



Chiropractic meets the “Field of Dreams”

Anyone who has seen the movie “Field of Dreams,” will recall the circumstances of “Moonlight” Graham who, after having his dream snatched away from him, went on to become a doctor and changed the lives of thousands. When I first saw this movie it reminded me of my father, as his situation was quite similar.

My father was the quintessential athlete. From golf to football he loved sports, however as a teenager in New England he was passionate about baseball. He showed a lot of promise as a ball player, but as fate would have it, after being accepted to play semi-professional ball for the Red Sox organization, he sustained an injury during pre-season training. The injury was to his low back, however, when in the hospital he began experiencing pain and loss of muscle mass in his leg. When the hospital doctors determined that there was nothing that they could do for him they sent him back to Massachusetts and his hopes of becoming a professional ball player were dashed.

While back home, my father learned that there was a clinic over the border in New Hampshire where they were doing something new, called chiropractic. Intrigued by what he had heard he visited this clinic. Upon examination the doctors there informed him that his problem originated in his back and it was the pinching of a nerve there that led to the problems that he was experiencing in his leg. The benefits of the treatment plan they established were immediate. Excited by these results he wondered why it was that the doctors at the hospital could not identify his problem and provide the appropriate service for him. It was then that he realized chiropractic was a totally separate and distinct discipline of health care. With the opportunities of either returning to baseball or entering chiropractic school, he made a decision to serve the public as those chiropractors served him, and he attended Palmer College.

Much like Doc Graham, Doc White often dreams of those days when he could have stare down a major league pitcher, however, had he not made the choice that he did many people would have suffered from lack of his care. He would not have given up a lifetime of chiropractic successes to play even one inning of professional baseball. You can see why the “Field of Dreams” touches me so.

As his son I grew up with the idea that when a symptom developed my father would adjust me and the symptom would go away. What was not realized until I was much older was that the adjustments that he was performing when I was symptomless were just as important as any others. These adjustments actually allowed my body to perform optimally in my environment. At the time I thought this was normal, however, years later I witnessed that my brothers and myself were “sick” less frequently than our classmates. This fact showed me that quality of life was not removal of symptoms. Instead symptoms were the end result of an underlying problem. If symptoms are the effect then what was the cause? It has been said that the body has the ability to do everything from repairing itself to warding off disease. If this were not the case there would be certain extinction of the human race as the microorganisms that are in each and every one of us would destroy us inside to out. One sees this happen when the life force leaves our body and without the body decays. In the “sick,” something must be stopping the bodies natural prevention and healing capabilities. Could it be subluxation?

Now there is a new Dr White in town. I am charged with carrying on the legacy of my father. As I go about my business, taking care of patients and educating the public about chiropractic, I appreciate the fact that this is just one more validation that my father made the right decision.

Through proper spinal health we at Action Chiropractic and chiropractors as a whole are in a position to ensure that the public is optimally healthy. If you have any questions about the impact that chiropractic can have on the lives of you, your family and your friends, please contact our office and we will be of service to you.

Sincerely,

Dr Paul J White
