

## Restoring People's Passions Naturally with Chiropractic Care.

People with a passion have always caught my eye for they pursue their passion with such zeal and enthusiasm. I admire that and if I can help someone live out that passion I would be delighted to do so.

Webster's New World Dictionary gives a number of definitions for passion. I will include four of them to bring out this weeks message. "Passion-1) suffering or agony, as of a martyr. 2) extreme, compelling emotion; intense emotional drive or excitement: 3) strong love or affection 4) the object of any strong desire or fondness."

In my humble opinion training and running a marathon would fall under the definition of passion. To train all the hours and demands it takes of ones body requires quite a dedication. To have to cease fulfilling that passion must be like a part of them has to die.

I would like to expound on my last writing, two weeks ago, more specifically the Case of the Week. We'll call the patient Bob. Unbeknownst to myself, Bob had exceeded my expectations. For those who missed that article, and for the rest of us who need a refresher, let me bring you up to speed.

Bob had a passion for running. To act out that passion he would run marathons. A marathon is a race that covers over 26 miles from start to finish line! To train for these races he would run over sixty (60) miles a week! I don't even drive that many miles in a week! He would be in training six days a week I have done some 5 K's in my earlier days, which is only 3.2 miles. If I were to say I enjoyed every stride of the race my nose would become like Pinocchio's. I state that to say I can imagine what it feels like to do something over 7 times the distance of what I have been through. The pain and exhaustion that these runners must push through is not for the faint at heart.

Over the years of his running it became too painful for Bob to run. His ankles began to give him so much pain that he put aside that passion for running. The pain, caused by misalignment, had become so great that he would have to walk on the sides of his feet so it would take the pressure off his ankles. Walking on the sides of his feet caused problems into his knees, which transpired up to his hips and even up to his neck. The old childhood song about the body is ever so true " the foot bone is connected to the ankle bone, the ankle bone is connected to the leg bone the leg bone is connected to the knee bone..."

It had been over eight years since Bob had last run. And now, as I was writing my last column, he had already run twice. I am not saying he had run another marathon, for his muscles are not in shape after an eight plus year break. The fact he can once again run...my joy over this fact is only seconded by his. Helping people fulfill and live out their passion is one of the highlights of practicing chiropractic!

**(Current) Case of the Week:** This patient is a 26-year-old female in relatively good physical condition. Her initial complaint was constant knee pain whether standing or moving. Although some people would just ignore that pain, much to their detriment years later, she was a professional dancer and needed the full use of her legs. She even felt it difficult to instruct her dance students at Duke. Here is some of what she had to say. “ When I me Dr. Gallagher I was looking for vitamins to help my swelling knee. After a short demonstration, I realized that there was more causing my injury than what I had first assumed. Upon further investigation my x-rays (showed) that a car accident, in which I had been injured four years ago, had severely misaligned my neck to the point of it bending in the opposite direction. Because of this previous injury, I had been compensating throughout my entire body. In relation to my knee, Dr. Gallagher discovered my left leg was approximately half an inch shorter than my right, which directly related to my initial search for help. I am still receiving treatment, however after only a few weeks I feel such an improvement in how I feel and see a difference in my performance as a dancer. I feel blessed to have been guided to Dr. Gallagher’s treatment and care; and convicted in my belief that chiropractic will assist me in continuing to do the dancing I love.

**A doctor’s footnote:** She had mentioned, after only two weeks of care, something note worthy. In ballet she would perform a double pirouette. Which is where the dancer is on one leg the other drawn up to the knee and pivot twice around the standing leg. She now feels “more centered than ever before now I can rotate effortlessly”. That’s chiropractic in a nutshell getting people centered/realigned. And then things happen naturally.