



# Transitions

A publication of New York Chiropractic College

May/June 2011

## Stressing Balance and Balancing Stress



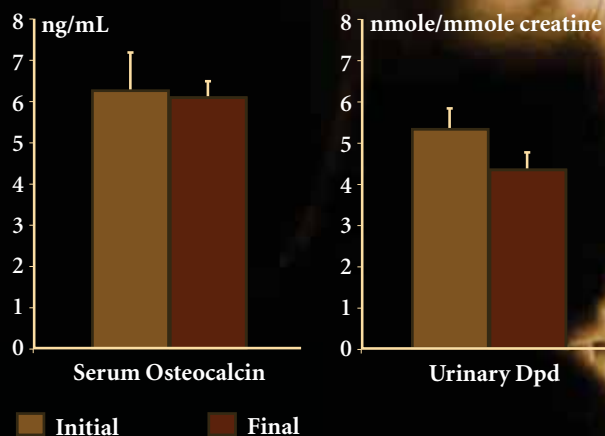
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# Transitions

May/June 2011

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# President's Message

## Emotional Healing & Health

We at NYCC value the high quality preparation we provide to future healthcare professionals and academicians – professionals who will ultimately become leaders in their fields. We enjoy a reputation as the premier institution for instruction in natural healthcare due to the unique life experiences possessed by our students, their dedication to the healing arts, and NYCC's uniquely integrative curriculum. Among others, our students include:

- A daughter following in her father's chiropractic footsteps;
- An athlete whose shoulder injury was relieved, finally, by chiropractic care;
- A young man deciding to travel all the way to NYCC from the other side of the world;

- A young woman who sought to marry her passion for pediatrics with her strong belief in natural healthcare;

Periodically, *Transitions* will publish some of its students' stories and discuss what brought them to Seneca Falls. These students, with their bright and inquisitive minds, truly exemplify the future of natural health care and serve as a testament to the superb education we offer. So keep an eye out for the students and their stories as they appear from time to time in future issues of *Transitions*.

This issue of *Transitions* focuses on emotional health, exploring many of the underlying causes of distress. How we handle our emotions has a direct bearing on our overall health and well-being. Careers, education, family life, relationships,



*Frank J. Nicchi, DC, MS, President*

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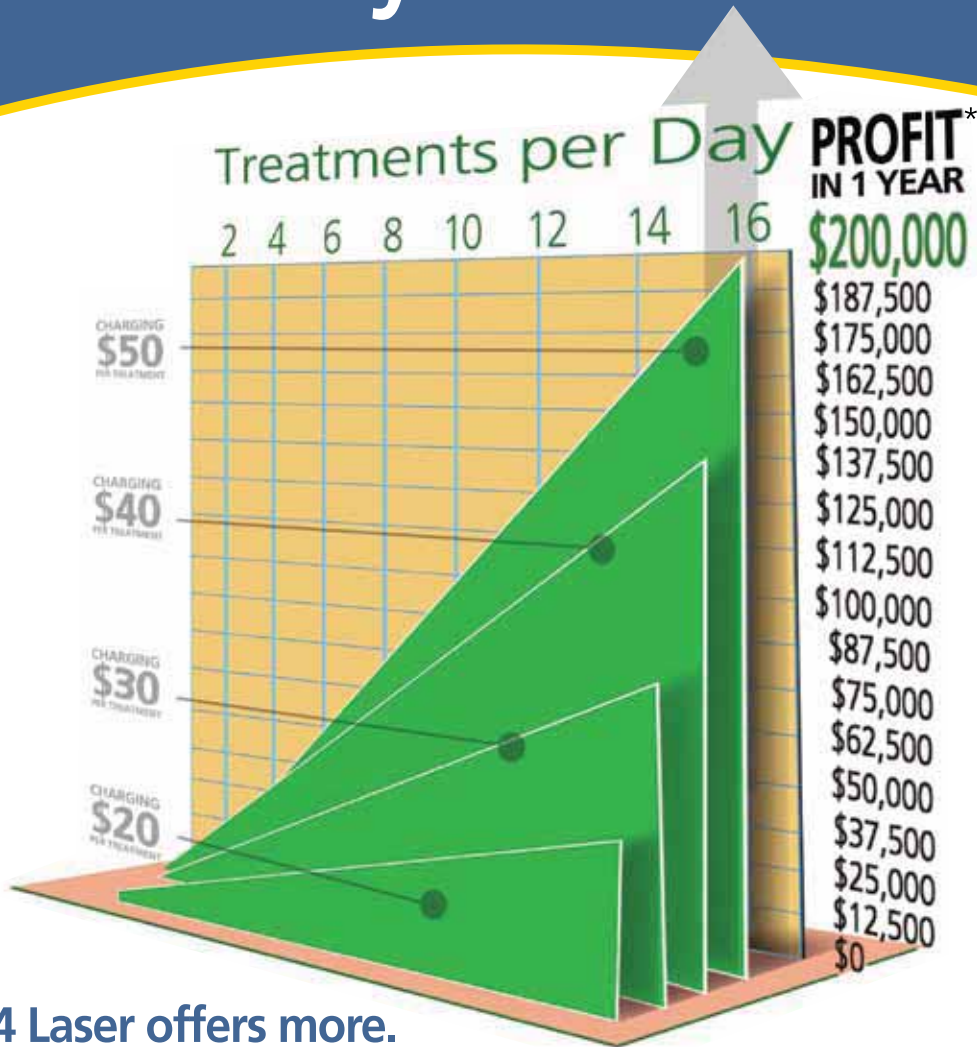
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# NYCC Establishes President's Council Lifetime Membership Society

President Nicchi inaugurated his new *President's Council Lifetime Membership Society* with a \$25,000 contribution from former trustee Edwin Kenrick, DC, the first member to join the exclusive Society. A President's Council member gains entry into this select group and enjoys a lifetime of President's Council benefits upon making a one-time contribution of \$25,000. "Trustees of the College, both former and current, must set the example. We have to give back in order to help the profession grow and prosper," said Dr. Kenrick.



*Edwin Kenrick, DC,*

## **Professional Success**

Dr. Kenrick's generous gift is but one of the many contributions, financial and otherwise, he has provided the College throughout his lifetime. He served on NYCC's board of trustees for twelve years beginning June 1988, and as chair from 1992 to 1995. Other duties included his heading the board's Committee on Trustees.

Kenrick enjoys a long and distin-

**"Above all, be honest with your patients. Forget about their pocketbooks and focus on their needs."**

guished record in the profession, having practiced for 42 years in Framingham, Mass., and served both the Massachusetts State Chiropractic Association and the American Chiropractic Association (ACA). Presiding over the ACA during 1981 and 1982, Dr. Kenrick was the first to carry out a two-year presidential term. He also sat on the Foundation for Chiropractic Education and Research's board for nearly a decade and, in 1988, was named American Chiropractor of the Year.

## **On a More Personal Note**

Kenrick grew up with two younger

brothers in North Reading, Mass., reared by a mother who worked at Town Hall, and his father, an electrician. He enrolled in Lincoln Chiropractic College, met his wife Sharon during a summer break, and graduated in 1961. The two of them enjoy their daughter and three grandchildren whom he is helping to see through college.

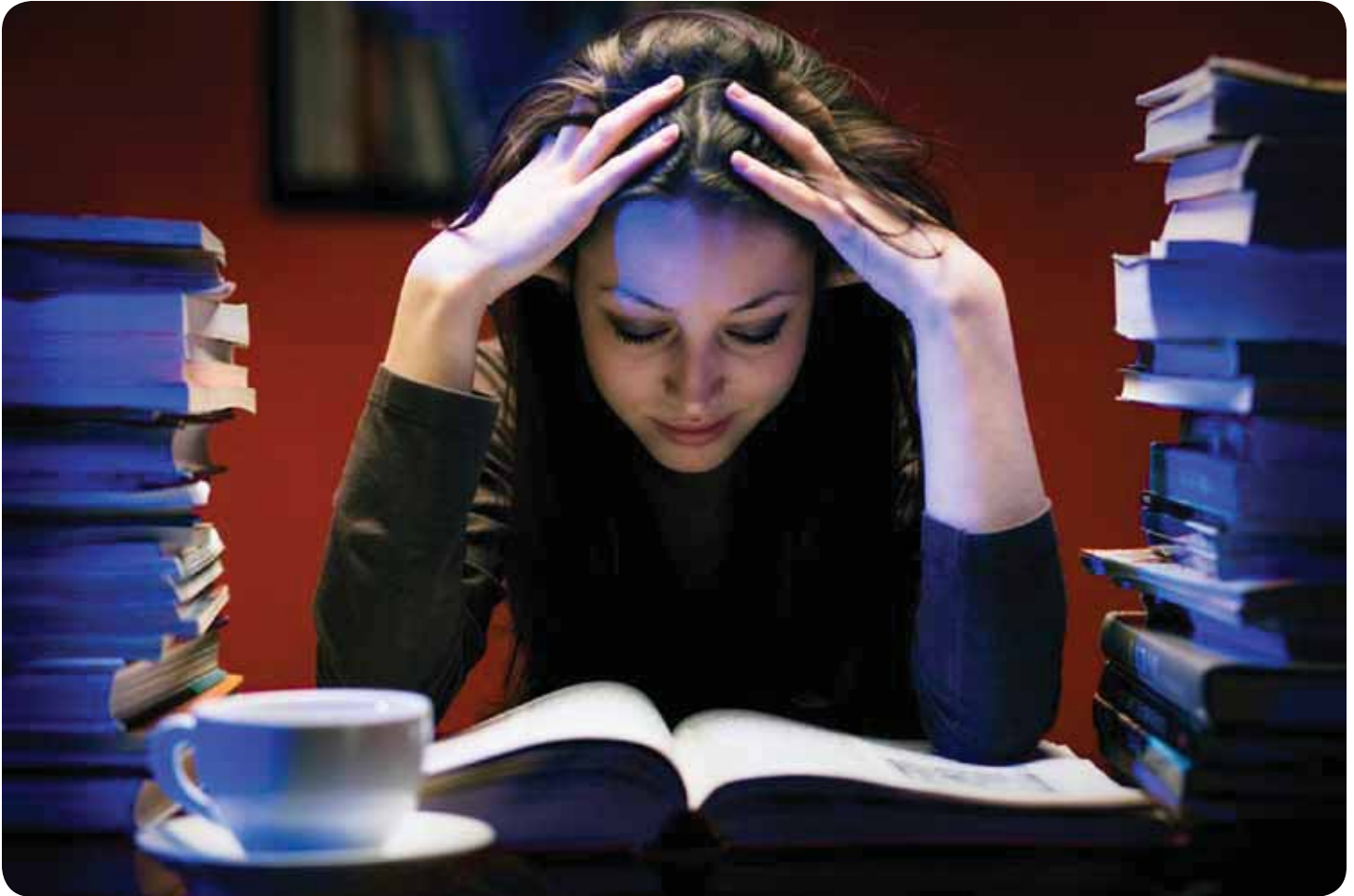
Now retired and living in New Hampshire, Dr. Kenrick owns and operates a certified tree farm. Spare time means more time for books and puzzles and when the New Hampshire nights turn short and cold he and Sharon head for the warmth of Florida and days filled with croquet.

## **Sage Advice**

Dr. Kenrick urges students to get involved in their professions and their communities. "Above all, be honest with your patients," he chides, "Forget about their pocketbooks and focus on their needs."

He praises chiropractic's successful efforts to integrate within the current healthcare system. "We cannot stand alone," he warns, "Each and every achievement made by this profession has taken time, money, hard work and determination. We must continue down this same path for future success."

# Stressed?



*My mind is reeling! So much to do! Simply not enough hours in the day! Lately, I'm tense and upset all the time. My body aches and I'm so tired. I need a break – I need to get away – but my family counts on me, I can't quit my job, and I can't take a vacation right now. Help! I just can't cope with all this!*

Sound familiar? It should. We've all fallen victim to periods of extreme stress that torpedo our mental and physical well-being. Now throw in despair – a brooding hopelessness that takes root in life's endless concerns.

Illness, the death of a loved one, the loss of a job, insolvency, and relationship issues – we know their power to bring down the best of us. Curiously, not all stress arises from events we perceive as bad or unhappy. Even experiences that make us happy, proud, or those that are eagerly anticipated - getting married, the birth of a child, the big promotion at work – bring with them responsibilities that can tax the system.

As stress levels increase, so too does our need for relief. Are we doomed? Is there some way we might learn to deal with problems so they don't take such a toll on our health? Perhaps

– but we must first make our acquaintance with it.

## **What is Stress?**

Stress can be anything that poses a threat or challenge to our well-being, and ultimately causes feelings that our life is out of our control. It has biological ties to our “fight-or-flight” response, our sympathetic nervous system's reaction to instances we perceive as presenting imminent danger. The body responds by producing increased levels of the chemicals cortisol, adrenaline and noradrenaline, which in turn trigger higher heart rate, heightened muscle preparedness, sweating and alertness. Non-essential (at least for the time being) body functions, such as digestion and the immune system, slow down to reserve resources for self-preservation. Hearing becomes

more acute and vision clearer, blood pressure rises, breathing becomes more rapid, and we do not sleep.

While such a response may be life-saving when stalked by a predator, prolonged exposure to this chemical cocktail is ultimately life threatening, often accompanied by headaches, depression, increased anxiety, forgetfulness, irritability, emotional breakdown, high blood pressure, back and chest pain, muscle spasms, fainting spells, a higher susceptibility to disease, nervous twitches, trouble sleeping, and heart disease. Other symptoms can include overeating or not eating enough, angry outbursts, drug or alcohol abuse, social withdrawal, and relationship problems.

### Identifying Causes

Among the innumerable causes of stress, the most common are bereavement, family problems, financial matters, illness, loss of employment, hurrying, moving to a new home, work-related issues, and relationships. People often feel stressed without knowing quite why. Anxiety, frustration, and depression compound one another, magnifying the feelings of stress.

It is important to identify your individual causes of stress. External stressors are fairly easy to recognize, but don't forget to also take a close look at your inner stress-inducing thoughts, feelings and behaviors. Examine personal habits, attitudes and excuses, and begin to take responsibility for the role you may play in creating or exaggerating your own stress.

While it's easy to figure that stress is caused by a very busy or hectic schedule and may simply be excused as an integral part of one's lifestyle or work environment, it's really not healthy to blame stress solely on others or outside events. Identify what is causing the stressful event and how it made you feel, both physically and emotionally, and then examine how you reacted to it and what you did to make yourself feel better.

### Managing Stress

Learn that you *are* in control of how you respond to stress. Keeping a "stress journal" can be a great way to track progress.

Unhealthy ways of coping - smoking; excessive drinking or

drug use; sleeping too much; procrastinating; withdrawing from family, friends and favorite activities; or watching endless hours of television, to name a few – can all cause more damage in the long run. Instead, once the stressor is identified it is best to deal with it head on.

### The Four "A"s

Incorporating the "four As" – avoid, alter, adapt and accept – can help either change the circumstances of the situation or change one's reaction to it.

- **Avoid unnecessary stress.** Learn to say no, know your limits, and don't take on more than you know you can handle. Try to avoid people who stress you out. If the relationships cannot be ended completely, limit the amount of time spent in their company. Avoid stressful places; find alternatives such as shopping online instead of spending countless hours at the mall. Drop stressful topics of discussion from your conversation. If you find politics or the state of the economy stressful, excuse yourself from the room when these topics arise in conversation.
- **Alter the situation.** Deal with issues head-on, trying to anticipate or prevent them. Learn to express feelings in a healthy, respectful way instead of keeping them bottled up. Be willing to compromise to find a common ground where everyone involved is satisfied. Manage your time better by making a schedule and sticking to it. Plan ahead and don't overextend yourself.
- **Adapt to the situation.** Try to view the stressor from a more positive perspective. Focus on the positives – in yourself and others. Look for opportunities to learn from the moment. Try to see the big picture. How important is it, really, in the long run? Will it still matter a month or year from now? Try to alter your expectations and standards for



*Continued on next page*

yourself and others. You only set yourself and others up for failure by expecting perfection. We live in an imperfect world where people make mistakes. Learn to be okay with “good enough.”

- **Accept what you cannot change.** Some stressors are unavoidable and cannot be changed or prevented; and although they may be difficult to accept, doing so may be easier than fighting a losing battle. Rather than trying to control the uncontrollable, particularly the behavior of others, focus instead on your reaction to the situation. View challenges as opportunities for personal growth. Consider talking with a close friend or professional therapist. Even though you cannot change the situation, it can be cathartic to talk it through. Learn to forgive yourself as well as others. Let go of resentments and free yourself from negative energy by forgiving and moving on.

### **Stress Reducers for the Body**

Looking for healthy ways to relax and recharge your batteries? Don't forget to take care of yourself and your own needs. Do something you enjoy every day. Set aside time for relaxation - it has restorative powers. Go for a walk, call a good friend, exercise, write in a journal, take a long hot bath, light some scented candles, enjoy a cup of tea, play with a pet, get a massage, curl up with a good book, listen to your favorite music, or watch a comedy. Connect with friends and family. A strong support system can be a great buffer from the negative effects of stress. And always keep a sense of humor, including the ability to laugh at yourself.

Adopting a healthy lifestyle can also help. As well as being a great outlet for pent-up stress and tension, regular aerobic exercise increases blood flow to the brain, which helps maintain mental

## **Do something you enjoy every day. Set aside time for relaxation - it has restorative powers.**

cognition. Regular exercise also leads to good physical condition and reduces the risk of many health conditions. A healthy diet is also important, well-nourished bodies are better equipped to deal with stress. Reducing caffeine and sugar helps the body feel more relaxed and allows for more recuperative sleep. Getting plenty of good, restful sleep fuels both body and mind.

Meditation and deep-breathing exercises can facilitate stronger control over the mind's reactions and increase the ability to return to a relaxed state. Tai chi, qi gong and yoga are excellent forms of mind-body exercises that help develop a relaxed mind through movement and concentration.

### **Outside Help**

Medications such as sleeping pills, anti-depressants and tranquilizers may mask the stress rather than help in dealing with its causes. Most doctors will not prescribe medications for stress unless the patient has an underlying illness such as depression or some type of anxiety disorder.

Some people find talking with a professional therapist helpful in dealing with stressors. Learn coping techniques. In addition, there are a multitude of self-help books and stress-management courses as well as therapies that can help with relaxation, such as massage therapy, aromatherapy and reflexology.

### **Acupuncture and Chiropractic**

Acupuncture is a natural therapy that can help promote relaxation and reduce stress. Traditional Chinese medicine has it that when the body is subject to constant stress the *qi*, or energy flow becomes blocked, causing a variety of physical and mental symptoms including anger,

depression, tense muscles, headache and pain. With acupuncture treatment comes a deep unwinding similar to the effects of meditation, allowing the release of stress. Patients often feel very relaxed, and may even nod off to sleep during treatment. Chinese herbal medicine may be combined with acupuncture to help calm the mind. When the mind relaxes, the body can return to a more balanced state and can manage stress more effectively.

From a Western medicine viewpoint, acupuncture helps alleviate stress by releasing the natural pain-killing chemicals in the brain (endorphins) and improving the circulation of blood, oxygenating the tissues and cycling out cortisol and other waste chemicals. The calming nature of acupuncture also decreases heart rate, lowers blood pressure and relaxes muscles.

Chiropractic care can help with many of stress's physical manifestations, such as headaches. Since chronic stress can lead to tension and muscle contraction that creates uneven pressures on the bony structures of the body, misalignment of the spinal column may result. Chiropractic adjustment can release muscle tension, helping the body return to a more balanced and relaxed state; reduce spinal nerve irritation; improve blood circulation; and convince the body to turn off the fight-or-flight response – allowing healing to begin. A chiropractor may suggest relaxation techniques, discuss proper posture, and recommend environmental changes including ergonomically advantageous working conditions to help the body avoid, and recover from, chronic stress.



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# LAUGHTER

## Good for the Body and Soul

### **We've all heard it: "laughter is the best medicine." And it may very well be true!**

Laughter not only feels good, but evidence suggests that laughter can reduce pain, lower stress, improve circulation, protect the heart, and even strengthen the immune system. Laughter may also help diabetics to process glucose. While a moderate guffaw exercises the abdominal muscles and lungs, a sustained "belly laugh" can stimulate a heart rate similar to that experienced during aerobic exercise on a treadmill or rowing machine.

Although the healing power of laughter has long been recognized by the medical community, the specific mechanism by which laughter enables healing remains unknown. That having been said, it in no way diminishes its powerful health effects. A recent study showed how laughter can significantly factor into protecting heart health, where 300 people, half of whom had either undergone coronary artery bypass surgery or suffered a heart attack, tended to have laughed less than those who didn't contract heart disease laughed on a daily basis.

Regular laughter may wind up being as vital for heart health as exercise and proper diet. Additional studies have shown that laughter can help increase circulation by allowing the inner lining of the blood vessels to relax and expand.



### **Why Do We Laugh?**

Laughter is a natural physiological process - not a learned behavior - that can occur in infants as young as a few weeks old. It is an expression of happiness or joy and may have been the first form of human communication that eventually evolved into language. Giggles produce endorphins, which in turn produce a feeling of well-being and may have originally developed as a response to the passing of danger. It may indicate trust and acceptance of those around us. Laughter is an emotional balancing mechanism that allows us to temper the dreadful things in our lives with those that are considerably lighter.

### **Laughter as Therapy**

Laughter as a component of complementary medicine began to be seriously studied (excuse the pun) in the 1970s when there was a surge in interest in the mind-body connection. Now laughter therapy and humor therapy are slowly earning mainstream status as part of a larger group of healing practices called "mind-body medicine." According to the American Association of Therapeutic Humor, laughter "may enhance work performance, support learning, improve health, or be used as a complementary treatment to facilitate healing or coping, whether physical, emotional, cognitive, social or spiritual."

At ViaHealth's Rochester General Hospital in Rochester, N.Y., caring clowns circulate through the hospital visiting patients. These volunteer clowns undergo special training that allows them to understand the

nuances of clowning with hospital patients and to become adept at reading patients' body language. They may spend as much as 15 minutes with a patient, telling jokes or doing magic tricks. Hospital staff members have noted that these visits often have an uplifting effect on struggling patients.

Dementia patients also benefit from the power of humor. A nursing home study introduced clowns and mimes to the residents and found that dementia patients not only recognized and responded to humor, but also experience a reduction in irritability and agitation; their level of engagement with others was greater when humor was employed. What's more, laughter is contagious. Even severe dementia patients benefited by simply hearing a joke and being in the company of others who were laughing.

# Emotional Health and Natural Health Care

**H**ave you ever felt as if you just needed a little tender loving care? Overall health and well-being require healthy minds as well as a healthy body. Be sure and take the time to nurture both. Sometimes we experience emotional imbalances that can upend us. Occasional upsets are normal, but if they become recurring and frequent, they can wreak havoc. A variety of emotional and mental health disorders can cause imbalances - many of which can be treated with traditional Western medicine as well as by a broad array of natural healthcare options.

## What is Emotional Health?

Emotional health is what, in essence, makes you tick. Every aspect of a person's daily life is affected (if not controlled) by emotional health. Just like the weather, the skies of the mind may vary from day to day. Emotionally healthy people are able to control irrational and impulsive actions, maintain a naturally peaceful state of mind, build strong relationships and manage their feelings.

## Common Diagnoses

Commonly diagnosed conditions include depression, bipolar disorder, schizophrenia, post-traumatic stress disorder, panic disorders, and obsessive-compulsive disorder.

- **Bipolar Disorder** - Bipolar disorder is categorized by severe and uncontrollable mood swings between a manic phase (an extremely pleasant mood accompanied with hyperactivity) and a depressive phase (moods associated with feelings of inadequacy, helplessness, and sometime anger). These mood swings can be sudden and the phases can last for days before

there is a change.

- **Schizophrenia** - Schizophrenia makes it difficult for a person to distinguish between what is real and what is not. It becomes a challenge simply to think rationally, manage emotions, and relate to others. Patients are often emotionless, display erratic and uncontrollable physical behaviors, and have conversations that scatter across topics which cannot be unified.
- **Post-Traumatic Stress Disorder** - Experiencing or witnessing an event that is detrimental to one's mental well-being may result in post-traumatic stress disorder (PTSD). Often referred to as "shell shock" and observed in GIs returning from the Vietnam War, people who witness a catastrophic event such as homicide or a highly fatal car accident may also develop PTSD. Its symptoms can include flashback episodes in which the patient relives the event, and sufferers may experience emotional numbness.
- **Obsessive-Compulsive Disorder** - Obsessive-compulsive disorder (OCD) consists of obsessive thoughts and compulsive behaviors that become so extreme that they interfere with the daily life. Individuals who hoard things such as animals or food, or those who perform ritualized tasks such as continually washing hands, repeatedly touching a lamp post, or checking and rechecking that a door is locked are often diagnosed with OCD. Symptoms usually begin gradually and tend to vary in severity throughout life.



Although these disorders are traditionally treated with pharmaceuticals and involve sessions with a professional therapist, natural healthcare may offer a less invasive approach and reduce the severity of symptoms. While traditional pharmaceuticals may help with some symptoms, they can sometimes have adverse and undesirable side effects. Natural healthcare has made progress toward maintaining mental and emotional health and holds promise for the future.

## Acupuncture and Depression

In traditional Chinese medicine, maintaining the body's natural flow of energy (*qi*) is seen as essential to maintaining the proper function of the body and mind. Mental and emotional illnesses are classified as defects in the normal working order of a person's mental or emotional health. Acupuncture can be used to treat the symptoms of many emotional disorders.

A 16 week study performed by a team at the University of Arizona in 1998 demonstrated that women clinically diagnosed as being "severely depressed"

*Continued on page 26*

# Tips for Improving

**Feeling down? Anxious? Stressed? Unsatisfied? Then it's time to focus on your emotional health! Here are a few simple tips to jumpstart your mental and emotional well-being:**

**Exercise.** Aim to get, or build up to, at least 30 minutes of exercise each day. Find an exercise class or activity you enjoy and stick with it. Exercise is an excellent way to relieve stress and anxiety. It will also help boost mood and energy.



**Nutrition.** Eating smart comes down to knowing what and how you are eating. Incorporate healthy choices such as fruits, vegetables, whole grains, lean protein, and good fats into your diet. It is best to avoid cigarettes and limit alcohol consumption. Don't look at healthy eating as a chore, but rather a way to boost energy, stay healthy and feel great. This doesn't mean you can't indulge in your favorite treat; just remember, moderation is key!

**Bring on the Sunlight.** Take advantage of a sunny day by spending 15 minutes outside in the sunlight (don't forget your sunscreen). Sunlight is a natural mood booster and contributes to the daily production of vitamin D in the body.



**Sleep.** Most adults need six to eight hours of restful sleep a night to feel energized in the morning. Aim for that amount in order to increase mental ability and feel emotionally balanced.

# Emotional Health

**Stimulate Your Senses.** Excite your senses – sound, sight, smell, touch, taste – by doing something that makes you happy. Activities such as listening to music, baking homemade treats, or getting a massage can help heighten energy and promote serenity.



**Leisure Time.** Take time each day to do things you love or have long wanted to try. Spending time with people you enjoy, learning something new, or joining a special-interest group can provide an enjoyable way to separate work from play. It's all about having fun!



**Laughter.** Have you heard the expression “laughter is the best medicine”? Studies show that laughter can relieve tension, decrease stress hormones, trigger the release of endorphins, and improve mood! Watching a funny TV show, going to a comedy club, or hosting a party are all great ways to bring more laughter into your life.

**Meditation.** Meditation is a common relaxation technique that helps alleviate stress by promoting a sense of balance and inner peace. The practice typically involves sitting quietly while focusing attention on a particular activity or thought and maintaining a slow, regular breathing pattern. It's simple and is easy to do anywhere.



# A Nuzzle From A Wet Nose Can Do the Body Good

The day was particularly taxing and all you want to do is go home, put your feet up, and veg! Just to be left alone would be a gift from the gods. Instead, you enter your front door, bags in hand, and you're greeted by a wagging tail and eyes that say, "You're special." All of a sudden the day's stresses just melt away. That happy and relaxed experience forms the basis for modern medicine's serious investigation of therapy animals in the treatments of patients.



ment of the mentally ill, also employed the use of dogs to treat patients.

Patients residing in assisted living facilities and nursing homes may find themselves overwhelmed by the dramatic changes thrust upon them. No longer surrounded by their precious possessions and missing the comfort of their own home, these people are often all alone. This lifestyle change is often accompanied by illnesses such as Alzheimer's disease, prevalent in the elderly population, that sometimes cause increased aggression. Patients can become

## What is a Therapy Animal?

Domesticated animals, such as dogs, cats and other animals typically chosen to live in our homes are called companion animals. They differ from animals used to assist in daily life of the disabled or those that assist in therapy for the ill.

Service animals sanctioned under the Americans With Disabilities Act, passed in 1990 are not considered pets, but rather are crucial in maintaining the normal function of the disabled person in everyday life. An orange vest worn by the animal or the walker harness often seen while they are with people who are blind or deaf, alert us to their functions. Therapy animals, however, are considered pets and are brought into facilities by their owner/trainer to interact with the patients.

## Animal-Assisted Therapy

The term animal-assisted therapy (AAT) was coined in 1964 by American child psychiatrist Boris Levinson. Animals have been employed therapeutically dating back as far as the ninth century in Gheel, Belgium. York Retreat, a Quaker mental institution located in Lamel Hill in York, England and known for humane treat-

isolated from their environment and unreceptive to treatment and care. The purr of a cat or the wagging tail of a dog may help change all that.

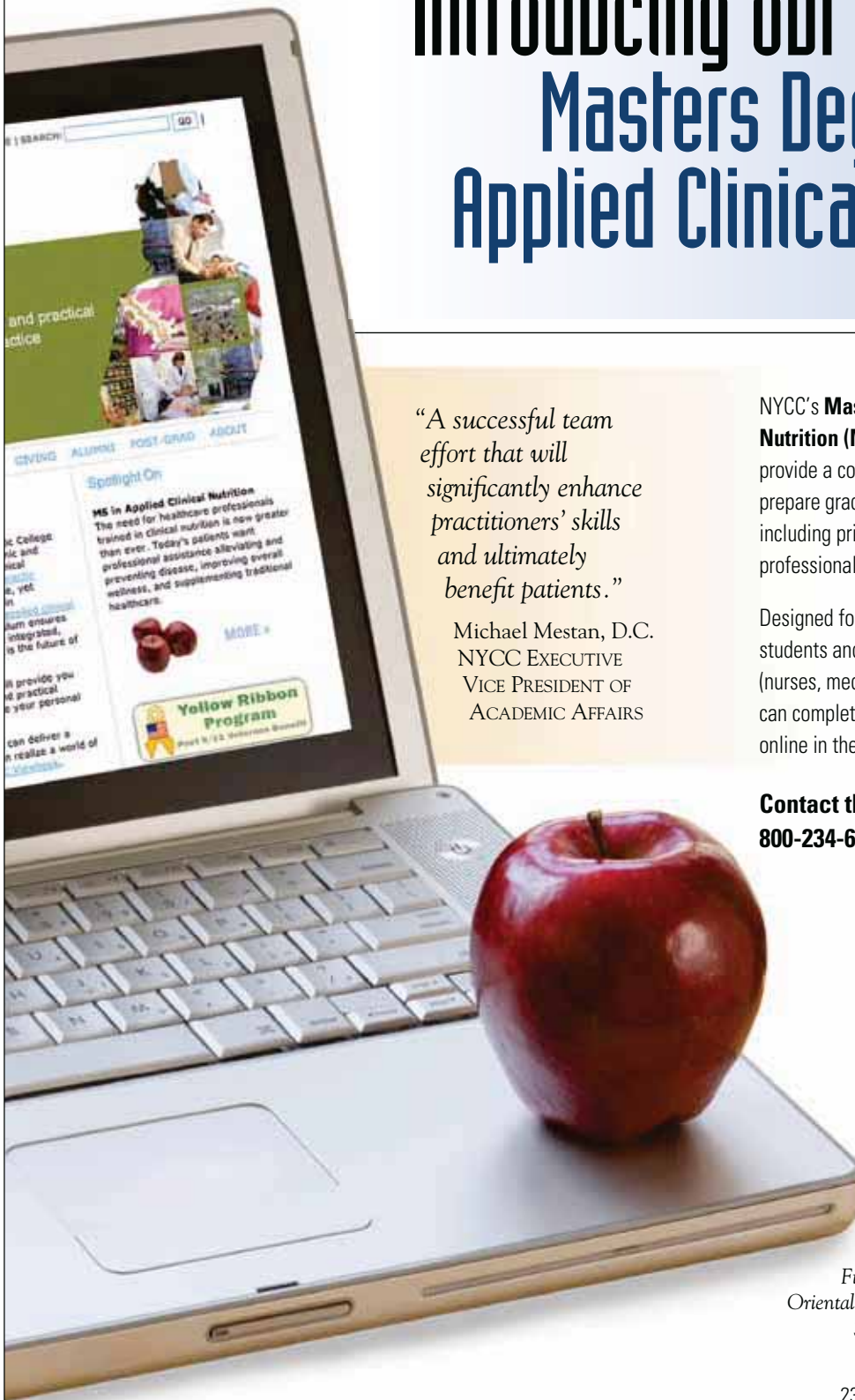
Studies demonstrate the benefits of bringing in animals to comfort and treat elderly patients. Many nursing home patients exhibited reduced levels of anxiety, fewer bouts of aggression, and an overall calm not observed when the animals were absent. Similar effects were also observed in a study where patients who observed fish in an aquarium showed an overall calm and reduction in anxiety compared to those who did not. No wonder so many assisted living facilities have fish tanks.



## How Does it Work?

While it is difficult to pinpoint the exact cause of the calming effect animals have on their human friends, the effect is nonetheless very real. A natural connection or bond exists between human and animal. A sense of trust and dependence develops as each, human and pet, come to rely on each other for comfort. Somehow, man's best friend just seems to know.

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Memorialize your affiliation with New York Chiropractic College. Purchase your engraved name plate for a seat in the Delavan Theater with a gift of \$500! The 350-seat Delavan Theater, located in the Kenneth W. Padgett Administration Building hosts many of NYCC's special events including orientation for new students, convocation, memorial services, and lectures. In addition, the theater houses many community activities, including the Women's Health Symposium, many productions of the Seneca Community Players, and various dance, theatrical, and musical presentations.

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Become a part of the campus with your purchase of an engraved brick on the Walkway of Honor with a gift of \$100! The Memorial Garden at New York Chiropractic College was created in 1996 to provide a place where classes, family members, and others could establish a permanent presence on campus or honor their loved ones. The nearby Chinese Medicinal Herb Garden provides students and community members with a deeper connection to the properties, personality and characteristics of herbs in the Chinese materia medica. Both gardens are a source of peace and quietude on NYCC's campus.

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# Alumni Spotlight

## “Team” – Drs. Michael (‘03) and Tara (Snyder ‘04) Buchakjian

This issue of *Transitions* spotlights not one, but two proud New York Chiropractic College alumni. Chiropractors Michael and Tara Buchakjian currently practice in separate offices in the Philadelphia, Pa., area. Though their practice styles differ, at home they “practice what they preach,” maintaining a healthy lifestyle and sharing similar values for daughter Eva (3) and son



*Drs. Michael and Tara (Snyder) Buchakjian*

Drew (3 months) - both born at home with the assistance of a midwife and adjusted the day they were born.

### Choosing NYCC

Prior to attending NYCC, Mike graduated from LeMoyne College in Syracuse, N.Y., with a Bachelor of Science in Biology and a minor in chemistry, and then worked in an environmental testing laboratory in his hometown of Schenectady, N.Y. He decided to further his education and, upon the strong recommendation of an NYCC alumnus, pursued a DC degree at NYCC. He was already well-acquainted with the Finger Lakes region as his mother hailed from nearby Phelps and his father attended Hobart College, in Geneva, NY.

Wife, Tara, grew up in Pennsylvania and attended Delaware Valley College in Doylestown, Pa. with aspirations to become a pediatrician. Her chiropractor had other plans for her, encouraging practice in chiropractic pediatrics, a field aligning with her family’s philosophy of healthy nutrition and natural healing. Initially drawn to NYCC for its close proximity to her home, Tara immediately began learning all she could in pediatrics, both in and out of school. She fondly recalls being hooded by her

mother, a clinical psychologist, whom she considers a fan and inspiration. She credits pediatrician, Dr. Tom Fitzpatrick, and NYCC Assistant Professor Meghan VanLoon, DC, for her unwavering interest in pediatrics.

Mike recalls meeting Tara her first day on campus - September 11, 2001 (one of the few positive moments of that day). The couple was formally

introduced a year later and undertook a long-distance relationship until Tara graduated in November 2004. They married in the summer of 2007.

### Where are they now?

Today, Dr. Mike works in a family wellness practice in Philadelphia where he implemented an 8-week wellness program incorporating chiropractic, personal training, massage, meditation and nutrition. Armed with solid preparation from NYCC, he has developed several referral relationships with local physicians and orthopedists. Dr. Tara has recently opened her dream office: practicing out of their home and focusing on families - primarily maternity and pediatric care. This past fall she received her Diplomate in pediatrics from the International Chiropractic Pediatric Association (ICPA).

### Words

The couple offers prudent advice to current students and recent alumni: “Don’t lose sight of the passion that accompanied you into school,” said Dr. Tara. Dr. Mike urges having a mentor or coach: “There is so much to learn after school.”

# Academic Spotlight

## Counseling Services

**W**hen you're feeling overwhelmed and there's no way to cope, you may simply need someone to talk to, a smile, a gentle and encouraging word, and a nonjudgmental shoulder. You'll find all of this and much more at the NYCC Counseling Center.

The Center, staffed by counselors Eve Abrams and John Bailey, and Campus Chaplain Father Richard Murphy, help the NYCC community explore how counseling can contribute to emotional and mental health. Its services include workshops, training seminars and classroom presentations. Offerings are available at no cost to NYCC students, and at no cost on a short-term basis to faculty and staff.

Eve Abrams welcomes everyone with a contagious smile. She holds a master's degree in social work from Binghamton University, and a bachelor's degree in philosophy, religion and sociology from Ithaca College. Eve lives near Trumansburg, N.Y., with her husband and two teenage children, and enjoys gardening, yoga, reading, being in nature, and various outdoor activities.

Working in gerontology after returning to school for her master's, Eve joined NYCC's Counseling Services as a part-time staff member in 2007, and soon thereafter became its director. A longtime patient of chiropractic care and acupuncture, Eve was attracted to NYCC because she favored natural and integrative medicine and desired to provide a mental health component to the college community. Asked to describe



*Father Richard Murphy, Eve Abrams and John Bailey*

how she works, Eve says she feels that people who learn to sit compassionately with their suffering, current or past, can awaken themselves to the aspects of life that are joyful.

John Bailey's outgoing personality is immediately engaging. He holds a master's degree in counseling from the University of Rochester and a bachelor's degree from Wesleyan University. Living in Ovid, N.Y. with his wife, he has two grown children and five grandchildren. John had an early career as a performing musician and continues to perform in local bands, playing guitar and singing anything from traditional music to jazz.

Prior to joining NYCC, John's path

included work in a secure facility with teenagers and directing mentorship programs in Tompkins County where he helped volunteers connect with local youth. His passion for working with students and eagerness to learn more about alternative, holistic medicine helped Bailey find NYCC in 2008. John observes that each person comes to counseling with both needs and strengths. Experience has shown him that people who are able to access their full range of intellectual, emotional, social, spiritual, and physical capabilities, ultimately find there is no problem too large to overcome.

Father Murphy, or 'Murph,' as he likes to be called, is a mentor, advisor, and caring friend. After attending seminary school, he took courses in counseling - a very important part of priesthood. Murph lives on the NYCC campus in Mohawk Hall. In addition to his campus duties, he also says mass in nearby Auburn and

**Counseling is a matter of helping clients sort out issues and finding a balance so they may enjoy all aspects of life.**



# Student Spotlight

## Why Bibo Zhang Crossed the Planet to Attend NYCC

What could make a young man decide to leave his homeland and travel halfway around the world to study chiropractic? Twenty-six-year-old chiropractic student Bibo Zhang, now in his third trimester at NYCC, has both the answer and a very interesting story to tell.

The only child of Jianfang Zhang (a building-site manager) and Kaijun Bi (a nurse), Bibo was born and raised in Shen Yang, the capital city of Liaoning Province in the northeast region of China. Born by caesarian section and facing head upward, (as had Mao Zedong) Bibo's family felt he was destined for greatness.

### Why Chiropractic?

Bibo's father's family was well acquainted with traditional Chinese medicine (TCM) while his mother's relatives had experience with Western medicine. Bibo sought to study Western theory and to manage physical issues without drug intervention. In China it is not uncommon to combine TCM with Western methods. With the support of his family, Bibo set out to study TCM entering a seven-year program at Liaoning University of TCM where he earned a bachelor's degree. During the process he looked for ways to combine TCM with Western ways. He was completing his master's studies in pediatric TCM when several chiropractors visited the pediatrics unit of the hospital where he interned. Amazed at what they did, he determined that chiropractic was for him and began researching the field.

Searching for a chiropractic college, Bibo found that the United States has as many as 16 and he began researching those to find one that fit his criteria: excel-



*Bibo Zhang*

lent research facilities and a scientifically grounded curriculum.

### NYCC

A fellow Chinese friend who studied physical therapy at the University of Buffalo in Buffalo, N.Y., strongly recommended New York Chiropractic College to Bibo who found that NYCC was a highly reputed school steeped in science. Four telephone interviews later, Bibo decided NYCC was the place for him.

Bibo says he's attracted to chiropractic "like a fly to honey." Since beginning classes eight months ago his English has improved markedly. He recalls that when someone would say, "It's chilly," he thought they were referring to the spicy tomato dish his friend had made, and he still spends twice as much time on his studies and looking up words as his classmates.

Personable, and blessed with an

engaging smile, Bibo works at NYCC's Admissions office. When asked how he likes it here, he offers an enthusiastic "two thumbs and two toes up!" adding that the College far exceeded his expectations.

### Culture Shock

While still in China, the American television shows and movies he watched to improve his English comprehension depicted so much violence and discrimination he became uneasy about coming – that is, until he arrived in the U.S. and discovered his fears were unfounded.

"Everyone is so nice," he says. In fact, the people are the best part of his experience in the States. Unfortunately, he suspects, many others in the world may hold misconceptions about the United States and its people. Noticing that many of his NYCC classmates were more muscular than he, Bibo now goes to the gym and proudly demonstrates his initial success in bulking up.

### Future Plans

Bibo says he'll stay in the United States for several years after graduation so he can continue to learn and apply instruction taught at NYCC. Chiropractic is not widespread in China; most Chinese chiropractors practice first in the U.S. before opening a practice in China, he notes, some maintaining practices in both countries.

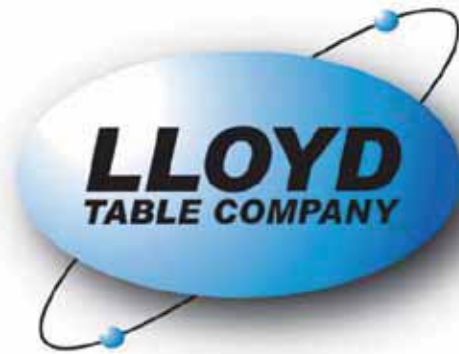
Bibo sees only opportunities, perhaps even returning to China to one day establish the country's first chiropractic college! He realizes his future lies in his own hands. And from what we've seen so far, they are capable hands, indeed.

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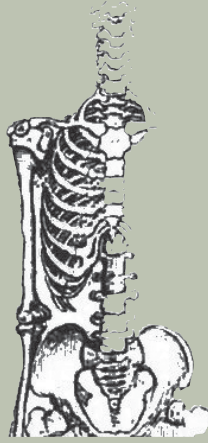
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### Emotional Health and Natural Health Care

*Continued from page 15*

who received acupuncture therapy targeting known “depression points” on the body, showed a drastic reduction in the severity of their depression and several no longer showed signs of being clinically depressed. These results lend hope to those with other emotional disorders.

#### **Chiropractic Approach**

Chiropractic care has proven helpful in treating people who suffer from mental and emotional illnesses. Sanitariums in the United States that incorporated chiropractic adjustments in their treatment plans showed a marked improvement in their patients' conditions as compared to those being treated at traditional sanitariums. “Peace of mind” was obtained by treating patients for vertebral subluxation to restore the normal working order of the

system and possibly impacting mental and emotional health. Reports indicated that, with regular chiropractic care, it may be possible to treat a number of mental and subsequent emotional ailments.

#### **Nutritional Component**

Food fuels the mind. Therefore, by regulating diet it may be possible to regulate the mind. A number of foods have been associated with mental and emotional health while foods such as sugar and caffeine create an increased state of energy and ultimately lead to fatigue or anxiety once the substance has run its course. Eating foods high in sugars and fats can also lead to obesity, which in turn, can result in poor self-image and depression. Such substances play a significant role in developing health issues such as

high blood pressure and coronary artery disease.

A number of food compounds have been found to promote and sustain good mental health. The B vitamins help in maintaining positive self-image and low anxiety levels. Decreased levels over prolonged periods are associated with the development of anxiety disorders, depression and mood swings. Carbohydrates are also key in maintaining emotional well-being. People deficient in carbohydrates do not produce enough serotonin and may become depressed. Foods rich in omega-3 fatty acids promote the production of serotonin in the brain, and by consuming such foods, serotonin production is increased and depression may be relieved or avoided.

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# News Briefs

## C. Kevin Donovan, DC ('81) Offers a Warm Welcome to New DC Students

Dr. C. Kevin Donovan delivered the welcoming address to first-trimester chiropractic students.

President of his class at New York Chiropractic College, Dr. Donovan interned at the Greenvale outpatient clinic on Long Island, graduated from NYCC in 1981, and has maintained a private practice in Rhode Island since 1982.

“Keep involved,” Donovan told the students, adding that they will find they can accomplish more than they thought possible. Alluding to improved research and increased clinical opportunities, he told the new students they were about to embark upon an even better educational experience than he received, and his was excellent!

“This is a great time to enter the profession,” he said, explaining that opportunities in chiropractic are continuing to expand. He stressed the importance of educating the public about chiropractic and enhancing the cultural authority of



*Dr. C. Kevin Donovan*

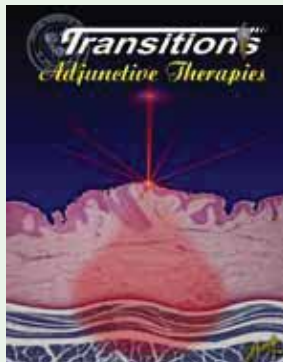
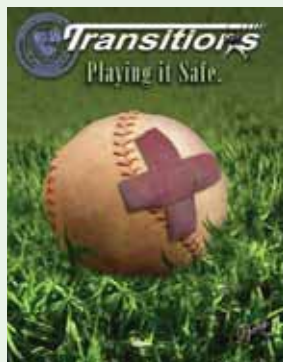
the natural healthcare professions, and urged the students to network with other chiropractors and join local and state associations. Recommending a path that will assist chiropractic, Donovan suggested

joining the student chapter of the American Chiropractic Association (SACA) to help spread the word to legislators.

Congratulating them on the excellent education they were about to receive, Donovan told his audience, “You will be providing a unique service that no one else can match. You are poised to make a difference in the lives of many, and in the profession.”

Dr. C. Kevin Donovan is currently serving his second term as president of the Chiropractic Society of Rhode Island, is the Rhode Island delegate to the Congress of Chiropractic State Associations and served two terms as its president. Donovan is also past president and current chairman of the board of the North East Chiropractic Council. The long list of civic organizations with which Donovan is affiliated includes the Knights of Columbus and the Ancient Order of Hibernians.

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Seminar instructor Dr. Jack Barnathan, DC created the annual Chiropractic Sports seminar with Arnold Schwarzenegger. A life-long strength athlete and IFBB Gold Medal

honoree, Dr. Barnathan serves as Chiropractor and Sports Performance consultant to some of the world's top Pro and Olympic champions and was awarded the United States Presidential Certificate of Merit for his work on behalf of the President's Council on Physical Fitness & Sports.

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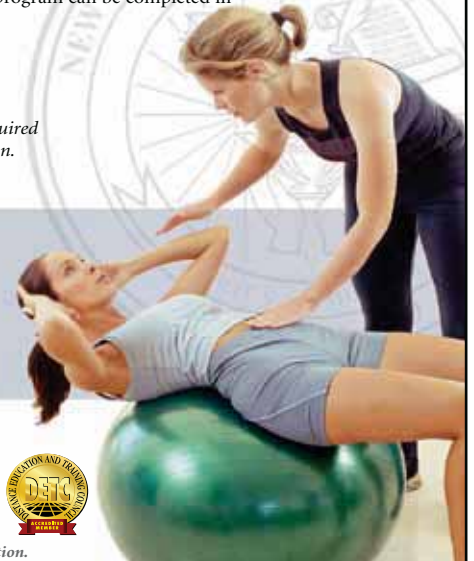
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# News Briefs

## Former NYCC President, Kenneth W. Padgett, DC, Receives Paul M. Tullio Award For Distinguished Service To The NBCE

Kenneth W. Padgett, DC, was delighted to receive the Paul M. Tullio Award for Distinguished Service to the National Board of Chiropractic Examiners (NBCE) by board president, Dr. Theodore Scott and treasurer, Dr. Donna Craft at the NBCE Annual Business Meeting and Delegates Luncheon in Marco Island, Fla., on May 6, 2011. The award recognizes leaders in chiropractic whose contributions in testing, licensing and legislative issues benefit the chiropractic profession.

Honored to have earned an award named after his friend, Dr. Paul Tullio, Padgett remarked, "My years of service to this profession arises out my love for it,"

adding, "I really enjoyed my time at the NBCE and was glad I could contribute."

Padgett has demonstrated leadership throughout his career: president and chancellor of New York Chiropractic College, president of the Association of Chiropractic Colleges, president of the American Chiropractic Association, and president of the Association for Chiropractic History. In 2000 he received both the ACA Chiropractor of the Year award and the FCLB George Arvidson Award for Meritorious Service to Chiropractic, and was recipient of ACA's Meritorious Service Awards to Humanity and Chiropractic several years running.



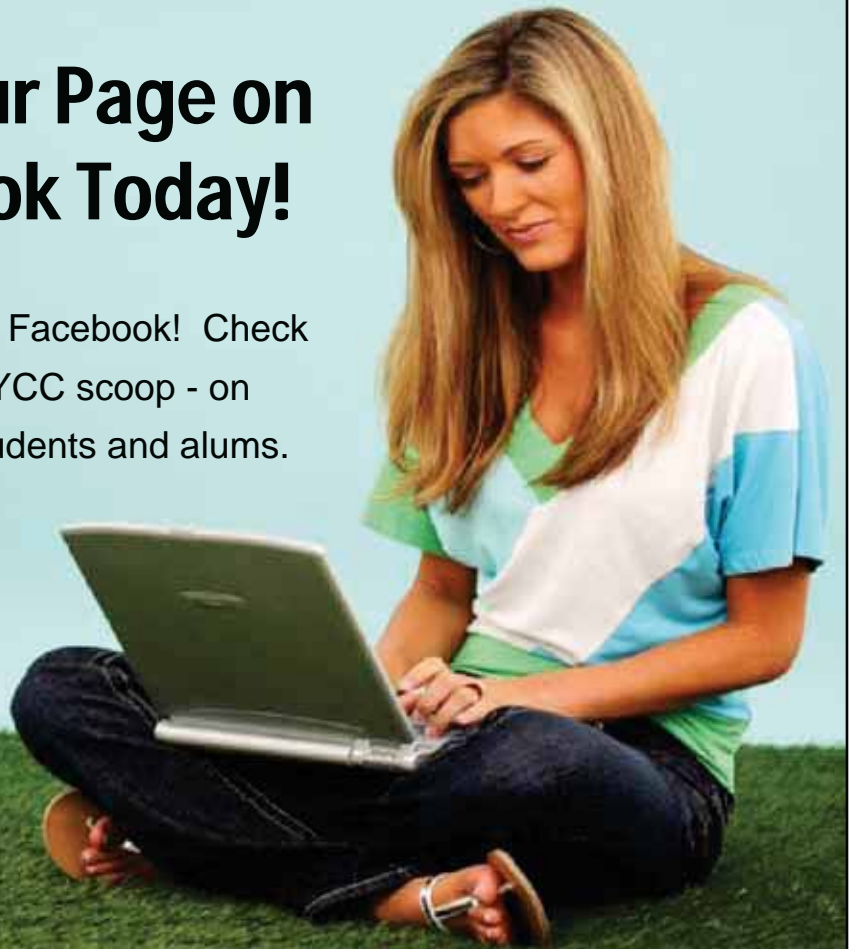
*Dr. Donna Craft with Dr. Kenneth Padgett*



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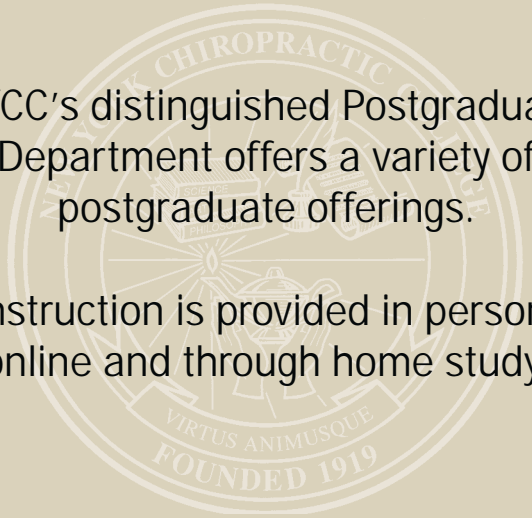
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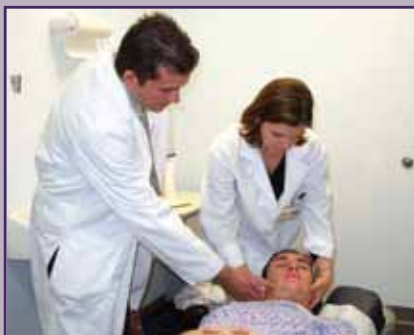
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# News Briefs

## NYCC Alumni Make a Difference

New York Chiropractic College alumni distinguish themselves through their valuable contributions to the profession. Many of them practice in multidisciplinary settings, working shoulder to shoulder with their counterparts in other healthcare disciplines and actively engaging in patient education. Others act as consultants, team physicians, and expert providers at national and international sporting events.

Our graduates hold faculty positions in academic settings, advancing natural healthcare at colleges and universities throughout the country. Many have developed seminars, workshops, and educational programs to train and prepare 21<sup>st</sup>-century healthcare practitioners, lecturing at conferences in many areas of the world and authoring highly regarded articles published in peer-reviewed journals. Our alumni work to stay abreast of current trends within their respective fields, crafting instruction



*Anthony J. Lombardi, DC  
(NYCC '03)*



*Elaina Pirro-Lombardi, MS,  
DC, DIBE (NYCC '00)*



*Andrew M. Rodgers, DC, MS  
(NYCC '74)*



*Bernard Furshpan, DC  
(NYCC '81)*

for continuing education programs and achieving board certification and earning licensure in many areas of natural healthcare. They actively assist with fundraising efforts and contribute their time and talents to charities and take an active interest in their profession and their communities.

NYCC alumni demonstrate their cultural authority among healthcare circles as expert witnesses in court cases and assume positions of responsibility in local, state and national associations, including the American Chiropractic Association, International Chiropractors Association, American College of Chiropractic Consultants, American Academy of Expert Legal Medical Witnesses, New York State Chiropractic Association, American Board of Chiropractic Orthopedists, American Association of Clinical Anatomists, American College of Chiro-

practic Orthopedists, National Board of Chiropractic Examiners, and may earn recognition for excellence and outstanding achievement from their peers and colleagues through awards from these same organizations.

Many of our alumni serve on advisory boards and ethics committees, as well as consult for worker's compensation, health insurance, and practice management. They appear on television, radio and participate in media interviews.

Consistent with the foregoing, NYCC is proud to recognize the following alumni who have made significant contributions to their profession:

- Anthony J. Lombardi, DC, (NYCC '03)
- Elaina Pirro-Lombardi, MS, DC, DIBE, (NYCC '00)
- Andrew M. Rodgers, DC, MS, (NYCC '74)
- Bernard Furshpan, DC, (NYCC '81)
- Mariangela Penna, DC (NYCC '86)
- James Demetrious, DC, FACO, (NYCC '86)



*Mariangela Penna, DC  
(NYCC '86)*



*James Demetrious, DC, FACO,  
(NYCC '86)*

# News Briefs

## Canadian Alumni Share “Canadian Know-how”

What’s practice like “north of the border”? Three NYCC alumni who braved customs and returned to Seneca Falls regaled current students with tips and tales about professional life in the “True North Strong and Free.” Addressing a jam-packed and largely Canadian student audience downing platefuls of poutines (French fries topped with fresh cheese curds and covered with brown gravy) were Dr. Alvin DeLeon (‘02), family chiropractor at Scott Health Center in Woodbridge, Ontario, since 2004; Dr. Andria Hoda (‘05), Owner/Director of Meadowlands Chiropractic, Ancaster, Ontario, since November 2006; and Dr. Lindsay Grieve (‘06), chiropractor at Wilson Health Services in Cambridge, Ontario, since 2008. Two began practice as associates and all currently work in multidisciplinary settings. Drs. Hoda and Grieve just recently joined forces to create TheDCCE.com, Canada’s only Web site dedicated solely to online chiropractic continuing education, about to launch soon.



*Dr. Andria Hoda, Dr. Lindsay Grieve, NYCC President Dr. Frank J. Nicchi and Dr. Alvin DeLeon*

### Experience

Hosted jointly by the College’s Career Development Center and Canadian Club, the event spoke to issues of particular relevance for current Canadian students (or American students considering practice in Canada). Topics included whether to take both the American and Canadian board exams, insurance issues, the challenges of the business end of practice, and learning as you go.

All agreed that their preparation at NYCC equipped them well for practice. Each strongly recommended networking with practicing chiropractors early on - visiting, observing and shadowing as many doctors as possible to determine one’s individual preferences. In addition, they advise attending as many of the College’s workshops and lectures as possible.

### Advice

“Believe in yourself. You have the tools; believe in your skills,” said Hoda. “The job never ends,” added Grieve, “Work hard to develop relationships with your patients; always relate everything back to what chiropractic can do and keep educating.” DeLeon stresses the importance of learning who you are and what you want. “Look for mentors,” he said. “Live life as if you don’t yet know enough. There’s a lot more to learn. And remember to have fun!”

College President Dr. Frank J. Nicchi, noting the panelists’ high energy level and strong communication skills, encouraged members of the audience to work on developing these traits as they figure significantly in a chiropractor’s ultimate success. Questions-and-answers followed the discussion.

## NYCC Professor William Morgan, DC, Named to the Musculoskeletal Board

Adjunct NYCC professor, William Morgan, DC, was appointed to the United States Navy’s Musculoskeletal Continuum of Care Advisory Board (MCCAB) created to address the prevalent musculoskeletal injuries

sustained by U.S. armed forces personnel. Morgan, who also serves on the Spine Committee within MCCAB, will help make decisions about the future direction of healthcare within the Navy and the Marine Corps.

Also serving on the fac-

ulty of the Uniformed Services University of Health Sciences’ Medical School, Dr. Morgan has practiced in Bethesda, Md., for the past 13 years and works in Navy-supported executive health clinics in the Washington, D.C., region.



*William Morgan, DC*

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**Class of 1989**

**Michael Fedorczyk, DC**, who practices in Dunkirk, Md., was recently elected to the position of vice-president of the Maryland State Board of Chiropractic and Massage Therapy Examiners. Dr. Fedorczyk has served as the secretary/treasurer for the board. In June, he served as a member of the National Board of Chiropractic Examiners part IV test committee to help design the National Board part IV exam for the Fall 2011 and Spring 2012 exams. This was his second time participating on the committee. He was also chosen to be an examiner for the part IV exam in November. This is his third time participating as a part IV examiner. He was also chosen to be a treating chiropractor at the 2011 U.S.G.A. Open Golf Championships. He can be reached by e-mail at [drmikfed@comcast.net](mailto:drmikfed@comcast.net) or by phone at 410-286-3335.

**Class of 1991/1992**

**Jonathan Amdur, DC**, and **Cathy Anne (Crowley) Amdur, DC**, are pleased to announce the grand opening of their second office at 1700 Great Neck Road in Copiague, N.Y. They continue to offer chiropractic care to infants and adults and offer geriatric care and massage therapy. Their office staff is fluent in English, Spanish and Polish. They can be reached

at their new office by phone at 631-608-8700 or by e-mail at [copiaguechiro@optonline.net](mailto:copiaguechiro@optonline.net).

**Class of 1998**

**Dominick D'Agostino, DC**, got engaged in Venice, Italy, in June 2010 and married February 26, 2011, to Anna DeTrizio, who has been a 6th grade special education teacher in Garfield's Middle School for 8 years. Dr. D'Agostino has practiced in Garfield, N.J. for 12 years and is currently looking for a recent NYCC graduate as an associate for his multidisciplinary practice. He currently has an orthopedist, chiropractor, acupuncturist and massage therapist on site. He can be reached by e-mail at [drdom80@hotmail.com](mailto:drdom80@hotmail.com) or by phone at 973-772-0099.

**Class of 2005**

**Jennifer Illes Rector, DC**, and her husband David are happy to announce the birth of their first baby, Joshua James Rector. He came into this world on May 27th, 2011 at 8.4 lbs. Jennifer is currently working at National University of Health Sciences as a clinical science instructor in Florida, while taking her Masters in Applied Clinical Practice at NUHS. She can be reached at [jenniferilles@hotmail.com](mailto:jenniferilles@hotmail.com).

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: Vice President of Institutional Advancement, NYCC, P.O. Box 800, Seneca Falls, NY 13148-0800; fax: 315-568-3153; or e-mail: [pvantyle@nycc.edu](mailto:pvantyle@nycc.edu).

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