organise worthwhile events for Chiropractic students. Firstly, in the spring there will be the Speed Meet at the AECC on 28th March, and we have organised a special workshop for essential Chiropractic skills on the Friday 27th March. In addition, we are hoping to invite practising Chiropractors, who looking for potential Associates to join us in the evening, which will be a great opportunity for all attendees. At McTimoney, Gayle has been really supportive of our speakers and our Association, we have had a great time engaging with students and talking to them on campus. Their attitude continues to be



DR SARI BOTROS
BSC (HONS), MCHIRO
Student Liaison Officer.
Centre Director at ROCK
Chiropractic Health
Centre

one of open-mindedness, which is crucial in order to learn and develop further. At WIOC we have an event lined up. Many students are concerned that they are not getting enough adjusting practice, or competence in adjusting, we have therefore decided to do an event that will focus on the ART of delivering specific Chiropractic adjustments. Highlighting the importance of precision and honing their adjusting techniques, and how this in turn leads to improved patient outcomes. We hope to hold more events on this subject in the future, to help more students with this crucial element to being a Chiropractor.

Yours in Unity,
Sari



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CHIRO MEMBER **NEWS**



Kylie Foster

Taura Ava Palmer was born on Monday 10 February at 9:22pm in Singapore weighing 6.4 pounds



Emma Burniston

Millie Bobby Maggs was born at home 11:48pm on Thursday 16th January 6lb 11oz

Big brother Miles who will be two next month slept through the whole event and got to wake up to a baby sister in mummy's bed.



John Williams

John Williams who is part of the UCA's legal team welcomed his first granddaughter on Sunday 12th January 2020 Isabella weighed 8lb 8oz.



Claire Ryan

Erin was born on Wednesday 6th February at 1:15pm weighing in at 8lb 9oz.



Lindsay McInnis

Miss Hannah Rose Carter was born at home on Dec 4th weighing 9lb 3oz. Her big brother is elated.

PRACTICE PROTECTION CORNER

CONSENT: WHO NEEDS TO KNOW?

BY PAUL McCROSSIN

Consent is an integral part of the relationship between you the Chiropractor and your practice member and it is something I regularly get asked about as well as being a particular in GCC hearings.

Chiropractors are often very passionate about helping people and our drug free conservative mode of care and as such we are comfortable explaining what we do and the benefits. It is important however to explain the risks no matter how small if it is relevant to the practice member you are caring for. As such we need to put aside any reluctance to discuss the risks for a fear of frightening a new member of the practice from starting care. The public are used to small print, terms and conditions and risks in relation to health care and often happily consenting to care with a much higher risk profile than Chiropractic.

Important changes have come about in how informed consent is viewed on the back of a legal case “Montgomery v Lanarkshire Health Board” in 2015. Nadine Montgomery was pregnant, of slight build with Type 1 diabetes and concerned that it may be difficult to have a vaginal delivery due to a having a larger baby. A vaginal delivery was planned however the risk of shoulder dystocia where the shoulder gets stuck behind the pubic bone was not discussed. This can lead to brachial plexus injury and in rare cases hypoxia. Unfortunately her son suffered hypoxia, which resulted in brain damage and cerebral palsy.

Up to this point the legal view on consent was that it was the doctors decision as to what risks should be discussed with a patient as long as the decision was seen as reasonable and responsible by their peers. This case reversed consent from being doctor focused and paternalistic (I know best) to being patient focused in that a patient is autonomous and it is up to them to decide on what treatment they have and the doctors role is to provide the information to support this.

So even if a risk to care is seen as very small if it may have a significant impact on the patient so as to be deemed material to them it must be discussed. A



IT IS IMPORTANT HOWEVER
TO **EXPLAIN THE RISKS**
NO MATTER HOW SMALL.



PAUL McCROSSIN
Head of Peer and Ethics

one-size fits all approach is not appropriate. The risks of significant harm from Chiropractic care are very rare however they can have a big impact. We cannot discuss everything however it must be relevant to the individual under your care. An example cited is that a concert pianist would be more concerned about hand surgery than someone who is not reliant on fine motor control for instance. Informed consent involves a discussion with your patient about their options, risk and what is important to them rather than the quoting of dry numbers.

5

PREDICTIONS FOR 2020

If most predictions for the future were accurate, we'd be living on the moon and commuting to work in *The Jetsons*-like flying cars. So, you want to take most predictions with a grain of salt. However, you can count on these predictions coming true in 2020:

BY WILLIAM ESTEB

1

Patients will heal themselves.

Within the limitations of matter, reducing nervous system interference will revive this special inborn ability.

Drugs can only speed up or slow down a bodily process: They do not heal. Only the body can do that, and the spirit must animate the body. If the spirit is present, there is hope. Once the spirit vacates body – something we call death – there is little to no hope of healing, and the ability to adapt to one's environment comes to an end. Gravity wins.

DRUGS CAN ONLY SPEED
UP OR SLOW DOWN
A BODILY PROCESS:
THEY DO NOT HEAL.



2

Patients will begin care with a pre-existing condition.

Most will enter your practice with wrongheaded ideas about health and healing based on their lifelong exposure to the medical mindset.

Patients will want you to treat their symptoms. In fact, they think their symptoms are the problem! But their pain or discomfort is rarely the problem. Their symptoms are a language, albeit a crude language, that is used by the body to get its owner's attention to make a change. Helping patients attach a new, more accurate meaning to their symptoms may be one of your most important patient communication assignments.

3

The media will continue to incite fear and uncertainty to attract eyeballs that can be sold to advertisers.

Social media will continue to invite unhelpful comparisons and judgments.

Now would be a good time to go on a 40-day media fast. Disengage from all media, especially social media. Commercial media is mostly fear-mongering, and social media is mostly about gossip, posing and fake news. It encourages us to compare ourselves to others—a recipe for self-criticism and feelings of less-than. If your practice has eroded, you can't afford the luxury of such negative input.





4

Having clear intentions and fastidious boundaries will permit you to grow your practice, especially if you consistently communicate them to each patient.

A patient's headache or back pain is theirs, not yours. While it's tempting to heroically rescue them because their appreciation and gratitude produce such an addictive dopamine hit, resist the urge. The real hero is 1) their courage to consult you and 2) the inborn ability of their body to self-heal. Take the credit if you wish (most patients will happily extend it), but that also means you are obligated to take the blame when your intervention doesn't produce the desired result.

5

All things being equal, a positive attitude, unshakeable certainty and relentless enthusiasm will always win the day.

You should be the most confident, upbeat individual a patient ever encounters. After all, you know the truth about the nature of health and healing and have the means to operationalise it!

Not only will these predictions come true in 2020, but next year as well!



WILLIAM ESTEB
PATIENT MEDIA, INC.

William has been a chiropractic patient and advocate since 1981. He is the creative director of Patient Media and co-founder of the Perfect Patients website service. He will be speaking at the UCA Spring Conference 2020. Contact: bill@patientmedia.com



YOU SHOULD BE **THE MOST CONFIDENT, UPBEAT INDIVIDUAL** A PATIENT EVER ENCOUNTERS.

Care & Share

IN THE COMMUNITY



Supporting the Trussell Trust

Following the success and feedback from last years campaign we decided to work with the Trussell Trust for Christmas 2020.

The Trussell Trusts 400-strong network of food banks provides a minimum of three days emergency food and support to people experiencing crisis in the UK.

Our members sent in a request for a Christmas Campaign pack, and with the help of their patients, they were able to collect and donate food items to their local Trussell Trust food bank.

Many members also chose to collect and donate children toys, clothes and filled socks with various items to donate to local charities.

Here's a few successful campaign highlights for such a great cause! Well done everyone!



Cris Partridge – Edwinstowe Chiropractic

We did Toys for Adjustments, our 13th year, in support of the Newark Salvation Army's Toys for Christmas Appeal with over 200 presents donated by our Members and Guests!!



Optimal Align Chiropractic

Thanks to all our generous clients we managed to collect three big boxes for the Trussell trust. As a clinic we raised £280.



Belinda Ambrose – Aligned Chiropractic

This was our annual collection for the Salvation Army's

Christmas Present Appeal – it gets bigger each year!



Berkhamsted Chiropractic

Money was donated in return of chiropractic treatments from Lauren Hill, Kevin Pistak & Laura Knowles.

Together with their patients they raised £1800 for our local DENS – Helping rebuild lives homeless charity.



Hester Potts – Centred Chiropractic

For a week in December we ran a reverse advent calendar collection. We invited clients to donate food items to our collection for a local food bank which

supplies emergency food parcels and hot meals to the local community. The practice doubled the collection and in the end, we donated over 100 kilos of food!

NEW RESEARCH TO BE CO-FUNDED BY THE ASRF AND THE UCA

Effects of cervical chiropractic adjustments on heart rate variability, quality of life and tumor marker of colon cancer patients.

BY ADRIAN WENBAN

The UCA and ASRF recently agreed to co-fund a research project, which formed the basis of a Research Grant Application (RGA) received by the ASRF, and which was developed and submitted by Dr. Adrian Wenban and Professor Yori Gidron, as one of the annual round of grant applications during 2019.

Below is a brief summary of the background, aims, methodology and outcome measures that frame the above mentioned research.



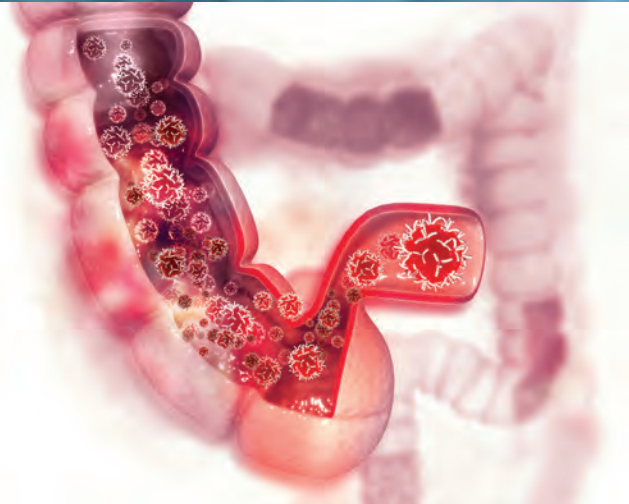
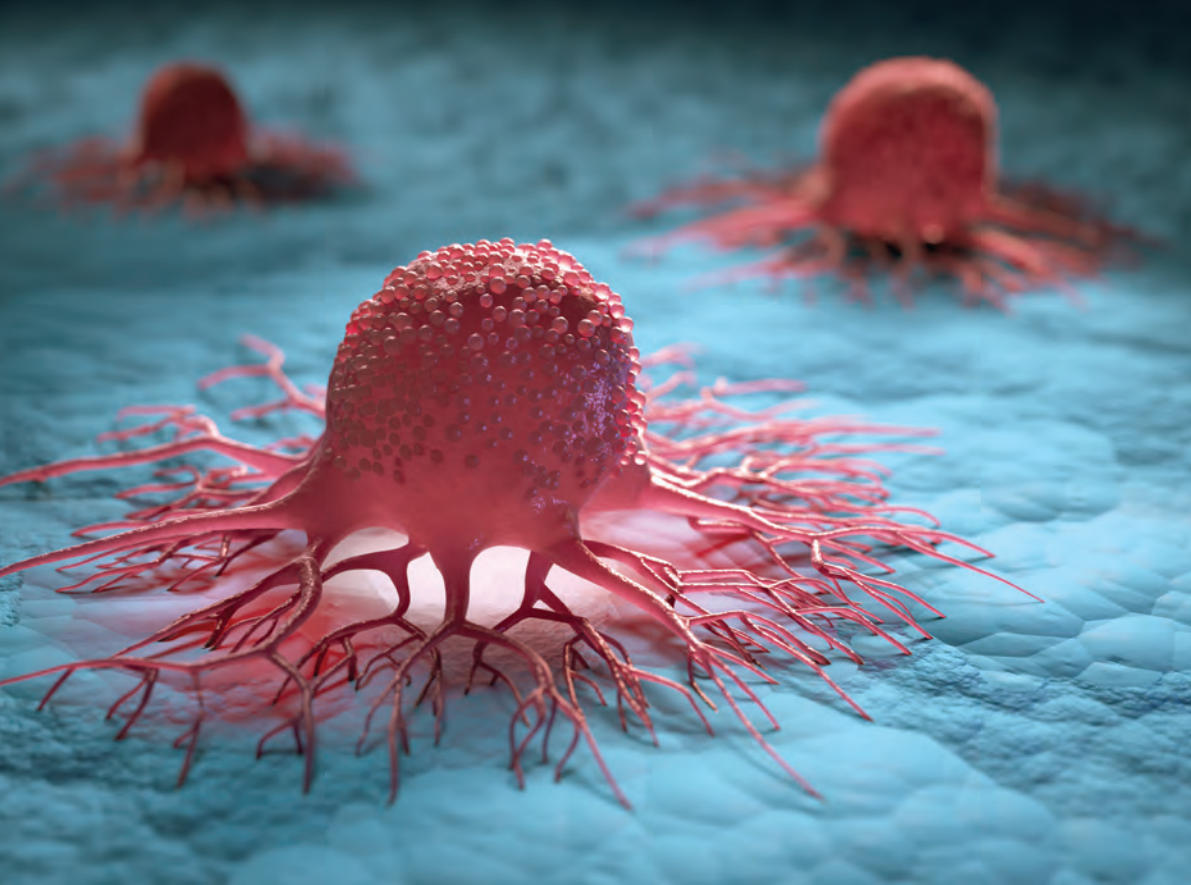
CHIROPRACTIC MAY POTENTIALLY IMPROVE CANCER PROGNOSIS AND **REDUCE CANCER PATIENTS' SUFFERING.**

Cancer remains a leading cause of morbidity and mortality worldwide. Among the leading fatal and common cancers is colon cancer (Wilson, 2010). Despite important progress in cancer therapies, many treatments have side effects (e.g., inflammation, hair-loss, cognitive impairments, fatigue). Thus, while certain treatments increase duration of life, they can also reduce quality of life. Furthermore, several treatments are not effective for some cancers (e.g., Freeman-Keller et al., 2015).

Some authors have argued that advances in cancer treatment might occur if a resilience factor, which inhibits multiple oncogenic factors and improve patients' well-being, could be found and

then targeted. Gidron et al. (2005) proposed the vagal nerve hypothesis in cancer prognosis. The vagal nerve is the 10th cranial nerve, which helps people to adapt in multiple systems following stress (Weber et al., 2010). Inflammation, the excessive immune response to danger signals, contributes to cancer progression in all cancer stages (Mantovani et al., 2008; Voronov et al., 2003). Oxidative stress causes DNA damage which can initiate cancer if unrepaired (Valko et al., 2004). Finally, excessive sympathetic responses contribute to tumorigenesis, and tumor cells migrate to regions in norepinephrine (Eschleden et al., 2004). In contrast, the vagus nerve inhibits oxidative stress, inflammation and sympathetic activity (e.g., Rosas-Ballina et al., 2011; Tsusumi et al., 2008). Looking at epidemiological studies, high vagal activity, indexed by heart rate variability (HRV), independently predicts longer cancer survival as shown in a meta-analysis (Zhou et al., 2016) and a systematic review (De Couck et al., 2018). HRV is also positively correlated with health-related quality of life (Lu et al., 2016) and vagal activation reduces depression and pain (Silberstein et al., 2016), related to cancer.

These studies call for testing whether vagal nerve activation may slow cancer progression. A preliminary matched-controlled pilot study, done by Gidron et al. recently, found that HRV biofeedback, which increases vagal activity, reduced the colon cancer tumor marker CEA (Gidron et al., 2017). However, this intervention depends greatly on patients' adherence. While transcutaneous vagal nerve stimulation can be effective, it also has some side effects (e.g., pain). In contrast, chiropractic might provide a novel means by which to activate the vagus nerve and improve cancer patients' well-being and possibly even prognosis, with



minimal side effects. Win et al. (2015) and other authors have found that chiropractic adjustment at C1-2 seems to increase HRV, the vagal nerve index. Furthermore, more generally, chiropractic care has been shown to reduce pain (Walker et al., 2010). Thus, it might be hypothesised that chiropractic may potentially improve cancer prognosis and reduce cancer patients' suffering. However, the effects of such chiropractic adjustments on cancer patients' health and tumor progression, have not been systematically tested to date.

This proposed preliminary clinical trial that forms the basis of the RGA recently accepted for joint funding by the ASRF and the UCA, aims to examine the effects of vagal nerve activation via cervical chiropractic adjustments on clinical outcomes in patients with colon cancer. Specifically, the research protocol hypothesises that participants randomly assigned to receive cervical chiropractic adjustments will have higher heart rate variability (HRV), better health-related quality of life (HrQoL) and lower levels of both pain and a colon cancer tumour

marker, than controls. The authors aim to recruit 80 participants with advanced colon cancer (stage III-IV) who will be measured at baseline for HrQoL, pain, HRV and a colon cancer marker. Thereafter, they will be randomised to receive the intervention or sham for 10 weeks. Follow up will be at specific intervals across 6 months.

Health-related Quality of Life (HrQoL) will be assessed using the EORTC QLQ-C30, a cancer-specific HrQoL questionnaire developed for use in RCTs (Aaronson et al., 1993). Some studies show that this scale predicts survival in patients with advanced cancer (Roncolato et al., 2017). Pain will be assessed using a 0–100 pain visual analogue scale (VAS) for assessing patients' mean pain during the past week and a body image to indicate pain location/s. HRV will be measured using the *Vital Signs* portable 3-lead holter HRV monitor which has previously been used in several studies. The authors plan to focus on both time domain measures (SDNN, RMSSD) and frequency domain measures (HF, LF). The colon cancer marker Carcinoembryonic Antigen (CEA) will be measured routinely by the participating laboratory with whom a contractual agreement already exists. CEA is a significant predictor of survival amongst patients with colon cancer (e.g., Slentz et al., 1994).

The study participants will be randomised to receive either upper cervical spine adjustment (Diversified technique) for 10 weeks or to a sham intervention. Outcome measures will be measured at 1, 3 and 6 months. Participants will be recruited via targeted advertising in Barcelona, Spain.

The investigators are deeply appreciative of the support shown by both the ASRF and the UCA in their decision to co-fund this innovative and paradigm-relevant clinical trial.

References are available upon request.



**DR. ADRIAN
WENBAN**

PRINCIPAL, BARCELONA
COLLEGE OF
CHIROPRACTIC

In 30 months (October 2016 – April 2019), by using a simple protocol, Adrian went from never having done a triathlon to making the Australian team and coming 12th in his Age Group at the ITU Cross Triathlon World Championships in April of 2019.

BE THE PRIMARY OSCILLATOR!



WHO YOU ARE SPEAKS
SO LOUDLY I CAN'T HEAR
WHAT YOU'RE SAYING.

RALPH WALD EMERSON

**BY PATRICK McMAHON & AARON MORRIS,
SYNTROPY**

It has been repeated often that up to 93% of communication is nonverbal. What are the ways that we are communicating with our people on a conscious and non-conscious level? At Syntropy Chiropractic Training we have made it our obsession to reverse engineer what the masters do naturally, and break down what it takes to deliver the best possible adjustment. We want to know what are those absolutely fundamental building blocks that one can train to become masterful. All of the truly

incredible chiropractors have tapped into the power of presence and being fully immersed in the here and now. Unfortunately, not many of them have had the ability to teach how to do that, and people mistakenly perceive it as a gift rather than a trainable skill set.

Gonstead is credited with “become one with the bone”, Jim Parker referred to Present Time Consciousness, Sid Williams the “Friend Within” and BJ Palmer called it “that something”. They were all referring to the ability to be in that present flow state, where time slows down and your perception is heightened. At Syntropy we refer to it as **DROPPING IN**. Dropping in to the moment by dropping into the body. As chiropractors we want to help restore balance to the nervous system, and shift a person out of a hypervigilant, tight, tense, diseased threat state into a state of ease. In the threat



state there is a massive shift in energy resources towards an exteroceptive, external focus. Where's the danger? We disassociate from the homeostatic internal, interoceptive state. The amygdala fires up and there is a predictable neuro-endocrine response, a tightening of flexors and protection of the core, as well as an energetic shift away from the core and out towards the periphery. We regress into an outer reactive state instead of an internal responsive state, and everyone that you've ever met is hard wired to perceive this state in others.

Wouldn't it be great if we could train how to tame that beast, and drop back into that connected state of EASE before any patient interaction? Two very powerful things happen when you can maintain this state. First, it engenders trust. As we said before everyone that you've ever met is hard wired to perceive this state. We are social, tribal creatures. We've evolved to have very highly tuned threat detection systems in ourselves, but also by reading the physiology of others. We've all walked into a room where we could cut the tension with a knife and without knowing any details of the situation you can read the "mood". Just as children look up read the reaction of a parent after a fall to see how they should react, we are constantly reading the environment for cues of either safety or danger. When we can train our bodies to drop in to ease, people sense safety and they automatically and unconsciously trust you more.

The second thing that happens when you can consistently create this state is that your perception is incredibly enhanced. As we get out of past and future that takes place in our heads, and back into the present moment taking place real time in our bodies, it's as if our antenna is upgraded and we can process a greater volume and a greater subtlety of energy and information. As we develop a greater heart-brain coherence we have greater access to our own intuition, and the right thing to say comes to us with greater ease. You begin to feel more with less pressure, you begin to perceive things with all of your body and not just the hands. When you are really dropped in and fully in your body then you are aware of when the body that you are working on fully relaxes and that perfect moment to deliver the adjustment appears.

THE HEART KNOWS 1000 WAYS TO SPEAK.

RUMI



Of course, it's all well and good as a concept, but how do we do it? At Syntropy we've built a hierarchy of priorities to train, and at the very base of that hierarchy is Dropping IN. It's so important that we place it first and we drill it before we ever put our hands on another human being. On a side note, we've found that dropping in reduces the learning curve and people grasp the material much faster in that state. The key is getting back into our bodies and waking up our insular cortex, calming the amygdala and rewiring our body maps. The body is constantly monitoring what's going on inside and out, trying manage resources and energy utilization. When we get stressed, and the amygdala kicks off we tighten up, sympathetic nervous system ramps up, and we lose body awareness and focus as the body becomes more reactive to external stimuli.

How do we get out of it? We need to move the body, we need to breathe fully and diaphragmatically, and we need to actively bring our focused mindful attention back down **IN**to the body. Movement, breath and bringing the focus back to interoceptive sensation all massively influence the state of our nervous system and are ways to bring the autonomic nervous system back into balance. You can try this by checking in to the sensation coming from your body now. Where are you holding tension? Where do you feel increased flexion? How open is the front of your body? How is your breathing? Most people are holding tension in the pelvic floor, in the abdomen, in the diaphragm. By moving all the joints of your body in a specific sequence we begin to wake up our bodily awareness and refine the body map. This alone will create tremendous changes. If we couple it with deep, rhythmic diaphragmatic breathing this can train the body's ability to dampen the sympathetic response. Add a focused scan over your entire body





PATRICK McMAHON & AARON MORRIS

are the lead teachers for Syntropy Chiropractic Training. Their vision is to create the best adjusters on the planet by breaking down every aspect of the adjustment into its components and developing training methods to maximize learning and assimilation of each component.

YOUR TECHNIQUE DETERMINES THE TYPES OF CASES YOU'LL SEE. **YOUR ENTHUSIASM** DETERMINES YOUR VOLUME. BUT YOUR PRESENT TIME CONSCIOUSNESS DETERMINES THE RESULTS YOU'LL SEE. **JOHN DEMARTINI, DC**

feeling into areas of tension, focusing on consciously keeping the front of your body open and you have a potent recipe to become a master of dropping in to the present time consciousness.

In the beginning it seems a little more difficult, but as we progress through the weekend what took us minutes to achieve initially is achieved in seconds through repetition and anchoring the feeling into our bodies. We encourage you to put this into your daily routine and learn to reset and drop in before every encounter in your office. If you repetitively train this skill and develop plasticity in the pathways, you will undoubtedly notice incredible changes in

your office, in your results and in your life. If you can train this on a consistent basis, people will begin to feel the difference. As your personal energy field becomes more coherent and congruent, you will become the primary oscillator, and you will set the tone in your office. You will connect with people on a deeper level, your skills will improve, your trust in yourself will skyrocket, and it will bend time. People will think they were there longer than they actually were when you're fully present with them. The best part, though, is that you will be training your nervous system to be in an energy rich state, and you will finish each day more energized than before.



SYNTROPY
CHIROPRACTIC TRAINING



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to training
with you soon!



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CONTROL YOUR OWN NARRATIVE

You have a choice to live in
your world ... or you can live in
someone else's.

BY LAURENCE THAM



LISTEN TO YOUR OWN VOICE STARTING TODAY.

The worst part is seeking the approval from people we don't even care about, know or even respect. That is one of the hardest pills to swallow. This took me many years to acknowledge and become aware of.

This is still a constant struggle and battle... As their voices are often loud and convincing. And the strength and courage to find the "stillness" in yourself and turn up the "inner voice" require consistent will power and reminder. As we approach a new decade, this is a reminder and encouragement to listen to your own voice starting today.

To quiet the haters and moaners. To prove that no one knows you better than you. To create your own destiny and path by creating your personal narrative.

You have a choice to live in your world ... or you can live in someone else's.

Choose to live your life on your terms.

There are always going to be people who doubt you. People who see nothing but mediocrity.

The challenge, of course, is whether you choose to believe them. And that choice is always there.

The trap that I have struggled with is seeking the approval of others. I am not sure if you are like me... but I find many of us want this approval. Whether the approval is from our friends, our peers, and our own family members... The desire is strong within us.



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WOMEN'S HORMONE HARMONY

BY VERONICA HOPE

I never realised how important my hormones were until I started to lose them. I boldly thought I would transition from my reproductive years through perimenopause and menopause without any struggles. After all, my prevailing principle has always been that the body has the innate ability to heal, repair, regulate and maintain itself given the right conditions, ingredients and environment. So somewhere between ages 47 to 50, I started to notice my life didn't feel like my own anymore, I can only describe feeling like moving from a full colour to a black and white version of myself. My usual confidence waned, I was more tired but wasn't sleeping well, for the first time I had joint issues namely my shoulder. To describe myself as being moody and emotional would be an understatement and 2 weeks of the month I really struggled in my marriage and generally coping. When I started to talk to more women I realised this experience was being mirrored plus even more issues like hot flashes, night sweats, weight gain, anxiety, forgetfulness, a general loss of sex drive, palpitations, migraine, PMS, break through or heavy bleeding to name but a few. And like many women it took me a moment to figure out this struggle was actually the perimenopause and my lack of hormone harmony. So over the past 5 years



IT TOOK ME A MOMENT TO
FIGURE OUT THIS STRUGGLE
WAS ACTUALLY THE
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**LACK OF HORMONE
HARMONY.**



I've been fiercely determined to figure out how to do this hormonal transition in an empowering and graceful way so I can continue to be fabulous and functional for hopefully all the many years to come. In my opinion menopause is the start of an immensely powerful period for women if we can do it well, the challenge has been figuring that part out and preventing a state of adaptive physiology by using lifestyle to create a better environment of homeostasis and function.

What I have learnt is that like me without realising it many women approach these transitional years in a state of chronic stress, emotional and physical depletion, not providing ourselves with enough rest or the essential nutrients to allow our bodies to innately transition with grace. The stronger a women's adrenals the better her general physiology/health, the better her general level of nutrition, hydration, sleep and fitness the smoother the ride will be. But when so called symptoms of menopause arise we often don't look under the hood at our levels of functionality and work to consistently improve these. Rather many women feel desperate and agree to prescribed synthetic hormones HRT (the research bears the dangerous results of this) or antidepressants hoping for a quick fix that simply doesn't exist.

LET'S UNDERSTAND THE INTRICATE AND SYNERGISTIC RELATIONSHIP, CHECKS AND BALANCES, YIN AND YANG BETWEEN OESTROGEN AND PROGESTERONE.

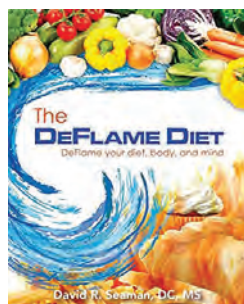


of progesterone despite the also falling levels of oestrogen. Progesterone could be described as our mothering hormone it is abundant in pregnancy and the second phase of our cycle. Energetically it brings a sense of wellbeing and calmness, so low levels of progesterone as in peri/ menopause can be associated with anxiety, fatigue, depression, poor sleep, PMS, breast tenderness, fluid retention to name but a few. On the other hand there are many types of oestrogen and it is fundamental to our healthy function with countless roles beyond the menstrual cycle to regulating the reproductive tract, the urinary tract, C-V System, bones, joints, skin and hair. Oestrogen is discussed a lot during menopause. Throughout these transition years It's like oestrogen has an evil twin – oestrogen dominance and this is thought to be responsible for many difficulties, In menopause oestrogen levels are also decreasing by up to 75% from their peak but they can fluctuate wildly and erratically and we can have a predisposition for dominance furthered by the accumulative effect of environmental xenoestrogens and our own body composition if high levels of visceral fat. This can all lead toward hormonal imbalance disharmony, anovulatory cycles, and struggles are likely.

Let's understand the intricate and synergistic relationship, checks and balances, yin and yang between oestrogen and progesterone. For example with bone density progesterone is a key but often overlooked factor needed by osteoblasts to build bone, while oestrogen is linked to the function of osteoclasts and keeping their bone eating reabsorbing activity in check, so bone health and strength depend on a maintaining a favourable balance between these two hormones as well as traditional factors like adequate Vitamin D, Calcium and weight bearing exercise. Additionally these two hormones have a role to play in far more than just our reproductive system; they affect our skin, hair, joints, brain, bones, blood vessels, sleep, mood and emotion. So any array of indicators that we are not managing this transitional period (menopausal symptoms) can arise and it's improving our state of

So this article is my personal experience of ways I have been able to practically improve my function specifically to smooth out the hormone ride and provide my body the best chance of getting the ingredients to do innately well as designed. Firstly it's helpful to understand that the perimenopause is the period of time anywhere from 5 –15 years leading up to menopause which is described as when a woman has ceased menstruation for 12 months. The average age of menopause is said to be 51, but in practice my experience is that for many women it is much younger. Thereafter you are post menopausal.

The perimenopause signifies a decline in what would traditionally be known as our sex hormones the oestrogens and progesterone. Hormones are fundamentally chemical and energetic messengers and you can't change the message, so the balance and harmony of them is vital. We lose progesterone first and fastest so in many women a tendency for oestrogen dominance can prevail in the absence



function we need to address through lifestyle to help counterbalance the loss of these hormones anabolic build effect in our bodies

Cortisol

Always look upstream in the Hormonal system, for me that was Cortisol. Traditionally known as our stress hormone or I prefer our energy hormone. In modern day life many women are full time juggling life and are subsequently undergoing chronic stress over long periods of time. Cortisol has good intentions but when it's elevated in our body for long periods due to chronic stress it can actually cause a cascade of physiological events that damage the function of our body. In relation to this conversation secretion of high cortisol robs your body of DHEA, progesterone, oestrogen and testosterone causing further imbalances, it can also pack on the pounds specifically visceral tummy fat, raising glucose production and decreasing our lean muscle. Cortisol also effects insulin by raising blood sugar levels creating a resistance to insulin which can further cause fat storage and other problems. Bad news when cortisol is high you can also have food cravings yep you guessed it processed carbohydrates, sweets or crunchy salty foods. So the number one message

OESTROGEN LEVELS ARE
ALSO **DECREASING**
BY UP TO 75%
FROM THEIR PEAK.



here is if you want a smooth ride you have to reduce chronic stress and subsequent cortisol levels.

Cortisol runs on circadian rhythms it builds in the morning in relation to sunshine exposure and movement peaks in middle of day and should be reducing by 6pm and at a low by 10 pm when we go to bed. When cortisol is low and quiet at night that is when we will get good production of our sex hormones. But we can easily mess this up with shift work, exercising vigorously past 6pm and getting stressed before bed to name but a few. Scheduling time during each day for some mindfulness/meditation and deep abdominal breathing is essential, changing our diet to become more alkaline and finding places in our lifestyle for laughter and happiness. Choose to do vigorous exercise before 2pm so you can allow your cortisol levels to reduce by the evening.

Part 2 & 3 to be continued in the Summer and Winter Magazines

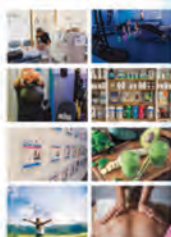


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Functional Chiropractor,
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WORKSHOP PRESENTATION PACKAGE DESIGNED BY VERONICA HOPE

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WHY ARE YOU A

BY DORTE BLADT

Chiropractors often tell me they are in this wonderful profession because they want to help people. They want to make a positive impact in their community's health and lives. What an admirable purpose for going to work in the morning!

My next question is then: when do we have the greatest impact in a person's life? The answer is obvious: the younger the better. Removing nervous system interference in a child provides the opportunity for full health expression, decreasing the risk of laying down sub-optimal neurological patterns physically, chemically and emotionally.

If that is so, why is it that we spend so much time caring for older people with back pain and headaches? To this, chiropractors tell me that these are the people who show up in their practices, and this is where we have the research to back up what we do. I don't know about you, but I personally struggle to accept the beautiful chiropractic concept of full health expression reduced to pain relief, preferably within five visits. Having worked primarily with children over the past 20 years, I feel we are selling out on the most vulnerable population group to gain acceptance from our 'health care' peers. These health care professionals don't understand the basic concepts of what we do or are at all interested in having us around in any shape or form.

The fact is that children of today are sicker than they have ever been before. The levels of reflux, learning delays, diabetes, allergies, autistic spectrum disorders, depression, etc are skyrocketing, and we KNOW chiropractic care can help, both now

and for their future health. However, as family chiropractors caring for kids we are denounced from every direction; insurance companies, governmental bodies, other health professionals, chiropractic governing bodies, teaching institutions and our own colleagues declaring that chiropractic care for kids is not effective, it is not safe, and there is no research to support chiropractic care for kids.

So we have a choice. We can accept that back pain and headaches in increasingly older people are what we treat, making the rest of their lives more pleasurable and connected. Or we can actively and consciously make a choice to care for the people who have the most to gain, to really help people, and improve the health of our communities. Now is the time to make a difference. We have no time to lose to both protect our profession and the health of future generations. This is a call to action:

- Let's stand up for who we are, proudly living and practicing by our chiropractic philosophy – enabling each person we care for to be the best they can be, regardless of age.
- Let's be the best chiropractors we can be with exceptional skills for all age groups, including children, with up-to-date knowledge, techniques and research.
- Let's put our money where our mouths are. We need to financially contribute to the research that supports the care we choose to provide and the colleges that educate the chiropractors we want to call colleagues.



DORTE BLADT



CHIROPRACTOR?

There is no doubt that we have very little real research to support chiropractic care for children at this moment. And, as we have experienced around the world recently, to survive in the current health care environment we need this research. Not the 'treatment for a disease-type research,' but proper chiropractic research showing that chiropractic care leads to better function and quality of life. We can get this research – fast: all it takes is a bit of cash. Supporting the Kids' Summit is a way to get this going – now! The Kids' Summit is a major international conference aimed at providing you, the dedicated family chiropractor, with knowledge and skills to better care for the little people in your practice as well as confidently expanding your practice by serving more kids and families. We invite chiropractic experts in children's care from all over the world to share their passion and wisdom with you. These awesome teachers donate their time, travel and costs to come and present at the Kids' Summit. They pay their own way, so we can raise funds which go directly to research into chiropractic care for kids. The Kids' Summit has raised several hundred thousand dollars for kids' chiropractic research since its inception in 2015. And the good news is that in 2020 this awesome event will be at your doorstep. Join the Kids' Summit in Paris, May 30–31, 2020 to listen and learn from the cream of the cream of kids' chiropractic. You can't afford to miss this event. Your people will thank you forever!

WE HAVE NO TIME TO
LOSE TO BOTH PROTECT
OUR PROFESSION AND
**THE HEALTH OF FUTURE
GENERATIONS.**



THE KID'S SUMMIT

The **KIDS SUMMIT 2020** **PARIS**

May 30-31st 2020

Dorte Bladt

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ADVANCE NOTICE

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SUNDAY

8th November

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A MINI REVOLUTION

The History of the United Chiropractic Association (UCA) and Chiropractic Essentials (CE).



BY KIMBERLIE FURNESS

Remember Margaret Mead's quote, "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." This was definitely the case when twenty two years ago, a small group of people came together to start a grassroots movement, a mini revolution for the common goal of protecting vitalistic principled Chiropractic in the UK.

The end of the twentieth century was an eventful time in Chiropractic in the UK as the General Chiropractic Council (GCC) was being constructed. In Australia, Chiropractors first became registered in 1978. The United States first State registration occurred in Kansas in 1913, with the last of the 55 states to have registration being Louisiana in 1974. Hence, the UK was relatively late to regulate Chiropractic.

Guidelines and rules were being put in place, that if left unchecked, may have altered our current and future scope of practice.

Dr Mark Postles talks about two different versions of Chiropractic, one spelt with a big C and the other with a small c. The big C version ascribes to the writings and teachings of DD and BJ Palmer through the 'Green books' including Stephenson's 33 Principles.

It recognises an innate intelligence within all living things and seeks to remove interference to the expression of health by detecting and adjusting vertebral subluxations. That was and will always be a vision worth standing up and fighting for.

Chiropractic with a small c is that which treats headaches, back pain and neck pain. This model doesn't use the term subluxation, innate or universal intelligence. There is nothing wrong with this model, both are on the same continuum, but I feel it imposes

limits in its scope and vision for humanity.

The original practice guidelines for the GCC were based on a small c Chiropractic model and would have potentially limited the scope of Big C Chiropractors. These mandated gowning the patient, 15 minute minimum patient treatments, closed rooms and many other barriers to freedom of expressing principled Chiropractic's vitalistic art. It became apparent that someone had to stand up for this model.

A group of us connected and were politically active, attending GCC steering groups and meetings but were disorganised and somewhat fragmented. It took two very strong chiropractic advocates to organise the group and help us formally start the association that would represent subluxation based Chiropractic in the UK. They were Steve Holloway, practice manager and husband of Chiropractor, Ann Renkin, and Rosemary Folker, practice manager and wife of Neil Folker. These two individuals were the driving force behind organising our initial meetings and motivating like minded people to come together from all over the UK and beyond.

Our first meeting was in the Lake District and consisted of only 10–15 people. That meeting gave us purpose and passion, which attracted more people into our sphere. This grass roots swell resulted in a landmark meeting in Manchester in 1997, with around 30 people attending. Dr Adrian Wenban



Steve Holloway, Neil and Rosemary Folker, Anne Renkin, Kevin Proudman, Annette and Charlie Sawyer, Estelle Zauner, Christophe Vever, Gary Carless, Greg Lees, Stuart Rynsberger, Sonya Floreani, Kimberlie Furness, Cameron Potter, Richard Lanigan, Raf, Kurt Edinger, Veronica Hope, Wayne Whittingham, Bruce Whittingham, Melissa Sandford, Vanessa Osiki.

TO ALL THE ORIGINAL
MEMBERS OF THE UCA, WE
SALUTE AND THANK YOU
FOR ALLOWING US THE
**FREEDOM TO PRACTICE
OUR ART!!!**

(currently the Principal of the Barcelona College of Chiropractic) was the chairperson of our meeting and facilitated the development of the UCA mission, vision and purpose in the year 2000. Our group, with the help of Dr Wenban defined vitalism, naturalism, humanism, wholism, neural supremacy and the conservative ethic as our constructs.

The vision statement we developed in Manchester still stands to this day, over 20 years later and is displayed on the UCA website, "We commit to protect and advance the principles of vitalistic Chiropractic"

The newly named United Chiropractic Association (UCA) was like a powerhouse on a mission to ensure that big C Chiropractic was represented at the table at all times. We attended many meetings, drafted documents and challenged the guidelines. Neil Folker was elected President of our Association and did a brilliant job as our

figurehead in those first few years. No one attended more meetings than his wife, Rosemary Folker. Rosemary was working constantly behind the scenes to ensure that nothing slipped through unnoticed which could impact on our future ability to practice in a subluxation based model of Chiropractic. She was fearless and more than a match for Margaret Coates, the head of the GCC.

To all the original members of the UCA, we salute and thank you for allowing us the freedom to practice our art!!!

In 1998 someone walked into my life that would inspire me forever after. That man became my greatest mentor and is the reason Chiropractic Essentials (CE) is a major part of the UCA event calendar and now the biggest seminar ever held in the UK. Dr James Sigafoose, a legend of our profession who unfortunately passed away in 2017 at the age of 78 said, "Kimberlie, you need to start something in this country to unite the profession, something like DE in the States or DG in Australia" Being around that man made people want to step up, to be greater than they ever imagined they could. It wasn't a question that Sigafoose was posing, more of a statement. I had no idea how to run a seminar at that time, however I felt a strong desire to protect the future of subluxation based Chiropractic. It was a steep learning curve that I am truly grateful for.

A date was decided on in the year 2000 when

Sigafoose was available to travel to the UK again. Fortunately, when there is a great cause, the universe provides all the perfect people. Dr Patrick Gentempo in the States from the dynamic duo of “On Purpose” was the next to agree to speak at CE. So did the passionate Dr Mark Postles, the superb communicator, Bill Esteb from Backtalk and Patient Media, Dr Adrian Wenban the brilliant mind and visionary from Australia and Ngaire Cannon, the legendary CA trainer extraordinaire from New Zealand. They all said ‘yes’ to coming over for the first CE and happily paid their own way. How lucky we are to have people of this calibre, continually giving so much in service for their beloved profession. (please include photo of keynote speakers)

The topic for the first CE was ‘Unity with Diversity’ in an attempt to bring the different factions of the



CE WOULDN'T BE SUCH
A HUGE SUCCESS
WITHOUT THE INCREDIBLE,
UNSHAKEABLE AND
EXTREMELY TALENTED
MELISSA SANDFORD.

profession together in one place; to help them come to the realisation that they weren't all that different. Inviting the heads of the Scottish, British and McTimoney Chiropractic Associations to speak at CE meant breaking down barriers and getting people connected. There were around thirty speakers at that first seminar, proving to be a brilliant and entertaining line up of both international and local talent.

Birmingham was chosen as the venue as it was central and cheaper than London. The program was modelled on Australian Dynamic Growth or DG, which is timed to the minute, has a huge team of volunteers to keep the seminar running smoothly with timekeepers, room team, backstage helpers, audiovisual and stretch teams.

Sigafoose threw a massive spanner in the works when he came to me on the morning before the seminar, whilst I was running around like a crazy person. He said “My friend Stew needs to speak today and he needs thirty minutes.” Again, there was no question but merely a statement made with absolute certainty. My perfectly timed seminar ran very late, however it was worth every second. The incredible Stew Bittman presented at his first seminar and the entire room was in tears when he showed his black and white Panama Mission photographs. Such a shining light for our profession.

Mark Postles insisted all 225 delegates stand in a circle, shoulder to shoulder at the end of the CE. I was a little resistant to the idea as I felt it was very

un-British. Mark assured me that all Chiropractors are intrinsically touchy feely and tactile people and that they would love it. I'm still not so sure, but we did it anyway and it was a lovely way to end a groundbreaking weekend.

The seminar ran beautifully and our Chiropractic family grew and became even stronger with the friendships and camaraderie we developed over the weekend and then partying together at the Saturday evening ball, which has since become legendary. Many barriers were brought down and long term connections and friendships initiated.

CE wouldn't be such a huge success without the incredible, unshakeable and extremely talented Melissa Sanford. She took over the running of the seminar after Steve Holloway in 2003. Again we notice a pattern, where the real movers and shakers of the profession are not always Chiropractors.

Melissa, we thank you for running the UCA for so long and helping CE grow larger and more successful each year. Her record attendance is over 700 delegates and she has attracted some of the biggest international speakers in our profession. Although Melissa is stepping down from the UCA after more than 17 years of incredible service, her legacy and massive contribution to vitalistic Chiropractic will live on.

I would love to make a special mention of Stuart Rynsberger who was instrumental in the first few years of our fledgling group and did so much quietly behind the scenes, without the need for recognition or acknowledgement. Stuart unfortunately died so early and only a few years after the UCA was founded. Receiving his award at the twentieth anniversary of CE was one of the proudest moments of my life; quite unexpected and such a huge privilege.

To the original members of the UCA who worked so hard to ensure our association would survive, thrive and have a powerful voice in the UK, I am eternally grateful. How fortunate I felt to be standing amongst such giants of our profession.



KIMBERLIE FURNESS



QUICK CABBAGE & BEEF STIR FRY

Ingredients

300-350g beef, sliced
 2 cups shredded cabbage
 1/2 onion or 2 spring onions, chopped
 2-3 cloves of garlic, crushed
 1-2 Tbsp butter or Changing Habits Coconut Oil
 1/4-1/2 cup bone broth or use filtered water with 1/2 Tbsp Changing Habits Beef Broth
 Changing Habits Seaweed Salt and pepper to taste
 2 cups leafy greens
 Chopped herbs for garnish
 1 chilli, chopped
 Other optional veggies to add in; zoodles, capsicum, bokchoy, carrot, tomato, broccoli etc.

Step by Step

1. Fry the onion and garlic in the butter or oil until golden brown.
2. Add the beef and cook it quickly to sear the edges.
3. Add the cabbage and other chosen veggies along with the broth and pop the lid on. Allow this to sweat for a few minutes.
4. Now add the chilli, salt and pepper and stir through.
5. Taste the mixture and adjust the seasoning if needed.
6. Place the leafy greens onto 2 plates. Place the veggie and beef mix on top and pour the broth on top of that evenly.
7. Garnish with herbs and enjoy.

CHANGING
HABITS



Online: To check out this recipe and other fantastic mouth watering dishes from Cyndi O'Meara, Changing Habits, go to: www.changinghabits.com.au

May
17

DATES FOR YOUR DIARY

Make a note of the great events and promotions the UCA head office have planned for 2020.

APRIL

EASTER ACTIVITY PACK

Members Only

Easter Office Hours:

10th April (Good Friday) CLOSED

13th April (Easter Monday) CLOSED

MAY

SPINAL AWARENESS WEEK

17th – 23rd May

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AUGUST

BACK TO SCHOOL CAMPAIGN

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OCTOBER

HALLOWEEN ACTIVITY PACK

Members Only

NOVEMBER

UCA AGM

6th November

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WITH DANE DONAHUE

6th November

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CHIROPRACTIC ESSENTIALS (CE)

Sat 7th & Sun 8th November

Hilton Birmingham Metropole

MEMBERSHIP RENEWALS

15th November

DECEMBER

CHRISTMAS CARE & SHARE CAMPAIGN

Christmas Office Hours

Head office will be closed Thursday 24th Dec 2020 and will re-open 5th January 2021.

CHIROPRACTIC IS A GIFT

Yes, a gift for humanity but way more as a gift
for all of us involved in the profession.

BY ANA ECHEVESTE

I was reading a beautiful book the other day in my practice, a book which helped me start understanding the 33 principles (finally!) and the chiropractic paradigm. In it I read the quote that the author, Dr. Joe Strauss, had written for me when I met him many years ago in school:

“The principles in this book will provide you with a living, and more important, with a life”.

Wow! First of all, I had forgotten about the book with the running of my practice, the coaching I do and my day to day crazy living. Secondly, I had totally forgotten about that quote.

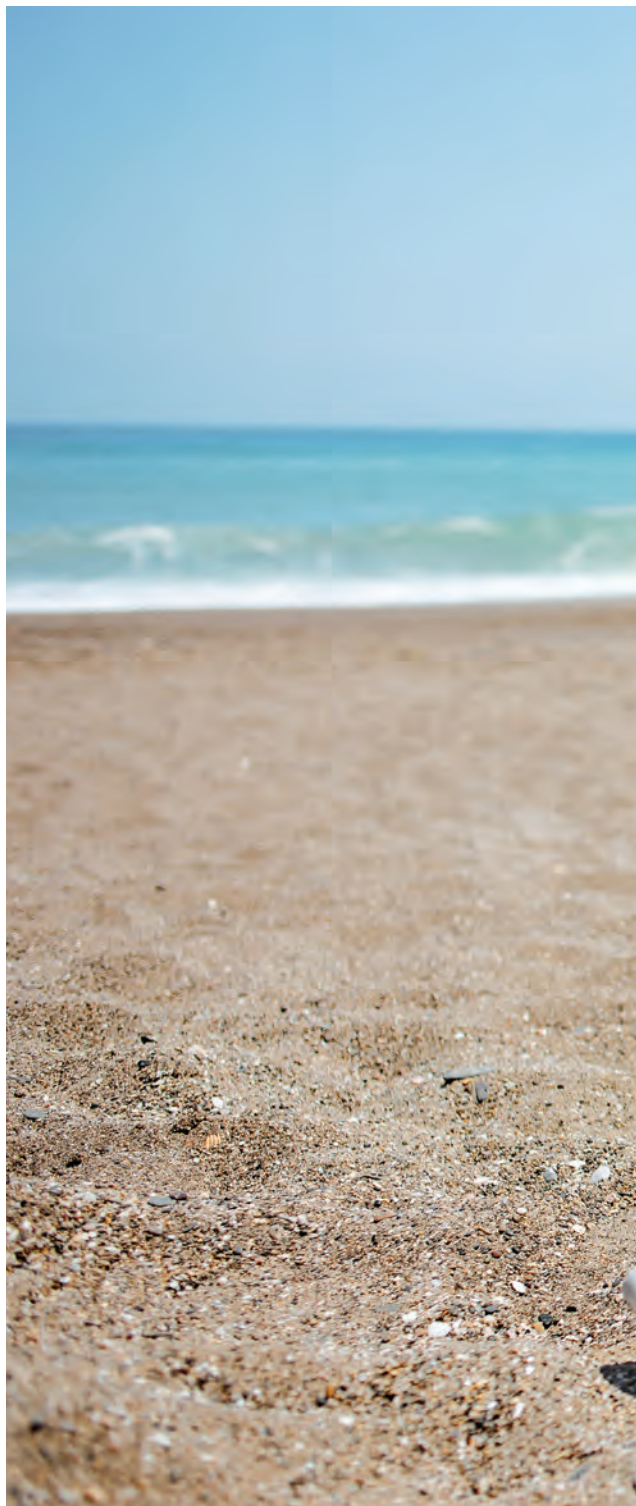
Read it again: “The principles in this book will provide you with a living and more important, with a life”.

Something struck me. I so got it. I realized and understood something I couldn't have understood in my first year of practice, and to be completely honest, I may have just started to understand after 11 years ...

- that we are really lucky in this profession
- that the principles apply to health and to patients
- that those same principles help us live a fulfilling live from the inside out
- that we have incredible mentors and really smart people leading the way



I FEEL BLESSED TO BE IN
THIS PROFESSION
BECAUSE IT HAS OPENED
ME UP TO **COUNTLESS**
OPPORTUNITIES.



I feel blessed to be in this profession because it has opened me up to countless opportunities. Yes, I do get adjusted and I am not sure I could put value on that, but right now I wanted to write about the other type of opportunities. Those that have opened up to develop my personal and professional career.

Here I am writing an article for the UCA magazine, to this amazing group of chiropractors that I really hope to meet in March. In less than 2 months I will be joining a group of committed professionals and individuals willing to do what is necessary to help serve their community better.

I know we are not the only profession with driven professionals but this profession has opened

up that passion for me, and for that I will be forever grateful.

I did not have that passion in medical school. I had the mental capability but my heart was not there. I thought the profession brought the passion, but like with all the good stuff, it has to come from the inside-out (sound familiar?)

Why am I excited to join you all at the UCA conference this March? Because I found that passion and enthusiasm because people were willing to share their truth, their journey and their path. That created enough space for me to find “my space”. It allowed me to find my voice, my chiropractic voice, and with lots of courage and hard work (yes... it takes a lot of hard work!) I have created the practice I always



I AM 100% CERTAIN
THIS IS WHAT I
CAME HERE TO DO.



ANA ECHEVESTE DC

Dr. Ana was born in beautiful San Sebastian (northern Spain) in 1981. Youngest of 4, and the only girl, she was lucky enough to grow up in a loving environment.

Cheerful and passionate, Ana's life changed at age 14 when she was diagnosed with epilepsy. She had no clue what a "gift" that diagnosis would become and the impact it would have on her future. Ana is known by her closest people as "tsunami", she focuses her energy in creating more ways to help people live the gift of the inside-out paradigm.

wanted to create and way more. Not only that, I use those principles not only in my practice but also in my life.

There are many ways of helping people reconnect with themselves, and I have found my way of doing it... and wow it feels good.

I might have become a good medical doctor... who knows? I might have even saved some lives, but I am pretty sure I wouldn't have been as happy as I am right now because I am 100% certain this is what I came here to do.

To be completely honest, I am still discovering the HOW. So if you are still in that process, we are sharing in that part of the journey, but the great part is that my WHY is clear. And like I said before, we are surrounded by incredible mentors and really smart people that can help us along the way.

I really hope to see you soon and I am grateful to share this journey with you all.



I can only hope I can create that space for you to find your chiropractic voice too. I truly do. I have found that there is no better source for certainty, and that certainty, dear friends, is one of those little seeds worth taking care of.



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WRITTEN BY
DR. RYAN RIEDER (DC)

Founder of DC Practice Growth and the New Patient Avalanche System, owns and operates 8 offices with over 100 team members that serve thousands of clients every week. His marketing strategies brought in over 10,000 new patients for his offices in 2018 alone, and 7 million-dollars' worth of revenue. He now helps Chiropractors all over the world grow their practices with his tried and tested strategies.



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IS FEAR HOLDING YOU BACK?



BY SARAH WALLER

In January I had the pleasure of speaking at the 'Women in Chiropractic' conference. Not only was this the first seminar I had ever spoken at, but I was the first speaker of the day! I decided to speak about fear as this is something that has, and still does hold me back, and I know it is something that many of us struggle with.

If you hear or think of the word 'fear', what do you associate it with? I know for me, I would link this word to a negative situation, which would likely stop me in my tracks. But what if you could flip that around, and actually associate a positive meaning to it?



EVEN A TOP ARTIST
FEELS THE SAME WAY
WE DO! **WE ARE ALL IN
THIS TOGETHER.**

I talk about this because often when we hear this word, or associated words, it can often cause doubt in our minds, hold us back, and cause additional stress. I have certainly experienced this in the past, but I will use the talk as my example. You may have experienced it when changing your career, delivering your first community talk or before your first shift in practice!

To help add some context to this, I will explain a little more about what I have learnt about fear.

Fear is actually just an emotion and is something that we all experience, it is perfectly normal! Innately we have this emotion as a survival mechanism, it keeps us safe and creates a heightened sense of awareness. If we didn't have fear, we may step out in front of moving traffic or pick up a hot pan with bare hands resulting in injury and potentially much worse. But I have heard many people say that they want to 'eliminate their fear', which I really do understand as I have said this myself. I have learnt to realise however, that if we try to do this, not only is it very difficult/near impossible because it is an emotion that will naturally keep appearing, but we



can end up not being who we really are and numb ourselves.

I recently read that Bruce Springsteen still gets nervous before going on stage. Bruce has been performing worldwide for years, but just before he goes out, he still gets sweaty palms and butterflies in his stomach. However, Bruce has conditioned himself that when he feels the nerves and fear, he tells himself that this means he is **READY** to perform! Bruce has created a positive association with the fear, which helps him perform at his best. It also highlights that even a top artist feels the same way we do! We are all in this together.

Also, what if that fear was a little sign pointing you in the right direction? What if that thought you have inside, which keeps reappearing, for example, delivering your first talk, actually means you absolutely should do it!

For me, I got asked to speak at the event a year ago. The first thing that came into my head was; “what have I got to talk about?”, “I can’t speak in front of people” and so on. But I had another feeling – call it what you like – heart, soul, gut, that told me I

WHAT IF THAT FEAR WAS A LITTLE SIGN POINTING YOU IN **THE RIGHT** **DIRECTION?**



absolutely should do it. Thankfully I listened to this.

I used a tool which I learnt from Marie Forleo. Her work has really impacted me over the last year (go check her out!)

This is a process to help work through the fear and is something I used which really helped to break things down. I have outlined the steps below, along with my example relating to the talk, to help to add some context to it. You can use this for anything however!

1. ASK YOURSELF AND WRITE DOWN, WHAT IS THE THING THAT I AM ACTUALLY WORRIED ABOUT?

- For me this was speaking in front of others and worrying about what they think.

2. ONCE YOU ARE CLEAR ON THIS, WRITE DOWN, WHAT ARE THE WORST CASE SCENARIOS THAT COULD HAPPEN IF I WENT THROUGH WITH IT?

For me this was:

- Forget what I was going to say
- Speak too fast/too slow
- Be boring
- Not add value to anyone

3. NOW ON A SCALE OF 1-10 (10 BEING CERTAIN THAT THE WORST CASE SCENARIO WILL HAPPEN) RATE THE LIKELIHOOD OF THE WORST CASE SCENARIO HAPPENING:

I rated this as 3/10 – so it was quite unlikely.

4. NOW IF THE WORST CASE SCENARIO DID HAPPEN, WRITE DOWN HOW YOU WOULD DEAL WITH IT:

I wrote:

- Be honest with the audience and let them know I am nervous
- Remember to take a breath and pause
- Prepare
- Try and enjoy the moment, who actually cares?!



5. FINALLY, WRITE DOWN ALL THE BEST CASE SCENARIOS THAT COULD HAPPEN IF YOU TAKE ACTION:

I wrote:

- Learn a new skill
- Push my comfort zone and build my confidence
- Help other people
- I may find I am good at it and actually enjoy it!

Following this exercise, I realised that what I was fearful of, actually wasn't that bad. You will find 9 times out of 10, the best-case scenarios heavily out way the worst case! If the worst-case scenario did happen, you are now prepared for it which eliminates the uncertainty.

Now what? Well, you need to take ACTION! Action is the only remedy to fear, it is the only thing that will help move you forward, and the sooner you do it the better.

Going back to the conference, I would be lying if I said wasn't nervous before speaking. As I

mentioned, it was the first time I had ever spoken in front of a group, a group of 60 people at that! Studies have shown that public speaking is often people's number one fear, even over death! And it was safe to say that I certainly fell in line with those stats. My hands were shaking, and I had butterflies in my stomach, but I enjoyed the experience and knew that those feelings were perfectly normal, and meant I was ready to share! (Thank you Bruce). I am pleased to say it went well.

I am writing this as I know that we all have so much potential, but often we don't do the things that we truly want to do, because the fear holds us back. My suggestion is to take a moment, and have a think if this applies to you right now? What is it that you would love to do/share/give? And then delve a little deeper to see what it is that is stopping you, as I would hate for you to have regrets later down the line.

The fear will always come back, but why not welcome it, treat it as your friend and a little sign that may be trying to guide you to somewhere new?!

With Love,
Sarah Waller



SARAH WALLER



STUDIES HAVE SHOWN THAT PUBLIC SPEAKING IS OFTEN
PEOPLE'S NUMBER ONE FEAR, EVEN OVER DEATH!

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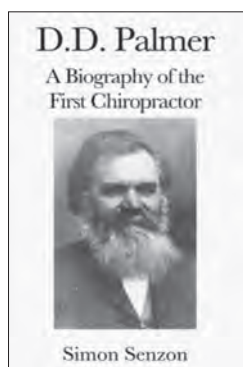
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BOOK REVIEW



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D.D. Palmer: A Biography of the First Chiropractor

BY DAVID RUSSELL

D.D. Palmer: A Biography of the First Chiropractor by Simon Senzon is another excellent addition to the library of Senzon's work. This book is the first biography of D.D. Palmer in almost forty years, and it doesn't disappoint in consolidating and furthering our understanding of the founder of chiropractic. The book makes it evident that during the last four decades, our knowledge of Old Dad Chiro has increased a great deal. This introduction to the life and work of D.D. Palmer is suitable for chiropractors, chiropractic students, historians, and anyone interested in the origins of chiropractic and its enigmatic originator. The book utilizes much of the recent historical scholarship about D.D. Palmer's life to establish a context for the emergence of his ideas. It draws upon the work of several notable chiropractic historians, such as Foley, Faulkner, Bovine, Gielow, Peters, and Waters. In the Foreword, Waters writes, "After one hundred years, there is no

longer a need for students of chiropractic history to chase D.D. We've got him.

He's here in this book." That sentiment sums up the uniqueness of the book itself; it truly captures Palmer's life.

D.D. Palmer: A Biography of the First Chiropractor comprises 12 chapters, two appendices, and an extensive bibliography. Chapters 1–12 include the story of Palmer's life from 1845–1913. Each chapter covers a set number of years. The first six chapters explore his first five decades. Chapter 7–12 explore his chiropractic years, with an emphasis on analyzing his writings in the context his life.

The book doesn't just combine the scholarship of other historians, but it often utilizes their works as a springboard. *D.D. Palmer: A Biography of the First Chiropractor*, analyzes his writings, and examines how they establish a foundation for the work of future chiropractic scholars in the area of D.D. Palmer and the history of chiropractic.

The book does not shy away from D.D. Palmer's strange past as a Spiritualist or his early writings and practice as a magnetic healer. Instead it establishes how those aspects of Palmer's life formed building blocks for his future philosophy and art of chiropractic. The biography includes dozens of photos and images of old advertisements, letters, and newspaper clippings. The book offers an excellent balance and integration of Palmer's beliefs with his genuine scientific accomplishments.

As interesting as D.D. Palmer's early life is, the most crucial elements of the book come in chapters 7–12. In these chapters, new ground is broken in terms of understanding the development of Palmer's ideas. His earliest chiropractic theories are described alongside the emergence of each innovation. In this regard the book establishes that Palmer first used the terms luxation, intervertebral foramina, and impingement in 1900, first used "sub-luxation" and Innate in 1902, Innate Intelligence and Educated Intelligence in 1903, introduced his more spiritual ideas about Universal Intelligence in 1905, and subsequent theories like tone and neuroskeleton were developed more fully after 1910. The chronological development of Palmer's ideas based on a textual analysis of his writings is a contribution to chiropractic historical scholarship.

D.D. Palmer: A Biography of the First Chiropractor, establishes these developments of chiropractic within the story of Palmer's life and his several moves from Davenport to California, Oklahoma, and Oregon. There are several fascinating clarifications regarding



THE BOOK OFFERS AN
EXCELLENT BALANCE AND
INTEGRATION OF PALMER'S
BELIEFS WITH HIS
**GENUINE SCIENTIFIC
ACCOMPLISHMENTS.**



A FASCINATING
AND REFRESHING
BOOK ABOUT OUR
PROFESSION'S
FOUNDER.



the development of colleges and curricula. The book contains novel historical insights.

If the content of the first 12 chapters isn't enough, there is more. Appendix 1 proposes five phases of the academic discipline of *D.D. Palmer Studies*, those who have written about D.D. Palmer, his writings, and theories. The first phase includes the early tributes to Palmer by his students. The second is characterized by a series of books designed to update D.D. Palmer's theories using contemporary scientific research. Authors from that period included R.J. Watkins, Harper, Muller, Verner, and Homewood. The third phase is the historical period. It includes contributions pioneered by this journal in the work of early chiropractic historians like Rehm, Gibbons, Donahue, and Gielow. The fourth highlights the Ph.D.-level research pioneered by Fuller, Moore, Wardwell, Keating, and Gaucher-Peslherbe. This section offers critical updates to Keating's writings and an overview of Gaucher's contributions. The fifth phase includes the current period of scholarship, which has resulted in an estimated ten-fold increase in our knowledge about Palmer. The book also proposes what to watch for in the next phase. Appendix 2 includes the data tables from the classic article by Gaucher, Wiese, and Donahue about D.D. Palmer's use of medical references.

D.D. Palmer: A Biography of the First Chiropractor is a fascinating and refreshing book about our profession's founder. The book is suitable for a wide audience and may well become the standard text on D.D. Palmer's life.

DAVID RUSSELL
B.SC., D.C., CERT. T.T.

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Chiropractor Required at the AMI Clinic Bedford

Fantastic opportunity for an experienced chiropractor or a new graduate to possibly take over a patient base. Associate chiropractor relocating out of area in April 2020 and currently seeing 70-80 patients per week.

We are offering a full-time position, with a competitive base salary & a bonus structure.

The patient base will be accompanied with a high flow of new patients. We are currently averaging over 50-60 NP per month.

We will provide ongoing support giving you the tools & confidence needed to build & sustain a thriving patient list.

Location:

Bedford (20mins from Milton Keynes and 50mins from London)

Requirements:

Manual adjuster with the ability to work efficiently and safely

Excellent communication skills

Benefits:

Patient base from April 2020

High volume of new patients

An efficient front desk

A competitive base salary & a bonus structure

Mentorship and Support

Growth potential

Employment contract – guaranteed hours of work!

Work life balance

Annual leave – including all bank holidays

Pension plan

Interested? We would LOVE to hear from you!

Email us: Info@amiclinics.co.uk

www.amiclinics.co.uk

An opportunity has arisen to join a thriving community focused practice, an hour from London

Working under the guidance of the principal Chiropractor with 30 years experience, who is having to reduce hours due to injury, as well as 3 other PT Associates. As a Team we use a variety of techniques depending on the patient all aimed at improving neurological integration.

Banbury is a typical Market Town. We draw our patients from all over the UK. Surrounded by 'Chocolate Box' villages and gorgeous countryside. Leamington Spa is 17 minutes (train), Oxford 19 minutes (train) and Stratford-Upon-Avon 20 minutes drive.. SoHo Farmhouse is 10 minutes drive and Daylesford Farm Shop 25 minutes.

This could be your leg up to a successful career that sees you rewarded handsomely for the effort you are prepared to put in. This is a perfect opportunity for anyone looking to settle or to learn from experienced Chiropractors.

Employed or Self Employed depending on experience, ability and commitment. Initially PT but can be expanded as desired.

Email: klroffey@hotmail.com

Chiropractic Positions Available

Are you passionate about Chiropractic and serving your patients with a holistic and wellness approach? If so, we would love to hear from you!

Our aim is to help our patients live healthier, happier lives through exceptional chiropractic and easily accessible private healthcare.

We are looking for wellness minded chiropractors to join our expanding team at multiple sites across England and South Wales.

Are you self-driven and motivated?

Are you a team player with a positive mindset?

Then this could be your opportunity to join our growing team.

We offer:

Excellent remuneration and commission-based bonus structure

Benefits (e.g. holiday, pension, private healthcare, membership fees funded, free CPD events)

Mentoring and coaching if required

40 hours per week

Patient-centre approach

Welcoming and friendly staff

Our roles:

Newbury: Senior Chiropractor

Reading: Senior Chiropractor

Central Bristol: Senior and Junior Chiropractors

Newport: part-time Chiropractor

This is a unique opportunity to work within a multi-disciplinary team including physiotherapists, massage therapists and GPs. We are the fastest growing body of clinics to supply private healthcare this way.

We have a fantastic opportunity for you to come and join an award winning team

Our clinic has been established for over twenty years and located in a prominent town centre plot in Oldham, Greater Manchester. Our fantastic location means we have the best of both worlds with the city centre 20 minutes away by tram and the beautiful countryside a mere 5 mins drive away.

You will be mentored by experienced inspired Chiropractors, have a full time position with excellent work life balance and enjoy a great salary plus bonuses. We will pay GCC and association fees and you get to work in a newly refurbished centre with x-ray facilities and computerised notes.

We are looking for someone who is outgoing, a team player and interested in personal development and well-being. You must be willing to learn and develop new clinical skills whilst keen to grow in an empowering and supportive environment. Our passion is to give YOU the best start!

Sound too good to be true? Come and meet us and find out more.

Sam@oldhamchiropractic.co.uk
0161 628 7319

Associate position with mentorship programme – poole parkstone area £44,000+ P.A. Package

SALARY: £28,000 p.a. + BONUSES + BECOME A PARTNER IN THE BUSINESS

Guaranteed base salary of £28k per year with the addition of performance related bonus (%)

BENEFITS/TRAINING: £16,000 benefits and training package

We pay throughout the duration of your employment:

GCC registration fee

BCA/UCA membership fees

Training and development seminars/conferences (CPD)

Locum cover (no need to stress, worry and pay for your own cover)

Other benefits:

Competitive compensation

Wellness perks

Mentorship and Support

Growth potential

Brand Activation Opportunities

Learning and Skill development

Become a partner of the business

Clear, fair and detailed employment contract (no need to deal with accountants/tax returns!)

5.6 weeks paid annual leave and Pension plan

For more info go to: <https://offers.lifebalancechiropractic.co.uk/hiringchiropractors>

Demand for this role is expected to be high

ASSOCIATE/CHIROPRACTOR REQUIRED

Are You The One

We are looking for a superstar Chiropractor. Our busy and welcoming clinic is situated in Fulham, a bustling and affluent part of West London, close to Chelsea football club.

We are looking for an effective communicator with an ambition to be a great vitalistic chiropractor. You will be working closely with other chiropractors and therapists and you must be a good team player.

You don't need any experience but must have a willingness to learn how to become a great chiropractor. The founder, Dr Kris Harm, has over 20 years of experience to share with you. You will be provided with ongoing coaching and support.

You will be on percentage-based remuneration, with an upscale percentage as numbers increase. You have the potential to earn in the region of £40-50K within the first year.

We have established marketing practices in place to help you to generate new clients.

The position is full time and includes evenings and weekends.

PRT training available.

Please send your CV and cover letter for the attention of Dr K. Harm at DrHarm@SensusHealth.com

Full-time Chiropractor opportunity in NW London

We are looking for a chiropractor to integrate their techniques to our straight style of practice which involves toggle in its various forms (hammer and nail, percussion or recoil.)

Ideally this position is for someone with a good working knowledge of soft tissue damage (and its relationship to patients' injuries), and other effective light and non-invasive techniques.

We can offer an integrated period of training and case-study work to help the successful candidate to understand and recreate what we do at this very busy, long-established clinic in Pinner.

With a guaranteed salary we are looking for an energetic and motivated chiropractor who is looking to develop their career in this long-term position. Joining a team of two hard-working chiropractors you would also have the support of a practice manager and a team of eight receptionists.

If you are interested in this exciting opportunity please send your CV to: lambchiro@btinternet.com

EQUIPMENT

BACK IN ACTION SPINAL MOBILISER

As new. Barely used as I don't have enough space to use it effectively as an addition to patient care.

A great income stream in the right practice. £2750 (New £3299).

Email: chiro@wellnessvitalitychiro.co.uk

Amazing opportunity for a fantastic chiropractor/osteopath to join one of the leading clinics in the uk!

We have opportunity for full time Associate to work immediately in our leading, successful clinic, along our dynamic, multitalented team.

We are based in Eastcote (NW London), only a 30 minute direct train straight into Central London.

You will receive:

Mentoring from Senior associate-for a Chiropractor and an Osteopath

The ability to grow an ever expanding list of patients.

And much, much, much more...

Send your CV with a covering letter to info@healthyspine.co.uk

LOCUMS

Locum Chiropractor

Adam Wilson

2005 graduate, 8 years locum experience. Numerous testimonials available on request.

www.yourlocumchiropractor.com

Experienced Locum Available

With thirty years' experience I can vary practice style and technique to suit your clinic to enhance patient / staff satisfaction and consistency.

Please contact: Sam Pinkerton

075 803 460 84

sampinkerton@hotmail.com

Wonderful Adjuster

I am confident, competent, great communicator, wonderful adjuster and have an optimistic personality. I've worked in 4 different countries and many years of clinical experience. I would like something long term.

I just need someone to sponsor me as a USA citizen and enthusiastic to work in the UK!

sonyap2@gmail.com

OTHER

One-On-One Practice Management Consulting

Are you looking for a coach that sees your unique strengths and can hold you accountable for growing personally and professionally? Aviva Coaching is a one-on-one, patient-centered chiropractic practice management consulting company that utilises the tools of positive psychology to coach you and your team and align your purpose. To learn more about the available services, please check out www.avivacoaching.com

CLINIC/PRACTICE FOR SALE

Shropshire clinic for sale

A fantastic opportunity to run your own highly successful clinic in Shrewsbury. Clinic established in 2003 in a leisure centre outside Shrewsbury town centre.

There are 2 adjusting rooms (one overlooking the beautiful Rowton Castle), reception and kitchen area.

Ample free parking is available in front of the clinic. Clinic is currently open 4 full days of the week and is full to capacity. There is room for expansion. The clinic has built a very strong reputation locally with most new patients being from word of mouth as well as referrals from the gym staff. We also have an excellent relationship with Shrewsbury Triathlon Club.

Clinic currently has 2 receptionists and 1 associate who is happy to stay on after the sale. Sale is for the lease/patient base/fixtures/fittings/posters etc and equipment in the clinic including the Chiropractic tables).

Sale due to family commitments. Priced to sell with finance options available. Please email Steve at

lawrenceclinics@gmail.com

A very rare opportunity

to acquire a well-established chiropractic clinic virtually in the centre of Sturminster Newton with ample parking nearby. The clinic is not currently practising due to the recent and sudden death of Suzanne Norton, a McTimoney Chiropractor who held also multiple other qualifications.

The clinic was extremely successful and was always very busy. The family of Suzanne are looking for a genuine practitioner who wishes to continue the business in the same name maybe, take over the remaining lease term to December 2020. The landlords have agreed to the transfer subject to the usual references and will be open to renew the lease thereafter. The clinic has two treatment rooms, fully equipped as well as a waiting area with toilet and wash facilities. Suzanne's family are hoping to see the business continue and indeed grow and therefore are not wanting other than a fair and reasonable goodwill payment for the equipment to be handed over. Further details are available by emailing macknorton@gmail.com only. A visit to the clinic can also be arranged for genuinely interested persons.

Central London turnkey practice for sale

Sale includes a fully-loaded DR digital X-ray suite.

Dedicated chiropractic assistant willing to stay on.

Price negotiable. Practice valuation completed.

Practice is 13 years old and is 100% cash-based.

For further information please contact clinic4sale.10@gmail.com

40 YEARS OF DESIGN



**FOR
CHIROPRACTORS,**

◆THE◆
RM
SERIES
**BY
CHIROPRACTORS.**



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Email: info@atlasclinical.com
www.atlasclinical.com





United Chiropractic Association

