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A publication of New York Chiropractic College

May/June 2008



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# Transitions

## May/June 2008

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# Chairman's Message

## Everything Counts!

I have a long time habit of repeating several quick phrases to myself every day. They keep me mindful of what's important to me, and help me ignore the countless distractions that assail us all.

One of them is "Everything counts!" When I was in the early years of practice, just saying that was also to say the last patient of the day counts as much as the first, the child counts as much as the parent, the maintenance patient (I guess now we call them "wellness" patients) counts as much as the hot L5 disc, the way I treat my staff counts as much as the way I treat my patients... and so much more. I think you get the idea.

I'm approaching the end of my eighth year on our Board, and my first year as Chairman of the Board of NYCC. I know the school well, and I see everywhere at NYCC that "Everything counts!"

The students count. Because of the excellent reputation NYCC has earned, we attract very capable students. Their commitment to their studies and training is evidenced by the exceptionally high National Board scores NYCC students consistently achieve, and the success and respect they attain in practice.

The faculty counts. Both our basic science and clinical faculties are, in my opinion, the strongest in the complementary health education field. I currently work in higher education, so I know what a strong faculty contributes to the students on an individual basis and to the institution as a whole.

The administration counts. We all love to hate the bosses in the Ivory Tower, and we all know we could do it better, but truthfully, very few people appreciate how heavy are the decisions made in administration of a professional school. Bad administrations destroy schools. NYCC's administration has



*Dr. Robert Crocker,  
Chairman of the  
Board of Trustees*

continuously elevated our standards and performance. They are always guided by a very strong commitment to the school's mission of excellence. As members of the board, we may be the only people who see the full extent of their efforts, and we are pleased to work with them.

The facilities count. No argument here - there is no better campus available to chiropractic or acupuncture/oriental medicine students. It is a beautiful, spacious, and well maintained environment.

(Too bad we can't control the weather, but I hear Dr. Nicchi is working on that!) The technology is constantly upgraded and updated. The board and administration place a high priority on maintaining the quality of the campus facilities, and devote very considerable resources to that end.

The alumni count. Support of the school in terms of student referrals and direct financial contributions (such as membership in the President's Council) continue to grow. I'm confident we'll see this trend persist.

As proud as we are of NYCC, we all know we can make it even better. The board, the president, the staff, and the faculty are devoted to doing so. That counts, too.

I think I've got it right. Everything counts!

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# NYCC Welcomes Shaune D. Ralph, LAc

## New Dean of the School of Acupuncture and Oriental Medicine

NYCC is pleased to announce that, after a nationwide search, Shaune D. Ralph, LAc, MAc, DiplAc, was offered, and has accepted, the position of Dean of the School of Acupuncture and Oriental Medicine. She joined the NYCC family for the Spring trimester in May of 2008.

Ms. Ralph earned a Bachelor of Science in Biology at the Pennsylvania State University in 1986, with an emphasis in genetics and developmental biology and a minor in business. In 1997 she earned her Master of Acupuncture at Massachusetts' New England School of Acupuncture (NESA). Currently holding acupuncture licenses issued by the Commonwealths of Massachusetts and Pennsylvania, she is certified by the National Certification Commission for Acupuncture and Oriental Medicine, as well as in craniosacral therapy, auriculotherapy and homeopathy, and expects to become certified in herbal medicine by July 2008.

Arriving with many years of academic experience and having held a faculty position at NESA since 2002, where she served as faculty chair, as a clinical supervisor, and worked with the research department, Shaune was a frequent guest speaker at Massachusetts College of Pharmacy and Health Sciences and has been an instructor for NESA's continuing education department.

### Why NYCC?

Shaune learned about NYCC's Doctor of Chiropractic and Acupuncture and Oriental Medicine (AOM) programs through several NESA students who previously attended NYCC. She was told the school possessed a culture of respect and personal responsibility where students, faculty and staff take their duties seriously and are accountable. She was also impressed with its off-site clinic locations. When she learned of the opening in NYCC's School of AOM, it seemed a natural fit. She has family in the area, and after being in private practice for ten years and holding a position of significant responsibility on the NESA faculty, she found the career path to NYCC administrator appealing.

She enjoys NYCC's friendly campus community and well appointed facilities and appreciates the support that NYCC's administrators have shown for the educational process.

Shaune has long been "a big fan" of chiropractic. Her private practice collaborations with chiropractors yielded excellent patient results. She feels that having chiropractors and acupuncturists working side by side in academia provides opportunities for both groups of professionals to observe the synergistic benefits.

### AOM at NYCC

The AOM faculty is "outstanding," notes Shaune, adding that their educational and personal backgrounds have made them well grounded. She finds that they have abundant patience and are willing to do what it takes for students to grasp what they are trying to convey. She will continue to work with her educators to improve the quality of education.

Shaune wants to prepare graduates for their master's degrees and, where appropriate, help advance them to a doctoral level when that option becomes available. NYCC, she feels, is well positioned to offer an AOM doctoral-level program and senses the profession is moving in that direction.

The new dean will work to increase the appeal of NYCC's offerings to potential students and will encourage the faculty to present educational talks about acupuncture and NYCC's unique strengths. She will also work to establish additional internship programs at the College's spoke locations. Her experience at NESA will come in handy, she says.

### Research and Laser Protocols

Having recently collaborated on a research project with NESA and Harvard's Osher Institute, where Japanese acupuncture techniques were used to treat chronic pelvic pain, Shaune wants to see NYCC do interdepartmental research involving acupuncture and chiropractic and/or nutrition. According to Shaune, acupuncture needs outcome-based research and would like research to answer questions for acupuncture as well as for biomedical practitioners. She mentions having had some good clinical results incorporating laser use into her acupuncture treatments and would like to see laser studies at NYCC.

### Personal thoughts

Shaune values her education at NESA. It had a diverse faculty of acupuncture specialists and has provided her with a well rounded personal practice style. She is also happy to be in central New York, having been raised in north central Pennsylvania. She says it's nice to be closer to home.



*Shaune D. Ralph,  
LAc, MAc, DiplAc*

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# Music to Our Ears - Medicine for Life

More good news for natural healthcare professionals: Recent research suggests that music may replace some medications.

It turns out that soothing music can reduce the pain associated with surgery, child birth, and dental work. In fact, music therapy has been shown to improve physical and mental function in people suffering from developmental disorders, and to enhance the quality of life for those with chronic pain and terminal diseases.

## A Blast from the Past

Society is revisiting former days when medicine and methods of treatment resorted to music rather than pain-masking medications. Think about it. Sound is all around us from the time of conception on. The first soothing sounds a baby hears are its mother's heartbeat and breathing as she rocks and sings her child to sleep. The rhythmic sounds release anxiety and promote relaxation. When out of sync, the body yearns for a healing melody.

"Sound enters the healing equation from several directions," explains Mitchell Gaynor, MD, director of medical oncology and integrative medicine at Strong-Cornell Cancer Prevention Center and New York Hospital. "It may alter cellular functions through energetic effects; it may entrain biological systems to function more homeostatically; it may calm the mind and therefore the body; or it may have emotional effects, which influence neurotransmitters and neuropeptides, which in turn help to regulate the immune system - the healer within."



## Complementary and Alternative Medicine

Increasingly, music therapy is being used in conjunction with acupuncture to ease pain. In fact, the US National Comprehensive Cancer Network includes acupuncture, hypnosis, and music therapy in its pain-management guidelines. The growing interest in such CAM therapies is evidenced by the United States government's initiation of research in this area at such institutions as the University of Maryland; Columbia University, in New York; Harvard University, in Massachusetts; and Memorial Sloan-Kettering Cancer Center, also in New York.

Patients may benefit when music is added to massage or to the introduction of intravenous medications. Such an integration of treatment methods can significantly bolster their effects. Neurologic music therapy (NMT) addresses issues involving fear, pain, and isolation - providing comfort, empowerment and fulfillment when treating mental health, emotional and social disorders, and neurological disorders such as Parkinson's disease. Music therapists routinely monitor respiratory rates, somatic oscillation,

and muscle tonus to assess progress when used in conjunction with chiropractic therapy. Research reveals decreased levels of surface and sympathetic nervous system activity as measured by electrodermographics during adjustment, thereby demonstrating music's physiological effects.

The Journal of Advanced Nursing described an investigation in which 60 patients suffering constant pain

from rheumatoid arthritis, osteoarthritis, or disc problems were divided into two groups. The group that listened to music for one hour a day showed a 21-percent reduction in pain and a 25-percent reduction in depression compared with the group that did not listen to any music. A review of 14 research studies involving 489 postoperative patients and their pain response to music disclosed that music ran a close second to medications for pain reduction, without any side effects. The findings also revealed a reduction in pain intensity and in the amount of medicine required for postoperative recovery in the group that received music therapy.

## Symphony of Life

As Francis Bacon put it, "The poets did well to conjoin music and medicine in Apollo, because the office of medicine is but to tune this curious harp of man's body, and to reduce it to harmony." Life certainly has its share of dissonant chords, and sickness rates as some of its most dissonant. It appears that music is effective in restoring some harmony to the human system, consistent with integrative medicine's approach to health.

# Success working with Professional Athletes and Musicians

## The Nimmo Technique

### Success Stories

A 1967 graduate of the University of Pittsburgh, Dr. Jeffrey Cohen earned his chiropractic degree at Palmer in 1975, graduating magna cum laude. He opened a practice on Fifth Avenue in Pittsburgh in 1976 where he currently works with his son, Joshua Cohen, DC (NYCC 2000). The elder Cohen is the world's foremost practitioner of the Nimmo technique and founder of the Nimmo Educational Foundation. He lectures throughout the United States and publishes widely on the technique.

Over the past three decades Cohen's services have been engaged by a number of celebrity patients. "I never sought them [the celebrities] out or advertised to them." He recalls, "They came to me. Celebrities are a tight knit community and news of my practice spread by word of mouth through those who have come to me and had good results."

Among those he has treated are numerous members of the Pittsburgh Ballet Theater, the Pittsburgh Symphony and the Pittsburgh Steelers, entertainer Lisa Minelli, "Weird Al" Yankovich, and Mr. Rogers. Cohen often begins lectures with this quote from Mr. Rogers, whom he calls "the real deal": "The thing I remember best about successful people I've met all through the years is their obvious delight in what they're doing...and it seems to have little to do with worldly success. They just love what they're doing, and they love it in front of others." Cohen tells his students that if he only manages to convey this single concept to them he considers the class a success.

Former Pittsburgh Steeler, L.C. Greenwood is an example of someone who found a great deal of relief from the Nimmo technique. He and fellow



teammates Lynn Swan, Franco Harris, John Stallworth, Robin Cole, Donnie Shell and Larry Brown, among others, became regular visitors to Cohen's office and eventually he became the unofficial chiropractor for these football greats, occasionally accompanying them to games. Over the course of ten years, Cohen treated 40 different Steelers. Greenwood became such a proponent of the Nimmo technique that he now serves on the Board of the Nimmo Educational Foundation.

Other notables who have found relief through Dr. Cohen's administration of the Nimmo technique include blues guitarist Ernie Hawkins, the Pittsburgh Symphony Orchestra's principal bassoonist Nancy Goeres and principal French horn player William Cabullero. These professional musicians suffered pain from the way they held their instruments - assuming a

certain position for hours at a time and engaging in repetitive motion. Using soft-tissue work on trigger points on Nancy Goeres' back, Cohen was able to relieve her shoulder pain within three weeks.

In the case of Cabullero, he suffered from a condition referred to as "Sachmo's Syndrome" which arises from the constant positioning of the lips, jaw and facial muscles (the embouchure) to produce sound from the instrument. It can cause excruciating pain. Told by medical doctors that his only options were painful injections or taking five or six months off from playing his instrument, the magnificent horn player found relief and restored function through the use of Cohen's soft-tissue manipulations around the mouth and cheeks. Manipulation of the trigger points releases the gathered toxins.

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# “Music Has Charms ...”

William Congreve (1670-1729) wrote, “Music has charms to soothe the savage breast, to soften rocks, or bend a knotted oak.” As we know from our own experience, music can indeed affect one’s mood.

Familiar songs conjure pleasant memories of youth. Sporting events rally with energetic music. Filmmakers tickle the emotions with music. Might music also have healing properties?

## What is Music?

Music is a nonverbal stimulus that shoots through the brain’s auditory cortex only to loiter in the limbic system, where emotional experiences, body temperature, blood pressure and heart rate are governed. Music activates stored memories and stimulates the immune system. It also excites peptides in the brain and produces endorphins to generate a feeling of natural euphoria. It is truly unique in that it can directly access emotions without the intermediation of words or rational thought.

## Beneficial or Harmful?

Using sound to improve health is nothing new. Sound’s beneficial and harmful effects were noted by the ancients. Traditional Chinese medicine refers to the qualities produced by specific instruments and their beneficial effects on the body’s organs. Plato felt music profoundly affected behavior and should even be regulated by the government, due to the potentially harmful effects of some types.

Current research is focusing on music’s measurable psychological and physiological attributes in human, animal and plant behaviors. For example, foreign-language students showed increased speed in learning and higher retention when instruction was accompanied by baroque instrumental music by Handel and J.S.

Bach. The music’s meter was close to 60 beats per minute, closely matching that of a relaxed pulse rate. In another study, mice surrounded by silence or soothing waltzes had no difficulty when entering the maze to find their food, though their counterparts subjected to voodoo drumming became disoriented and unable to complete the maze at all. These mice also showed signs of hyperactivity and aggression. A third study revealed that plants suffering the likes of Led Zeppelin and Jimi Hendrix became stunted or gangly in their growth, some bent away from the sound source, and after a few weeks most had died.

## Therapeutic Properties

Music modifies the body’s physiological responses and alters autonomic nervous system function that regulates cardiovascular and immune system activity.

Complementary and alternative medicine (CAM) therapies may include music in treatment protocols. Massage therapists and chiropractors use music in conjunction with treatment to aid patient relaxation. Traditional Chinese medicine (TCM) practitioners see music as an adjunct to herbs and diet to help patients overcome emotional and mental blocks that can accompany health problems. Music’s higher frequencies tend to affect the head, lower frequencies impact the base of the spine and abdomen, and intermediate frequencies influence the chest and neck.

Intonation therapy, which involves speaking in a musical manner, promotes recovery from aphasia in stroke patients. Musical keyboarding significantly enhances spatiotemporal math reasoning in second-graders. Music of Mozart reduces seizure activity in epileptic patients. Other uses include reduction of post-surgical stress and



pain, depression in home-bound elderly people, and assists developmentally delayed children by enhancing hand-eye coordination.

## Additional Areas of Benefit

Patients with brain injury, AIDS, Parkinson’s disease, Alzheimer’s disease, autism, developmental disabilities, emotional trauma, hearing impairments, physical disabilities and visual impairments have experienced benefits. Music can also help with stress management; critical and geriatric care; childbirth; pain control; issues of mental health; and physical, emotional and substance abuse.

George Elliot (1819-1880) observed in his work *The Mill on the Floss*, “There is no feeling except the extremes of fear and grief that does not find relief in music.” Researchers and healthcare practitioners are finding that perhaps it can even help with those. Next time you find yourself tapping your toes or humming along with a favorite song, know that you may unwittingly be singing your way to better health.

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# Music in the Chiropractic World With Mark Schillinger, DC

Dr. Mark Schillinger has studied the therapeutic effects of tone and music, and now he incorporates the use of tuning forks, sound frequencies, breathing techniques, and music into his chiropractic practice. Interpreting the writings of D.D. Palmer, Dr. Schillinger perceives himself as a “sound healer” to describe his practice at Schillinger Chiropractic and Wellness Group, he specializes in a multidisciplinary approach of spinal manipulation, massage and music therapy, physiotherapy, nutritional counseling, exercise rehabilitation, acupuncture, and life coaching.

It all began at age 6 when Mark started taking music lessons. By the time he was a teenager he was studying metaphysical teachings of the effect of sound, tone, and music on the body and mind. He began composing music to relax while in college, and being selected for a Grammy in 2006 for his first relaxation/rejuvenation CD, *Ethereal*, is just one of his many accomplishments.

## Smooth Melody of Movement

Schillinger began his studies in Eastern philosophy at age 15 at the Himalayan Institute, in New York City, founded by Swami Rama, and continued his studies at China Institute, New School for Social Research, and Empire State College. A neck injury sent Schillinger to his first chiropractor, Dr. Harvey Markowitz, in Santa Cruz, Calif., and the positive effect of his treatments inspired him to return to college to become a chiropractor.

While attending Western States Chiropractic College in Portland, Ore., in 1980, Schillinger was certain he was in the right place when his philosophy professor, Dr. A.E. Homewood, assigned D.D. Palmer's first book, *The Art, Science and Philosophy of Chiropractic – Founded on Tone*. The comparison of a spine with keyboard strings and a resulting smooth melody of movement confirmed to Schillinger that chiropractic was the right profession for him.



*Dr. Mark Schillinger*

## Sound in Everyday Life

Schillinger has found that the use of a tuning fork can help restore tone to human physiology. In fact, Jeffrey Thompson, DC, an inspiration to Schillinger, earned a reputation for his work in acoustic pacing frequencies, which are found in musical sound tracks. A composer and consummate musician in his own right, Schillinger has experimented with sound frequencies while administering spinal and cranial adjustments.

## Universal Manifestation of Sound or Tone

An exercise enthusiast, Schillinger plays full-court basketball weekly and performs yoga 20 minutes each day. Mental acuity is important. He welcomes life as an adventure, even when times are tough, and feels it is important to master a philosophy of life that is “authentic.” For example, “if one's chiropractor is not practicing a holistic lifestyle, that patient will know, and will not be as willing to follow the chiropractor's

recommendations.”

Schillinger founded the nonprofit, World Institute for Human Development, and teaches his method, RIGHT Way®, which shows people how to develop positive beliefs and productive behaviors to realize their full potential. His chiropractic consulting company, NextWave Seminars ([www.nextwaveseminars.com](http://www.nextwaveseminars.com)), has created a three-CD set titled “The Intellikit” to help doctors master their personal and professional development. The CD includes detailed instructions on how to use tuning forks and it explores the chiropractic philosophy from a “sound healer's” perspective. He is known to give back to the community as founder of such nonprofit organizations as the Young Men's Ultimate Weekend ([www.ymuw.org](http://www.ymuw.org)), and is a founding board member of Performing Stars of Marin. A resident of San Rafael, Calif., Schillinger is a father of two and enjoys teaching.

*For more information on Dr. Schillinger, visit: [www.markschillinger.com](http://www.markschillinger.com) or e-mail [mark@markschillinger.com](mailto:mark@markschillinger.com).*

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# Acupuncture and Oriental Medicine and Music

## A Noteworthy Pair



Traditional Chinese medicine (TCM) and music therapy have been around for thousands of years, and both are currently used to alleviate suffering as well as promote and maintain wellness. Susan Tomkins, MA, EdD, in her *Acupuncture Today* article titled “The Interaction of Musical Sound Waves and Meridian Energy,” asserts, based on an examination of classical Chinese medical and music theory literature, that ancient Chinese medical music therapy (which includes tone therapy) is intertwined with the development of music theory.

### Current Research

Research is revealing that synergistic benefits occur when TCM and music therapy are administered together. A study titled “Relaxation Response with Acupuncture Trial in Patients with HIV: Feasibility and Participant Experiences,” published in the *Journal of Alternative & Complementary Medicine’s* September 2007 issue, identifies challenges in using randomized, controlled trials to examine the synergistic effects of blended CAM therapies. That notwithstanding, the article reported that people who listened daily to

relaxation-response tapes and soft music during TCM treatments were more likely to report calm feelings and positive emotional, physical, or spiritual changes than were those who listened only to soft music



during acupuncture treatment.

In another study, patients with Alzheimer’s disease who were treated with acupuncture combined with music therapy fared better than did the group receiving only acupuncture in terms of the therapeutic effect on Alzheimer’s.

### Traditional Chinese Medicine Helping the Music Maker

Closing the loop, traditional Chinese medicine benefits those who perform the music and has long been used to improve the performance of singers. In May 2006, researchers reported that stimulating Yintang (an acupuncture point located on the forehead midway between the two medial ends of the eyebrow) was “beneficial to expanding and unifying of the vocal range in singing and increased vocal function.” Nor should we overlook the special herb from the Chinese materia medica, pang da hai. Traditionally known for its ability to clear lung heat and disseminate lung qi (vitality), singers, public speakers and teachers use it as a tea to alleviate hoarseness and prevent voice loss due to overuse.

The use of acupuncture and Oriental medicine together with music therapy have proven themselves an effective treatment combination.

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## Music Injuries & Ergonomic Solutions

Many people learn to play music at an early age. Unfortunately, they may miss instruction about good posture and other ergonomic techniques that will enable them to avoid repetitive stress injuries.

Musical instruments have evolved over hundreds of years. Most of them have remained “user-unfriendly” inflicting painful tendonitis, bursitis, carpal tunnel syndrome, calluses, and back, neck and shoulder maladies. The violin, viola, cello, double bass, bassoon, flute, tuba and French horn are played asymmetrically and, consequently, put physical demands on the body. The bodily support they require often leads to myofascial tension. Those musicians who play brass instruments and tympani experience prolonged, sustained postures. The pain associated with these physical demands may lead to cessation of musical activities altogether, adding depression to the mix.

### Kids are Most Vulnerable

Children are especially vulnerable to injuries since most instruments are made for adults. Children practicing many hours each day may form bad habits that will last a lifetime. Parents may consider encouraging their child to undertake a smaller instrument, make time



for breaks, and practice strengthening exercises.

### Tips to Avoid Repetitive Stress Injuries

Maintain good posture and healthy wrist position. Stretch before and after playing. Warm up properly, strengthening the arms, wrists, hands, core trunk muscles and the diaphragm. Take adequate breaks and relieve stress on the arms, wrists and hands during other non-musical activities. Maintain a healthy body weight.

### The Changing Shape of Instruments

Some instrument manufacturers have begun to modify their instruments to make them easier to play. A bass with a twisted neck keeps the wrist in a natural position, a violin with a frame made of shape memory polymer can be molded to fit the body, and a grand piano may allow left-handed musicians to lead with their dominant hand.

These changes are not universally embraced by musicians. The Texas Center for Music & Medicine is trying to introduce injury-related education into every accredited music school. The effort is commendable, given the health toll taken on those who bring music into our lives.



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# Why Should I Be Nice to You?

## Part II

*By Dr. Keith Wells*

In the last Transitions installment I told the story of a young woman caught in a dilemma; she first claimed there is no right and wrong, and that everything is relative. In the following breath, she then angrily claimed ... “What he did to me was wrong!” We noted the self-contradiction, and I followed with a brief tutorial on ethical relativism, the ethical theory that morals are just social constructions that have no actual reality and are not binding on all people in all cultures and times. Ethical relativism was then compared to ethical objectivism, the theory that morals are real and are universals; that is, they apply to all people across cultures and times. An example might be, “Do not murder innocent persons.”

I left the reader with a question; how does this young student resolve the conflict? She insists there is no right and wrong, but wants something done about the classroom speaker who embarrassed her. How would a relativist solve the problem? How would an objectivist solve it? If you had time to give it any thought, what did you conclude?

### **Whence Comes “Oughtness”?**

I think for the relativist, the better question is “Can the dilemma be solved at all in the relativist worldview?” Here is the problem. If the relativist is true to his beliefs, that there are no universal rights and wrongs and that morals and moral behavior are just societal preferences and practices, then there is no resolution apart from putting the two

people together and hoping they can work out their differences. Here’s why. One of the many problems ethical relativists face is resolution of conflict. While a particular society or culture can prescribe its norms on its citizens, this shows only that a group of people can enforce their will by power and that at least some of their citizens agree with the code. It does not show that there is any personal, internalized or natural duty to be nice to each other. We could say to the speaker that he should not embarrass students with questions and enforce our will by never inviting him back or by punishing him in some way. But this does not address the question of “oughtness”; that is, why anyone should be nice to anyone else. A further problem for relativism is defining a culture or society; anthropologists have wrestled with this problem for decades. What counts as a culture? Perhaps a person belongs to several different groups, each with its own culture. A woman is a US citizen and a devout Roman Catholic. She is thinking about having an abortion. As a US citizen, she is not wrong to have an abortion according to the law. But as a devout Roman Catholic, the opposite is true. Which culture holds the moral high ground? If relativism is true, the logical outcome is neither. There is no objective standard to appeal to in order to decide, but only a particular group or culture’s code. A man is a US citizen and a member of a Los Angeles street gang. He commits a revenge murder. The street gang

is a culture and a subgroup. In his mind he has done right, and if relativism is true, why should we prefer the US laws over the gang culture? The relativist can only appeal to enforcement of the will of the bigger culture here, but has no grounds to say why we should see it that way if morals are just constructions. Why should the gang member agree that social order is preferable to gang justice?

The US society at large says that chiropractors ought not to commit fraud and there are laws protecting the public against that act. But a chiropractor was raised in a subculture that celebrates “getting all you can any way you can as long as, in your own mind, no one gets hurt.” His subculture includes a ring of chiropractors that behave this way and they have a secret club that compares notes and financial successes. Other than enforcement by power, how does a relativist say that the chiropractors ought not to commit fraud if morals are just social agreements?

### **Making Things Better? Or Just Different?**

A last major problem relativists face is social progress. If relativism is true, then activism against slavery could actually be immoral in a given culture such as the ante-bellum South. So could activism in support of women’s rights. William Wilberforce, Abraham Lincoln, Harriet Tubman, Susan B. Anthony, and countless others can be seen as outside the moral norms in

a given culture. Why should activists oppose forced circumcision of teenage girls in some cultures? Why should the Sudan listen to George Clooney on the Darfur? Why should anyone listen to Richard Gere and his pleas about Tibet and the Dalai Lama? Why should the military junta in Myanmar be sympathetic to its people and allow foreign aid after the cyclone that happened at the writing of this article? After all, the various cultures that view slavery, oppression of women, starvation and willful neglect of citizens and sanctioned mutilation of girls as acceptable are right in their own views. Who are we to tell them what they ought to be doing, or to define what “humanitarian” means if there are no universal objective morals? If relativism is true to itself, then societal reform does not make things better, just different. No one really has an objective reason to plead that a country without oppression is better than one with oppression.

On a less philosophical note, I ask another question. If ethical relativism is true, where does the sense of moral outrage originate such as in our young student? When pressed, I suggest that very few people are really relativists. Every person knows when they are wronged, and they do not respond by stating, “I strongly prefer that you do stab me, as in my culture we don’t stab each other and I hope you can see your way clear to seeing my point of view?” No – the victim says the other party is wrong, just as our student did.

The origin of our moral sense is part of what this article addresses. Some will say that our moral sense is a byproduct of biological evolution. Much has been made in the last 40 years of evolutionary psychology and modern neuropsychiatry. Those disciplines claim that every aspect of human emotion, will, intellect, desire, religious and moral sense is in essence an accident of chance and natural law. The mind and a sense of self-identity are not real, but are illusions that natural selection has used to trick us into cooperation for survival of the species. But there is a problem. Why does anyone owe a duty to an impersonal natural law? All of us have a sense of duty only to persons. And since we collectively know so much about evolution, the jig is up. We’ve figured out what’s happening with natural selection, and the ought question still remains. If evolution is the source of

the moral sense, why does humanity owe it anything, or owe other humans anything? Why not forcefully exercise survival for myself and my own preferred friends and family so long as they are useful? The idea that cooperation is best for human survival begs the question, as it still remains to be answered why survival of humans is necessarily preferable to their extinction. Incidentally, reading evolutionary biology’s account of altruism is interesting, to say the least; attempts have been made to explain Mother Teresa and there is not a dull page in them!

To be fair, some atheist writers such as Michael Martin concede that morals are objective realities. But on this view, they are just realities with no explanation. We just happened to discover them as parts of the universe. And while it is logically possible this is the case, the prior questions remain. At the end of the day, I suggest that morals find their origin in God. There is neither time nor space to address this fully, but in the spirit of best explanation of the data, it seems that God as moral source most widely answers the questions; those of where the innate sense of moral outrage and a demand for justice originates; owing a duty to a person rather than an impersonal force; social activism that revolves around human value and dignity; and resolution of conflict between opposing viewpoints. It seems that mentioning God is not fashionable these days; be assured I am not saying that God as moral source makes ethical decision strategy and conflict resolution any easier. I am saying, however, that God as moral source provides a ground for “oughtness” that I think is superior to competing explanations. As atheist philosopher John L. Mackie has stated:

“[Objective moral values] constitute so odd a cluster of qualities and relations, that they are most unlikely to have arisen in the ordinary course of events, without an all-powerful god to create them. If, then, there are such intrinsically prescriptive objective values, they make the existence of a god more probable than it would have been without them.”<sup>1</sup>

If I am correct, then it seems we ought to go deeper in teaching ethics in chiropractic colleges, at least offering objective morality as a metaethical foundation for

why chiropractors should treat their patients with dignity, avoid wrongdoing, and think of others first when it comes to practicing chiropractic. At the very least, arguing that there is a real right and wrong can be founded in natural law theory if not in a transcendent being that has a special relationship with humankind. Teaching ethics as virtue and presenting “scared straight” lectures on what happens to violators is an admirable undertaking. And I do not discount the efforts of our educators in using a time honored system of ethics in order to better our profession; indeed, it might be true that the best we can expect is to influence behavior if not the heart. But if fear of punishment and a profession-relative overview of what counts as virtue is the best we can do, then a lawbreaker can still rightly ask, “Why should I be nice to you?”

Credit: My thanks to Peter Van Tyle for his insights into the writing of both parts of this article.

#### (Footnotes)

<sup>1</sup>Keith A. Wells, *The Nature of Morality and its Implications for Chiropractic Educators in Ethics*, *Journal of Chiropractic Humanities*, 2004, 11-23.



# NYCC Tapped to Get Nimmo:

## Dr. Jeffrey Cohen to Establish Nimmo Educational Foundation

NYCC is delighted - Jeffrey Cohen, DC, has chosen to launch Nimmo instruction at New York Chiropractic College. The College will play the essential role of helping to prepare instructors who will, in turn, teach the soft tissue technique to succeeding generations of chiropractors and teachers.

### What is Nimmo?

NYCC adjunct professor Cohen describes Nimmo as a form of trigger-point therapy that was originally developed by Dr. Raymond Nimmo in the 1950s and personally taught to Cohen back in the early 1970s. Thereafter, Cohen continued to attend seminars conducted by Nimmo. "I followed him around," Cohen recalls, "intrigued by the science behind the technique." The concept of trigger points appeared to Dr. Cohen to be sound science. Eventually the two doctors became close friends - so close, in fact, that Cohen became Nimmo's protégé and, in the early 1980s, was given the legal rights to continue developing and teaching the Nimmo technique.

Nimmo is founded upon sophisticated understanding of the complex interaction between the body's many muscles. The therapy has been shown to relieve pain in the back and shoulders, arms, wrists, hands, thigh, knee, ankle, foot, face, head, and neck, as well as conditions such as TMJ, carpal tunnel syndrome, tendonitis, and disc pain.

### The Foundation and NYCC

The Nimmo Educational Foundation was established in 2004 in Pittsburgh, Pa., to advance the use of the Nimmo technique. In that Nimmo is noninvasive and eliminates pain affordably, Cohen felt it was important to create a foundation

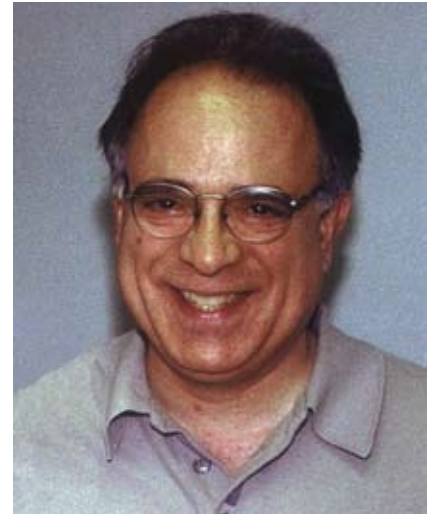
to inform the public about the therapy's benefits and to raise funds to educate students, instructors, and practitioners in the art and science of the technique. The therapy fits well with chiropractic offerings and is sought out by patients who suffer chronic pain. Cohen can rattle off endless names of professional athletes and performing artists who have found relief in the technique. The foundation will also fund research projects designed to explore the physiology underlying Nimmo's favorable results. NYCC will play an instrumental role in conducting this research.

### Guarding Against Dilution

Cohen is concerned that there are practitioners who represent themselves as "Nimmo professionals" but who are not properly trained. "Patients should not have to suffer at the hands of those who do not understand the correct application of the art and science of the Nimmo technique," he explains. There is, in his opinion, a genuine need to develop a certification program in the therapy. "The framework already exists at NYCC, not only to build up a supply of teachers, but also to create a process for licensure," offers Cohen.

### Reasons for Supporting the Foundation

The Nimmo Educational Foundation



*Dr. Jeffrey Cohen*

will look to grants and private contributions to help fund the foundation. The money will be used to secure facilities and staff, and to prepare the facilities for instruction. Success will be measured by the number of patients finding relief from their pain and the number of graduates emerging from the foundation's programs.

The fact that Nimmo is affordable and effective spells good news during a 21<sup>st</sup> century that sees healthcare costs in the United States soaring. Back pain is a leading cause of chronic pain throughout the country. It is a leading cause of workplace absenteeism and costs citizens an estimated \$100 billion annually.

The fact that Nimmo is affordable and effective spells good news during a 21<sup>st</sup> century that sees healthcare costs in the United States soaring.

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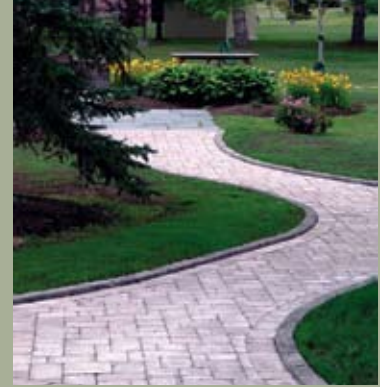
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# Faculty Spotlight

Lisa K. Bloom, DC, DACS, DIBCN

## Chiropractic is Like Music

When asked how music and chiropractic fit together, Dr. Lisa Bloom quips, “I get to have a microphone and make a lot of noise in both.” On a more serious note, Bloom feels that the art of learning is the same for both music and science: “Diligence in practicing technique is the same for the art of the chiropractic adjustment and the piano. It requires conscious attention to psychomotor activity that, with time, can lead to the mastery of technical skill. Only then can it be set free to make music.” She also notes that without practice, one’s technique gets no better.

She has found that the art of being a faculty member involves all aspects of participation, including “playing well with others,” participation on committees, etc. “It is much like playing an instrument in an orchestra,” she says. “Each part is important in its presence, but the overall resonance of the orchestra, or college, is dependant on the quality with which each part is played.”

Bloom’s practice is dedicated to consultations for patients who may not have responded to the care they had been receiving, or who remain undiagnosed by medical or chiropractic practitioners. “The inner silence necessary to find the answer is in the same place as where I go when I write music,” she says.

## Credentialed and Experienced

A 1983 graduate of Ithaca College, Bloom earned a Bachelor of Music in composition and piano, and studied composition with Karel Husa of Cornell University. A music director at the Edinburgh festival in Scotland, Bloom also held professional musician status while composing, arranging and performing music in New York City where she also played for artists such as Melissa Etheridge. She attended New York Chiropractic College and earned her Doctor of Chiropractic in 1990. She thereafter earned a Diplomate of the International Board of Chiropractic Neurology, a Dip-

lomate in Applied Chiropractic Sciences, and is certified in Applied Kinesiology. Bloom joined NYCC’s faculty for about a year directly following graduation, while practicing in New York and New Jersey. She returned to the College as an adjunct professor in 1995 and became a full time faculty member in 1996.

A popular lecturer and featured speaker at conferences in over 33 states, Bloom has been invited to England, Canada, the Netherlands, and many chiropractic colleges to speak on topics that include neurology as it relates to chiropractic. She served on the National Board of Chiropractic Examiners Test Committee from 1999-2007. She currently serves as a board member of and an examiner for the International Academy of Clinical Neurology and is an associate professor in the Diagnosis division of the Chiropractic Clinical Sciences Department of NYCC. Bloom has also been a member of the American Chiropractic Association (ACA) and the International Chiropractic Association (ICA).

Upon graduation from NYCC in 1990, she received the Distinguished Service Award, the Ernest Napolitano Memorial Award, the Alumni Award, the Technique Award, and the Outstanding Senior Award. Among the numerous accolades bestowed upon her, most recently she has received NYCC’s Faculty Excellence Award in both 2000 and 2001, Pride in Chiropractic Award in 1997 and 1998, and was inducted into the Athletic Hall of Fame at Tenafly High School, in New Jersey, in 1991.

## Doing more to earn her oxygen

So...after being a successful professional musician, why did Bloom choose chiropractic? “I had a nagging feeling that I could be doing more in the world - more to earn my oxygen, so I began to consider the options,” she says. The philosophical aspect of chiropractic intrigued her. “Chiropractic care can be condition based, if the doctor chooses to practice this way, but ultimately, chiropractic care helps the



*Dr. Lisa Bloom*

body do what it does naturally—maintain itself,” she points out. Drs. John DeCicco and Lillian Ford, both members of the faculty at NYCC, called her to teach the subluxation course while she was in practice downstate. The college flew her back and forth on Tuesdays for a year and she “totally fell in love with teaching.” When a full time position opened, “I had no choice but to come here,” she remarked. “I took a chance and changed my life, and I won! I am absolutely doing what I was born to do. I wish this for everyone—particularly the students, who are at a crossroads of the potential for a fantastic life.”

## What’s left?

Bloom lives in Ithaca, has a fourth-degree black belt in Tae Kwon Do, plays in three to four different bands, and rides a Harley with the gas tank custom painted as a brain.

Bloom still enjoys her music playing, writing and recording regularly. She has played for various NYCC events, including the memorial service for Dr. Lloyd Henby, a beloved member of the NYCC family. Advice that Bloom would like to pass along is, “have fun and do what you love. If you love what you do, you’ll never work a day in your life.”

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# Alumni Spotlight

## Alumni Spotlight: Eric Luper, DC, Author

Dr. Eric Luper, (NYCC 1995) graduated from Rutgers University in New Brunswick, NJ in 1992 with a degree in English and creative writing. A successful chiropractor with a thriving practice in Albany, NY, he has recently entered into the literary arena with the release of his first novel: “Big Slick.”

### His First Book

Luper claims to have hated reading as a kid. He later developed a love of writing while in college but put it aside while attending NYCC so he wouldn't have to be a “starving artist.” Once his practice began to gain momentum, so did his desire to get back to the written word. His original goal was simply to see if he could get published. Now his goals have evolved and he would like to see if he can become a “career author.” Since the release of his new book, he is already under contract for a second novel and has begun work on his third.

“Big Slick” is the story of a teen aged boy who has succumbed to the allure of high stakes poker, playing in an illegal card room filled with a surprising variety of adults from his community. It explores the circumstances and series of poor choices made by this young man who, although he has a talent for calculating the odds of each hand, has a run of very bad luck and ends up trying to dig himself out of the hole. Luper was inspired to write the story when in 2004, he watched his first televised poker tournament. An occasional player himself, Luper says he played a lot more poker while researching for the book. By playing in such places as Las Vegas, Atlantic City and some very sketchy underground games, he feels he was “able to bring a lot of those gritty and exciting details to the book.” The book is receiving rave reviews and has been nominated as a 2008 Best Book for Young Adults by the American Library Association.

### Why NYCC?

After doing extensive “homework” and visiting numerous chiropractic colleges around the country, Luper chose NYCC because he felt it has great balance between science and philosophy. Prior to attending NYCC, Luper worked at a variety of part time jobs including a dry-cleaners, tending bar, office temp work and factory work in the “colorful-cellophane-things-that-go-around-potted-plants industry,” where there is little opportunity for advancement. Being a chiropractor he says was his first “official” occupation.

When asked to recount a favorite anecdote from his days as a student at NYCC, Luper mentioned a winter storm during his first year at the college, when the snow drifts were so high “they went over the roof of Mohawk!” He recalled that after several days of a steady diet of Oreos and Nutter Butter sandwiches, he and his suitemates sent one brave soul, equipped with cross country skis, backpacks and meal cards out into the blizzard to get some real food. “Now that I think of it, I'm not sure he ever returned,” Luper quipped.

### Working as a Chiropractor

As a new NYCC graduate Luper spent several months doing office coverage throughout New York, New Jersey and Pennsylvania,

covering offices that varied from high volume inner-city PI offices to Amish practices “with horse hitches out front and patients who paid with pies and quilts.” His first (and only) associate position was in a huge multi-disciplinary practice in New Jersey. He feels he learned something valuable in every office, and by the time he opened his own practice he knew exactly what kind of practice he wanted. He says the trick is to continually evolve: “Get rid of the stuff that doesn't work for you and bring in new things that might.”

Referring to his first office as simply “a few walls, four tables and some therapy,” Luper recently built the office of his dreams in Albany, NY. His practice is what he calls a healthy mix of insurance and cash, no-fault, workers compensation and wellness. “I love doing it all and it's a joy to come into the office,” he says. He uses a variety of techniques in his practice. “Each case is different,” he explains, “so I treat each one as a new puzzle.”

### Words of Wisdom

His advice to current students: “Learn as many techniques as you can; you never know when you might need them.” Luper recommends that new graduates starting out in practice go with the products and services that they feel in their “heart-of-hearts” will best help their patients. “People have limited resources; if you sell them products they don't need, it will reflect poorly on your expertise,” he explains. He goes on to caution that, “If you are driven by profit margins rather than optimizing health, your practice will suffer.”

*Luper lives in Albany with his wife Elaine and their two children Ethan (7) and Lily (3). He spends most of his free time with his family either in Albany or at their weekend house in Lake George, NY. He has also been spending a lot of time working on his next books. “Big Slick” is available in most independent and chain bookstores as well as at Amazon.com.*



Dr. Eric Luper

# News Briefs

## First Trimester Orientation Marc Persson, DC, Speaks on the Importance of Competence

Incoming chiropractic students, and a number of NYCC staff and administrators, were greeted with good weather and a stirring talk by NYCC 2004 graduate Marc Persson, DC, who served as their orientation keynote speaker. Persson spoke about how to succeed at NYCC and beyond.

Honored to speak to the incoming students, Persson opened his remarks recollecting his own orientation day at NYCC – September 11, 2001 – when activities were suspended and the scheduled orientation speaker was unable to reach campus due to the day's events.

Aside from his doctorate in chiropractic, Persson holds a number of impressive credentials, including a bachelors' degree from Franklin and Marshall College in Lancaster, Pa. Licensed in Delaware and Pennsylvania, he is certified in dealing with spinal injuries due to whiplash and other traumas, infectious diseases, CPR, first aid, Cox Flexion-Distraction, Activator and Nimmo Techniques. In addition, he operates two successful practices in Pennsylvania. Persson is a member of the American Chiropractic Association and the Pennsylvania Chiropractic Association, currently serves on the NYCC Alumni Relations Advisory Council, and is a member of NYCC's President's Council

### **“You’ve made a great choice in NYCC”**

“The enemy of any science is a closed mind,” Persson said, stressing the importance of open eyes, ears, hearts and minds and that they should begin to be opened now. Having learned a lot from his colleagues about their schooling, Persson told the assembled students: “You’ve made a great choice in NYCC.”

### **Words of Advice**

Persson listed the steps he considers to be the most important in ensuring success both at NYCC and afterwards. “First,” he says, “go to class and pay attention.” He believes the professors at NYCC are “top notch” and that students cannot help but learn lots from them. “Take advantage of the opportunities,” he says. “You will never have this chance again to learn what you will here.” He encouraged them to meet and interact with faculty and administrators at the College, noting that their experiences will be valuable in getting through the program and will help once they are in the field as well. “Some of the professors at NYCC will become your good friends and you will be able to pick their brains.”

Persson advised the new students to join clubs and organizations while at NYCC; even those that may not seem appealing now may end up being of great interest, educational value and benefit down the line. He extolled the advantages of joining a state association, whether in one's home state, the state one may



*(L to R) NYCC President Dr. Frank J. Nicchi and  
President's Council member Dr. Mark Persson ('04)*

ultimately want to practice in, or here in New York state. In his opinion, the benefits greatly outweigh any attending expense. Associations can provide literature and information on the state and its scope of practice, as well as contact with the “big players” in the state, which may lead to mentoring and shadowing opportunities. Persson recommends shadowing successful chiropractors for exposure to good business practices, marketing ideas and practitioner skills. He also recommends visiting and networking with chiropractors in your community.

Although NYCC's program is a demanding one, Persson encourages fun. Practice will also be demanding, he says. “You will want to learn everything you can while you are here, because patients expect a lot from you. You want to be as competent as you can be.” He pointed out that these future chiropractors should learn to deal with other healthcare professionals, medical doctors and attorneys. “Some patients will be easy, and some will not,” he said. “You have to be competent enough to take control and know how best to handle their healthcare. It is what they are expecting of you.” He urged his audience to gain competence in such things as public speaking at Rotary or Lions Club meetings, and to explain what it is chiropractors do.

### **“Study your butt off!”**

He closed with, “Study your butt off! One day a patient will come along... and even if you are unable to help him, you'll be competent enough to deal with their physician and work toward a solution,” and added, “NYCC provides that competence.”

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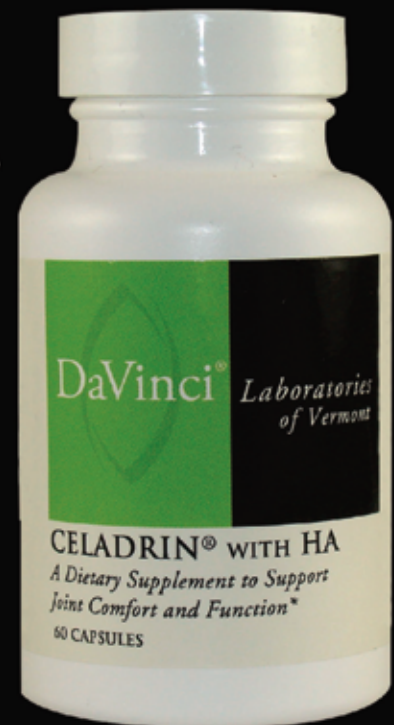
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# News Briefs

## Active Isolated Stretching

### Active Care Club Guest Speaker Jerry Konrad, LMT



Jerry Konrad, LMT

According to the *Taber's Cyclopedic Medical Dictionary*, to stretch is to “draw out or extend to full length.” Who would imagine a word with such a simple definition could have such a complex meaning? Among the hundreds of techniques used to “stretch” a muscle is active isolated stretching technique or, AIS. On May 13, AIS practitioner Jerry Konrad, Licensed Massage Therapist (LMT), came to New York Chiropractic College to educate students and faculty about the technique and its benefits.

Konrad, a retired U.S. Marine and police officer who developed

the Rochester Police Department's physical fitness regimen, learned AIS from one of its founders, Aaron Mattes. “Expand your toolbox by considering soft tissue dysfunction,” advises Konrad. “Normal daily activity does not take people through full range of motion.” He refers to common working people as “occupational athletes” who must use their bodies in specific, repetitive ways throughout the workday. It makes sense to be as efficient in those patterns as possible, and

make sure to level off any resulting imbalances through supplemental exercise and stretching.

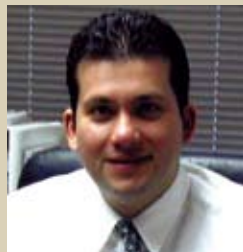
Simply put, AIS takes a muscle's normal physiological range of motion and turns it into a stretch. While the concept is simple, the execution requires perfect form as well as an understanding of the order in which each muscle must be engaged. The term *active* represents reciprocal inhibition, a key element of AIS; the antagonist muscle must be engaged in order to completely relax the agonist. *Isolated* refers to stretching the agonist muscle. The defining element of an AIS stretch is that in the last instant, a supplemental force is put into the lengthening exercise, thus ensuring that the muscle reaches maximum tension repetitively. Each repetition is performed as a “slow rhythmic motion.” Here we go from simply reaching down and touching our toes, to performing an encompassing motion allowing our muscles to lengthen to their maximum benefit.

Anyone interested in learning more about AIS may visit [www.stretchingusa.com](http://www.stretchingusa.com).

## CCE Appoints Kochanowski, Napuli to Academy of Site Team Visitors



Dr. Lorraine Kochanowski



Dr. Jason Napuli

Lorraine Kochanowski, DC, (L) chief of staff of NYCC's Depew Health Center, and Jason G. Napuli, DC, assistant professor at NYCC's Campus Health Center, have been appointed to the Council on Chiropractic Education Academy of Site Team Visitors following training at CCE headquarters in Scottsdale, Ariz., in early May. The initial appointment is for three years, during which time they will be required to participate in at least one site visit per year to assess chiropractic programs' compliance with accreditation standards. Both Kochanowski and Napuli are looking forward to the opportunity to contribute to the evaluation of chiropractic colleges in meeting accreditation standards in the United States.

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*Andy Dunn, D.C., M.Ed., M.S.*

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## State Association Day



*On Thursday, May 15, New York Chiropractic College held its first ever State Association Day, with information available from representatives of New York, Connecticut, Vermont, Virginia, Rhode Island, Massachusetts, Pennsylvania, Florida, Ohio, North Carolina, Arizona, New Jersey, and our neighbor to the north, Canada. A well-attended event, State Association Day offered students helpful information for their future professional endeavors, such as access to alumni practicing in various states and a means through which students can become allied with professional organizations for the state where they may eventually wish to practice. Always popular at this type of event is the Career Development Center’s “Chiromap,” a helpful tool that aids students and practicing chiropractors in making educated decisions as to ideal locations to practice.*

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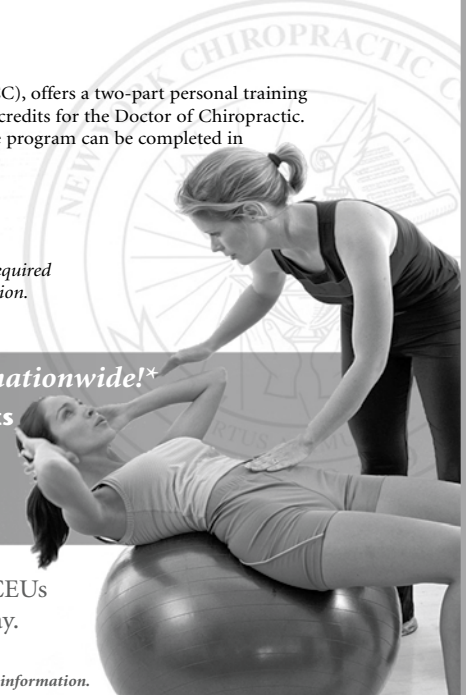
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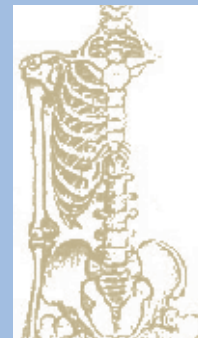
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# What's News?

## Alumni Update ~ Alumni Update ~ Alumni Update

### Class of '80

**Henry Mills, DC**, of Crownsville, Md., passed away on June 7, 2008 at Anne Arundel Medical Center. Dr. Mills was a chiropractor for 30 years. He is survived by his wife, Donna Tafuri-Mills; his son Benjamin Mills of Maryland; his daughter Katherine Mills of Maryland; and his brother, Richard Mills of New York.

### Class of 86

**John Wulff, DC**, of New London, N.H., crewed for Olympic Gold medalist Mark Reynolds of San Diego, Calif. in the International Star Class Yacht Racing Association Spring Championship of the Western Hemisphere in Geneva, N.Y. on May 19-24. They finished 5<sup>th</sup> overall, 1<sup>st</sup> in the Masters division. See starclass.org for more information.

### Class of 88

**Nicholas Waslyn, DC**, relocated to Florida last year and started a successful new practice. He has been performing MVA's in New York, New Jersey, and Florida with many DC's, DO's and MD's, and has had great results with his patients. In 2001 Dr. Waslyn started using spinal decompression, cold light laser and massage for rehab. He misses all of his friends at NYCC. His e-mail address is nwaslyn@yahoo.com and his phone number is 863-701-0109. His address is 4406 S. Florida Ave, Ste 19, Lakeland, FL 33813.

### Class of 97

**Patrick Nicholson, DC**, opened his second office in April 2008 in Baldwinsville, N.Y. The office is run by **Nicole (Hilton) Cestaro, DC, '06**. His Web site address is www.comchiropractic.net and his email address is dr.nicholson@comchiropractic.net. His phone number is 315-592-4740 and his address is 16 Canalview Center, Fulton, NY 13069.

### Class of 2001

**Michael Bennese, DC**, and his wife Christine are pleased to announce the birth of their son, Andrew Michael. He weighed 9 lbs. 9 oz. and was born at home on August 12, 2007. Andy joins his big sister Erin who is 3 years old. Dr. Bennese is in practice at Bennese Family Chiropractic, 433 N. Enola Road, Enola, Pa. He can be reached by phone at 717-732-2222, or visit his website at www.bennesefamilychiro.com. His e-mail is mbennese@yahoo.com.

**Erin (Buchanan) Most, DC**, and Jeffrey Most announce the birth of their son, Evan Richard, on September 9, 2007. He weighed 6 lbs. 11 oz. The can be contacted by e-mail at dcmost@yahoo.com and/or dr\_erinmost@yahoo.com.

### Class of 2002

**Matthew Sheehan, DC**, was appointed Assistant Professor at Clinton Community College in Plattsburgh, N.Y., where he will be teaching Human Anatomy and Physiology, and Microbiology. He and his wife Kris will be relocating there in August 2008. Doc, as he is known to his students, invites his classmates to contact him at docsheehan@docsheehan.com.

**Peter Emary, DC**, and his wife Colleen, had their first child, Margaret Ruth Emary. "Maggie" was born April 15, 2008 and weighed 8 lbs. 8 oz. Maggie has her mother's hair and her father's hands and fingers, so she may be the next chiropractor to join the family tradition including Peter and his father, Bruce Emary, DC. His office address is Parkway Back Clinic, 201C Preston Parkway, Cambridge, Ontario, Canada N3H 5E8 and his phone number is 519-653-2101. His e-mail address is pccemary@hotmail.com.

## Transitions

## What's News?

Your fellow alumni want to know! Share your personal and professional successes with us – marriages, births, awards, achievements and professional advancement. Mail the form below to: Executive Director of Institutional Advancement, NYCC, P.O. Box 800, Seneca Falls, NY 13148-0800; fax: 315-568-3153; or e-mail: pvantyle@nycc.edu.

Name \_\_\_\_\_

Name while at NYCC \_\_\_\_\_

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Address (Office) \_\_\_\_\_

E-Mail Address \_\_\_\_\_

My News \_\_\_\_\_

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Transitions is a publication of New York Chiropractic College. Direct all submissions to Peter Van Tyle, Executive Director of Institutional Advancement, NYCC, P.O. Box 800, Seneca Falls, NY 13148-0800 (315-568-3146).

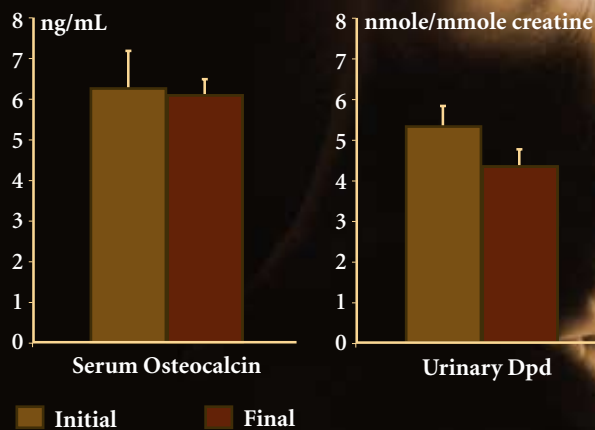
# New Research in Bone Regrowth

Calcifood®, Ostrophin PMG®, and Cataplex® D, used together, were found to decrease urinary deoxypyridinoline (Dpd), while maintaining osteocalcin levels (see chart).

These bone health supplements are unique because they provide readily absorbed nutrients from bone tissues to support the process of rebuilding and maintaining bone.\*

To find out more about these and other Standard Process products, call 800-558-8740 and ask for our Bone Health Literature Packet (L6213) or visit [standardprocess.com](http://standardprocess.com).

During a three-month trial, patients with osteopenia were given Calcifood®, Ostrophin PMG®, and Cataplex® D at the regular dosage. Osteocalcin was unchanged while urinary Dpd, a marker used to assess relative rates of bone loss secretion, decreased 18%. Decreased Dpd suggests that less bone was lost over the three months. No change in osteocalcin further suggests a positive environment for bone formation.



\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



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