

Emerging Opportunities and Responsibilities of Chiropractic

Brain Based Care - Managing Mental Illnesses and Concussions;

In the last decade, much has occurred that places a burden on the Chiropractic profession, and a new responsibility in taking the lead in a particular aspect of healthcare that affects about 8 million lives. The 2.6 million veterans and 5 + million athletes from Pop Warner™ to NFL™ retirees that suffer from concussion or other brain based issues and need your care.

For the Veterans, the President issued an Executive Order for the Non-Pharmacological Management for 4 Mental Illnesses, namely: Depression; PTSD; Insomnia; and Anxiety. It is the Chiropractor's duty to lead in their community and fight for the veterans who fought for us.

For athletes, attention is finally being given to the result of repeated head impact for so many players – especially the youngest. It is estimated that as many as 3.8 million concussions occur in the USA per year during competitive sports and recreational activities; however, as many as 50% of the concussions may go unreported.

Even JAMA and NEJM have editorialized and acknowledged the harm of opiates in managing these diseases. The Chiropractic adjustment and nutrition are tools for combating the 'Traumas' and 'Toxins' that impact health. Adjustments, biofeedback, neurofeedback and hypnosis are the best tools to tackle these mental issues - 'Thoughts'. Chiropractors are the largest single CAM professional resource our nation has at its disposal to deal with the devastating epidemic of concussion and these mental illnesses, without drugs and surgery.

Scientific Acceptance

I propose that a meeting be called of the college presidents and research department faculty members, plus the leading consultants, for a Statement of Science for the NIH, to be followed by a General Consensus Conference for a Consensus Statement on Chiropractic. It will help define the essential role, the rights, and responsibilities of the Chiropractor in serving patients. Doing this provides the scientific acknowledgement that will drive the value of Chiropractic in global public opinion.

We proposed this in 2012 and a few individuals blocked it for personal reasons. Chiropractic, it appears, is the only health profession that has not presented a statement of science as to why it works. This is why it is

not as respected as it should be. Acupuncturists, Physical Therapists, Naturopaths and Massage Therapists have already done this.

The disciplines of biomechanics and neuroscience have validated the VSC and compromised neural integrity, and I already have compiled the research necessary for this process and am willing to participate to move this forward.

The following articles are a good starting place:

Dr. Gary Fryer - Intervertebral somatic dysfunction: A discussion of the manipulable spinal lesion (June 2002)

Dr. Wadie Najm - Content validity of spinal palpatory exam (May 2003)

Dr. Peter Rome - Neuro Vertebral Influence Upon the ANS (March 2009)

Building Strong Patients - Builds Powerful Chiropractic Practices

1. As we know, 89% of all disease stems from lifestyle. Lifestyle Assessment Instruments serve as an essential tool for both diagnosis and practice building, and converts a Patient Acquisition component from a Cost Center to a Profit Center by offering Wellness Screenings to employees, students and Parishioners. Taking lifestyle inventories and providing guidance to patients on what to do to reduce the risk of chronic degenerative diseases to safer levels, saves lives.

2. The American College Sports Medicine model of circuits and intervals for the role of exercise in health and disease can be modified to develop the circuits and intervals for managing subluxations and concussions. There are now many diagnostic and treatment devices to assist the physician.

3. The use of palpatory diagnosis serves as a powerful tool for locating areas of adjustments. Through the Cell Biology of Touch, plus biofeedback, neurofeedback and hypnosis, as well as traction decompression and rehabilitative methods, the Chiropractor provides patients with control of their lives through guided Self-Care. This positions DCs as wellness leaders in their communities.

Regarding Metabolic Syndrome in general and lifestyle related chronic degenerative diseases in particular, drugs and surgeries only make things worse, whereas 'two moderately trained hands', through palpation, can detect these diseases before they become symptomatic and reduce these risks to safer levels.

In 1975, historian Elizabeth Lomax, MD, presented her findings "Research Status of Spinal Manipulative Therapy" to the US government stating that as a result of her two hundred and fifty year scrutiny of scientific literature, "the physician could clinch the diagnosis by finding tenderness in the appropriate vertebra".

It is time.

The Executive Order on the Non-Pharmacological management of these diseases and the Surgeon General of the US Army have both listed Chiropractic as a preferred treatment choice instead of drugs. Chiropractors have the responsibility of caring for approximately 8 million athletes and veterans. If 6,000 DCs champion this care, then over 1,300 patients per Doctor is an awesome new market to add. The tools are available to reduce this risk to safer levels. Hypnosis alone has reached the highest level of scientific support for inclusion at a clinical level and is an extremely insurance friendly approach. Certification to offer this care to patients along with the care already offered is readily available.

Chiropractors - your time has come. Those who embrace a balanced Neuroscientific and Bio-Mechanical approach of mind and body medicine, along with the appropriate patient education, will prevent and reverse disease, and possibly totally ameliorate these diseases before they become symptomatic. It's time for you to take your place as the healer of choice. Yes: Neuroscience papers are plentiful to support the Neurophysiological - Neurofeedback (Trauma), the Neuropsychological (Thoughts) and the NeuroChemical (Toxins) benefits of the adjustment. Yes: the Neuroscience and Biomechanics of the Chiropractic Adjustment have been validated vertebra by vertebra, nerve by nerve, and organ by organ. The concepts, now called Tensegrity and Mechanotransduction, are nothing but modern, re-coined terms for the very precepts of Chiropractic Philosophy and the VSC. It is time we benefit from such amazing scientific support.

This author proposes a Statement of Science as well as a grass roots social media campaign to viral these truths and make Chiropractic the preferred choice of care. Chiropractors should enroll in a program to that will provide the skills to serve concussion and mental disorders through adjustments and neurofeedback and biofeedback along with the marketing to bring those patients to your door. A healthier world will be the result.

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For more information and a conference, contact Tariq Faridi through Visual Odyssey at visualodsy@aol.com.