The energy exuding from these chiropractic crusaders was palpable, and was quite contagious and incredibly promising. The conference helped me regain focus on what is truly important in this profession. As we all know, sometimes throughout the schooling process it is easy to become a bit lost in the academics. When exams and projects begin to pile up, we can lose sight of the true beauty that is found in the philosophy of chiropractic. Cal Jam helped me to reconnect to the power within and realize the true calling of this profession.

The subluxation that we as future chiropractors are learning to remove is an essential part of the chiropractic profession. However, it became clearly evident after attending Cal Jam this year, that this is not all that we provide to our patients. As chiropractors are responsible not only to remove subluxations from those that walk into our offices. We are playing an elemental role in saving their lives by connecting them to their true selves. Chiropractors must share the truth about the awakened power that lies within us all, the paradigms of health care not only in our county, but around the world.

The ones we are waiting for. We've been waiting for. We've been waiting! Why have we been waiting? What are we waiting for? We've been waiting for us. I've been waiting for me. That's empowering. We have the power. It's also a little frightening. That means it's up to you. It's up to us. It's up to me. The only person to take the credit or the blame is I.

This is huge, because it takes us out of the victim mentality. It empowers us to be the victor, not the victim. Things don't happen to us. Rather, things happen in our lives, and we act based on our attitudes about those experiences. Responsibility shifts from outside to inside ourselves.

It's easy to get lost in the shuffle.
Measles Outbreak in New York: Are Vaccinations Working?

Growing up Chiropractic, my siblings and I have never been vaccinated. My sister, who lives in New York City, emailed me a link to a story from NBC about the recent outbreak of Measles. Throughout our lives, people often questioned us, speculating what would happen if we were exposed to something like Polio or the Measles. The consciousness that lies throughout our society is that if one is vaccinated for such pathologies, then they are immune with the best chance to resist it.

So when the recent news from NBC New York reported that 16 cases of Measles were diagnosed, there was cause for some investigation. The reputable news outlet stated that “Four of the affected children were too young to have been vaccinated; three who had been vaccinated were 13 to 15 months old and two others had not been vaccinated by parental choice, the Health Department said. ‘The affected adults range in age from 22 to 63 years.’” In other words, of the 16 cases, 6 were not vaccinated, four of which were ‘too young’ to receive the inoculation. The other 10 were vaccinated for Measles, 3 of whom were children who only received one of the two-part vaccinations that would ‘assure protection.’

My sister was curious as to how I received this news for a few reasons, one being the sanctity of her health. The other was the curiosity of how to assess the report in an objective and learned manner. But lastly, she wants to be informed so when she defends her stance on such issues, she is able to effectively do so. After reviewing the report, I came up with a few takeaways from the piece.

1. For someone who was not vaccinated, contracting the illness would make sense as measles is undoubtedly a contagious virus. However, the majority of New Yorkers who tested positive for measles had the vaccination. So really, there is no clear difference in terms of immunity for the vaccinated or unvaccinated. The only true difference lies in that the unvaccinated will build a natural immunity as the body was intended to function. The vaccine evidently did not accomplish its purpose for those who tested positive for the infection.

2. Measles is uncomfortable, but it goes away. The symptoms for measles include high fever, rash and a cough. Although harsh, there is no real treatment for measles other than rest and to let the virus run its course, which typically lasts about a week. Although, like with any infection, there could be anomalous complications, these symptoms can only be attempted to be subdued by medical intervention, but the virus is finite in its pathology.

3. This report was written in a questionable format, one that alludes to a vaccine being the proper course of prevention and protection. The takeaway from the report is to get vaccinated, but it does not discuss the lack of effectiveness in the very cases they are using to reinforce the idea that these very vaccinations are working.

4. The shot requires many dosages and even then is not proven to be effective. It is not a one quick fix, it is a lifetime decision to live in fear and continue the introduction of artificial toxins into what is a naturally healthy immune system. The report makes a point to say that for the cases where the vaccinated children contracted the virus, they did not have the complete protocol. A second shot was required. But, as seen in the adults who completed the protocol, who are now positive with measles, there is no mention.

5. The article is written in a skewed and biased point of view. It cites quotes from uninformed people, scared parents of an alopathic consciousness, and uses logical statements phrased in a daunting way. For example, “Infants, people who have a weakened immune system and non-immune pregnant women are at highest risk of severe illness and complications.” The elderly, babies, and people with weak immune systems are at a high risk! This is an obvious statement that is written at the end of the piece to instill worry at those who are most vulnerable. Naturally, those whose immune systems are developing (babies), deteriorating (elderly), or systemically weak will be susceptible to any infection, let alone measles.

Overall, it is not the issue of whether to vaccinate or not vaccinate a child that I am trying to challenge. That is a decision that is solely intended for each family to make after they have done their research on the details of all of their options. I comment more to the spin that the media can put on the outbreak, and how the consciousness of our medical model-culture accepts it as bond.

We must hold our media outlets accountable for reporting objectively and including both sides to a story without bias. In this case, it is that there are reported cases of measles in New York and both vaccinated and non-vaccinated citizens are at risk. It is unethical for the news source to represent one side in its suggestion for prevention and care. It is the role of a medical authority, be it a chiropractor or MD, to give his professional advice. In turn, it is each citizen’s responsibility to take in all the information and make a decision on their own.

http://en.wikipedia.org/wiki/Measles
“I am not really a philosophy-based chiropractor. I like science too much.” The comments drew not-so-hushed whispers throughout the classroom. Did he really say that? At Life West? What is he thinking?

Within minutes, several people had even posted angry outbursts via Facebook concerning the statement. It was unthinkable that at Life West, which prides itself on being philosophically sound, such a sacrilege as “not really being a philosophy-based chiropractor” could be uttered within these walls without that person immediately combusting into a pillar of hell-fire.

Those were my initial thoughts as I sat in the Texas airport trying to patiently ride out my second flight cancellation and little over 26 hours of lay-over while waiting for the Houston airport to reopen after a potential ice storm warning. To my (and hundreds of others) extreme annoyance, the potential ice storm never appeared. However, while I was still trapped in the airport made of near-blinding florescent lights and stiff plastic seats, I considered the discussion of “philosophy-based” versus “non philosophy-based”. My conclusion was rather ironic.

According to the definition of the word, the choice to “not be a philosophy-based” doctor is actually a choice of philosophy - not the annulment of philosophy. The Merriam-Webster online dictionary defines philosophy as “a set of ideas or values about how to do something or how to live”. So those who argue that they are “too scientific”, “too analytical”, or “too logical” to have philosophy, may have a cranial lesion concerning the definition of the word. Philosophy is about values. Those who value the periodic table embrodered into their boxer briefs have no less philosophy in life than those who value a daily reading of D.D. Palmer's personal memoir.

When did the idea of philosophy suddenly become a “soft science”? Or worse, “in opposition to the scientific model”?

In the middle of May 2013 I found myself on a dirt path in Spain, just wide enough for two cows to walk shoulder-to-shoulder in the middle of nowhere. I was on a journey to walk 500 miles. It was early in the morning and the mist had not yet risen from the fields of young green wheat. I walked with both of my hands tucked firmly into my armpits to hold what little warmth there was and I did not bother to remove my hands as I came upon another pilgrim on the trail. “Buen Camino!” I greeted. The man turned and smiled at me, “Buen Camino to you too”. Instantly, I knew he was American and from the East Coast. Without pausing, he anxiously asked, “do you mind if I walk with you?” I shrugged a nonchalant “sure” with my fingers still wedged in my armpits. I had not yet had my ritual morning espresso and I knew I could not be counted on for any type of intelligent conversation. Thankfully, my new friend was able to accomplish enough talking for both of us.

The words that stuck with me in the days and months to pass after that conversation were “my new philosophy is to be happy”. He said this to me right after he finished telling me how a month before coming to walk the El Camino de Santiago, he had tried to take his life, for the third time. “I realized that I needed to find something, anything in life that could make me happy to live. Now that I have found that - I don’t want to die” he said with a big, slightly sloppy smile. He never told me his name and we did not meet again after that day.

Both as a human and as a doctor, what will be your philosophy?

Will you choose to be philosophically based in the values of a drug free and surgery free profession? Or are you philosophically based in the values of a profession that includes the use of minor drugs and surgery? Are you philosophically based in the value of energetic or emotional healing? Are you philosophically based in the moving of a bone through the short arm thrust?

Are you philosophically sound in being a happy? At the end of the day, we probably all have the same amount of philosophy. The only thing that changes is the “what” and the “why”.

I believe that Cal Jam is something that every student in chiropractic school should experience. Besides seeing B.K. killing it on the trombone while enjoying an awesome 80’s themed after party surrounded by rock and rolled out doctors, Cal Jam has so much to offer. The speakers challenge you to make positive changes to better shape the world’s health. We all must keep in mind, the best way to predict the future is to create it ourselves! If you want to take steps to grow and expand your thinking, then I’ll be seeing you at Cal Jam 2015!

By Sarah Martin
Nothing is Bigger than Life!

These words hang over the stage at Dynamic Essentials and define what D.E. is really all about.

...continued on page 6

The Grass is Always Greener

by Dan Ceballos

I support and inspired me to be part of a school actively creating this vision into a reality.

As my second quarter at Life West comes to an end, I still pinch myself to make sure the transfer isn't a dream. I can't believe the infectious energy of students buzzing in the halls everyday, so passionate about chiropractic. I am a self-admitting drinker the Life West purple kool-aid and I feel I'm exactly where I'm supposed to be. My intention of this article was to share my transfer story and provide some perspective on how good we have it here at Life West. If you're like me and love Life West, please please PLEASE, send any colleagues, friends or family to a Champion's Weekend. Together, lets grow enrollment here to truly create a brighter future for humanity.
S a v e t h e P l a n e t : B a l i

by Fabi Zawalski

At Life 101 I made a decision. I didn’t know how it was going to happen and I didn’t know when, but by the end of 2013 I was going to travel somewhere. Little did I know that my opportunity was just around the corner.

About a week later, I was sitting in Spinal Anatomy II and James Evans walked in to make an announcement. He tells my class that there is a group going to Bali for a service trip through a new club called Save the Planet. I knew right away that I was meant to go on this trip.

Being a second quarter student at the time, I was nowhere near clinic or adjusting so I applied to the service trip to be an assistant. I was more excited about the idea to go to Bali and travel than I was about doing paperwork, but I was excited to be on the team.

Through this opportunity I gained more than just fulfilling my goal to travel to an amazing place. I also had the chance to get to know people from Life West that I would never have otherwise gotten to know. And through all of this, was part of a group that was serving the people of Bali through Chiropractic.

Once we landed, we had the first two days to relax and adjust to jet lag. After a few days of mostly sleeping, with some sight seeing mixed in, we were off to our first work day. We traveled about two hours East to our first adjusting site, Candidasa, where patients were seen Monday, Tuesday, and Wednesday. We then traveled about another hour East to spend the rest of the week in Seraya Barat. Here, patients were already lined up and ready to be seen.

It took about 20 minutes to set up tables and do some paperwork before we were able to see people. Then, it was time to call up the first few patients. Once we started to check and adjust people, the day was a blur. With the help of two amazing translators Linda and Rina, most of my time was spent speaking with patients to gather their history and personal stories. It was heartwarming to see smiling faces after each adjustment. I also noticed that even with a language barrier, I was able to connect with anyone I was speaking with. But, for those times where the communication was not so smooth, we at least got to laugh together. As the days went on, our process streamlined. I got much more efficient at filling out paperwork and asking the right questions. As an unexpected bonus, we learned how to speak some Indonesian!

By the end of the week, I had helped our team see over 400 people in two different towns. Our patients ranged from infants to eighty year olds. Patients came in for a variety of reasons. One person fell off a tree and was paralyzed. Others had pain from the harsh working environments Bali can provide. Yet, others were simply in because one of their friends came for a check the day before and was adamant that they come and get checked themselves.

What surprised me most was that with merely two quarters of Chiropractic school under my belt, I was using the knowledge I had gathered in classes like Peripheral Neuroanatomy, Skeletal Anatomy, and Regional to assist in the care for our patients. Although class is important, having this real life experience of providing service to the people shaped what school is for me. Even if it was ‘just’ paperwork, I was responsible for the quality of care each patient through my assistance. This experience helped me connect what I am learning in school with real life, and how important that bank of knowledge can be for chiropractic care.

I saw firsthand how essential this process is in order to offer the highest quality of care I can provide for my patients.

W h e r e H a v e a l l t h e F l o w e r s G o n e ?
C h i o r r a p t i c a s a P r o s e t T o n g S o n g

On August 18, 1955, Pete Seeger, an American singer-songwriter, with a string of hits during the early 1950s, was subpoenaed to testify before the United States House of Representatives Un-American Activities Committee (HUAC). This investigative committee was created to investigate alleged disloyalty and subversive activities conducted by citizens and organizations suspected of having Communist ties. In the 1960s, Seeger became a well-known singer of protest music in support of civil rights, counterculture and environmental causes, and international disarmament. As an artist, Seeger never used violence to communicate his message. Like many musicians before him, Seeger used words and melodies to bring age-old ideas on freedom and peace to the masses through folk music. Pete Seeger passed away on January 27, 2014.

"Where have all the flowers gone, long time passing? Where have all the flowers gone, long time ago? Where have all the flowers gone? Young girls have picked them everyone. Oh, when will they ever learn? Oh, when will they ever learn?"

by Joshua Pollack

you haven’t heard of them, you might wanna check em out!

As we emerge as Doctors of Chiropractic, we all must find ways to communicate our message to the world. I believe the message of Chiropractic is one of protest and change, and create positive action around the world. Many other artists have used music to inspire change and challenge the status quo. Some of my favorites are John Lennon, Bob Dylan, Bob Marley, Marvin Gaye, The Clash, and Rage Against The Machine. If...continued on page 6
tak on by chiropractors, spouses, partners, students, and anyone who integrates the message into their being.

The caveat of this environment of truth and love is that there is no garbage that is tolerated, whether it is something you tell yourself or your view of Chiropractic. If you are off base from truth, there are people who will call you out from a place of love and hold you accountable. D.E. men and women have a reputation for being staunch which is misunderstood because of the level of commitment to Chiropractic and each other. It is always easier to be mad at the person holding the mirror than the person in it.

For students, we are extremely lucky to have such an event in [Atlanta] three times a year. It is always no charge for students to attend. Where else can you go in Chiropractic and be welcomed by some of the most successful field practitioners who want nothing more than to see you succeed to your full potential as a Chiropractor? For me, it has been the defining experience in my Chiropractic career. I was fortunate to have been brought to a meeting three years ago before I was a student in Chiropractic school. It changed me to see the raw passion and enthusiasm everyone had for their profession. I didn’t understand it, but it was captivating and I wanted to be that excited about what I do.

From there, I showed up at every meeting. I have the power to do just that. Empowerment was from then on inside of me, and not outside.

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From there, I showed up at every meeting. I have the power to do just that. Empowerment was from then on inside of me, and not outside.

Inside out. Not outside in. Sound familiar? Pete Seeger used folk music to create a new life experience and expression. “To protest is to verbalize a dissatisfaction with the status quo.” That is something Chiropractors MUST be part of and historically, we have helped lead the charge. So grab your banjo and get to strumming, find your platform, take a stand, and find your voice. We’ve got to get the word out as the world is waiting and listening for the next Pete Seeger.

**Pete Seeger continued...**

That was his platform. Most of us will just use our voices, speaking to people to translate the message of Chiropractic as best we can. A new generation of media-savvy Chiropractors will utilize the powerful forms of digital media like multi-media and social media to get the message across. Regardless of your platform, know this for certain: your voice is one of protest.

“Empowerment was from then on inside of me, and not outside.”

Inside out. Not outside in. Sound familiar?

See, changes in the zeitgeist relating to empowerment seem to be occurring more and more these days. Social media and the ease of information exchange has people aware of what it is they are eating, how to exercise, and ways to make a living without being a corporate slave. And most important for us as a profession, more people seem to be taking charge of their own health. As future chiropractors, let’s ride this growing swell. Helping patients to realize that they are empowered and that they alone are responsible for their own health, will have far reaching effects.

**Upcoming Seminars**

- **April 24-27, 2014**
  - Sarasota, FL
  - Sarasota Hyatt Regency

- **July 17-20, 2014**
  - Atlanta, GA
  - Embassy Suites
  - Centennial Olympic Park

- **October 23-26, 2014**
  - Atlanta, GA
  - Embassy Suites
  - Centennial Olympic Park

**Pete Seeger continued...**

When you are adrift in modern life and the giant bureaucracies that come with it. Unfortunately, it seems many people today resign themselves to accept that their efforts are futile in such a system. Ambitions resign themselves to accept that their efforts are futile in such a system. Ambitions are thrown away, and responsibility and blame are placed outside of ourselves. Within a bureaucracy, passing the buck is easy. Complaining about the way things are and blaming someone or something else for it almost comes naturally. If something needs to be changed, we may look outside ourselves for the impetus. But as the quote above says, we are the ones we have been waiting for.

All of us here at Life West have invested ourselves into a profession in which we will rely on ourselves. Business-wise, being a chiropractor depends on this idea of empowerment. Our potential for earnings and financial freedom is up to us. Blaming the government, the various associations, the recession, and so on is just an excuse. As we’ve heard in many of our classes here, many DCs out in the real world have not only stayed afloat during the recent recession, but some have flourished. I’m willing to bet that those doctors have a strong sense of personal empowerment.

Fitness has been a huge part of my life. Having been a gym rat for half of my life and recently competing in powerlifting, the space where I train is essential. When I first arrived to Life West and saw the sparse equipment in the school’s fitness center, I dreamed of having a much better-equipped gym. Lifting heavy things calms me down. Imagining working out with only cable machines and light dumbbells didn’t appeal to me, especially anticipating the way in which I would deal with the high stress of the upcoming years here. Asking around that first quarter here it seemed many other students wanted to improve the fitness center as well, but nobody was actually doing it. So, I set out to make it happen.

Once I talked to the right people and went through the right avenues, it was done. I could have easily just complained about the equipment and gotten a membership at another local gym. But, I wanted to improve my school and do something that would benefit all of us students. This opened me up to an influential sense of empowerment.

I realized that if I wanted to see something happen, I have the power to do just that. Empowerment was from then on inside of me, and not outside.
Are you a night owl or an early bird? When it's 8:30 p.m., do you find yourself getting sleepy or are you feeling ready to bring on the night? Or when it's 4:30 a.m., do you find yourself starting to wake up before your alarm clock goes off or are you trying to get into bed before the sun starts peeking up over the horizon?

Personally, I find that if I don't get in bed by 10:30 p.m., I get my second or even third wind. I am then bequeathed a few more hours with a burst of wakefulness and energy. I am what you call a "night owl". I would like to blame my years working in a sleep medicine laboratory from 8 p.m.-8 a.m., but this special power has been something I can remember dating all the way back to middle school. Something always keeps me awake at night and it's not caffeine.

When I played in bands back in San Diego, the show would end and the bars would close at 2 am. Most of those nights ended with us just trying to get in bed before the sunrise. So working the night shift was never a strange concept for me. I was usually awake anyway. Since I was a teenager, the science of sleep has always fascinated me. This is ironic because I don't really get much sleep in general. And when I do, it certainly isn't during the "normal" off-peak hours. But what exactly are normal hours anyway?

Over the past 17 years that I have been around the field of sleep medicine, I have had many nights to ponder these ideas. I have known lots of people in my life who turn into pumpkins by 10 p.m. while other people I knew seemed to come to life during the witching hour. I have often wondered how people can vary so much. I have often wondered if it was an acquired behavior, a cultural norm, the external environment, or an inborn trait. While it might be a combination of factors, there is an overall classification for the time of day people gravitate toward being awake.

The concept of early risers and late sleepers is known as Chronotypes. Humans are typically active during the day and are known as diurnal creatures. But that doesn't mean that humans are all active during the same hours of the day. It doesn't mean any humans are truly nocturnal either.

Most people's sleep/wake cycles only vary from each other by 2 hours earlier to 2 hours later (Logie). Humans develop their own unique patterns, which create their biological clocks known as circadian rhythms. These rhythms describe physical functions such as hormone levels, body temperature, cognitive faculties, eating and sleeping habits that can all vary from person to person (Wiki).

New research is beginning to unveil evidence showing that chronotypes may be caused genetically (American Neurological Association). Some of this research is being done using twin studies. Oddly enough, more data is coming from referencing studies on the elderly, which are also finding some correlations with what time of day people die. Participants of this particular study had their DNA genotyped, which is a process of identifying differences in individual components of DNA. The study had their DNA genotyped, which is a process of identifying differences in individual components of DNA.

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**POLICIES**

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**Life Chiropractic Health Center**

Main Entrance located at:  
25001 Industrial Blvd  
Hayward, CA 94545

**The Life West Health Center - Live Life Well**

By Dr. Kathleen Kinney

Chiropractors use their understanding and expertise of the body and brain connection to assist your body to heal itself – without drugs or surgery. Chiropractic emphasizes wellness, and helps patients achieve and maintain a higher level of health. People from all walks of life, including athletes like football great Jerry Rice, utilize chiropractic care to help them perform at their very best.

Doctors of chiropractic are specialists in evaluating the spine for dysfunctional areas called subluxations. These areas of altered spinal motion or misalignment can interfere with normal nerve function and overall health. Subluxations are corrected using gentle and precise chiropractic adjustments. The Health Center at Life Chiropractic College West offers a variety of adjustable techniques, including low-force methods. Techniques are chosen after carefully considering each patient’s individual needs or preferences. Leading-edge diagnostic equipment, including thermography and advanced x-ray imaging, is available on-site at the Health Center.

Health Care is changing, and so are your expectations. The chiropractic professionals at the Health Center are dedicated to creating a caring and healing environment where traditional methods and modern research come together. Highly accomplished chiropractic clinical faculty and well trained interns understand your needs and are excited to bring you closer to wellness. This results in a highly informative and integrative patient care experience.

Since 1981, the Life West Health Center has been the Bay Area’s premier chiropractic teaching and patient care facility. We are conveniently located in western Hayward near Interstate880 and Highway 92. The Health Center provides quality, affordable chiropractic care. Give us a call at 510-780-4567 or visit us at 25001 Industrial Blvd. in Hayward to set up an appointment. We will assign you an intern who will answer your questions and make an appointment for your first visit.

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**Have you more faith in a spoonful of medicine than in the power that animates the living world?**

-B.J. Palmer, forfather of Chiropractic

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**Subluxation is the phenomena where communication between the brain and body is affected by a misaligned vertebra in the spine. As Chiropractors, we are trained to scientifically detect and specifically remove these subluxations to enable the full expression of life.**
It is common knowledge that life circumstances, external demands and responsibilities, exposure to (sunlight, and people’s personal commitments toward reconditioning could potentially change their biological clocks. For example, many new military recruits would probably become morning larks during their boot camp regardless of what group they were assigned to before training. These ideas all correspond with the traditional light-based circadian clocks dogma. However, there is some new information that might be leading away from that age-old belief.

Harvard Medical School has as new theory on resetting the biological clock in just one day that is proving to be credible even against the genetic predispositions described above. Their findings have shown that if you fast for 12-16 hours before the new desired wake up time, your body will reset it’s own “master clock” upon eating. This is attributed to the mammals having a secondary biological clock that allows the animal to change behavioral patterns in order to maximize the opportunity of finding food on days following a period of starvation (Science). It is believed that this will help animals find food by continuing to wake up at this same new time of day. The Harvard study also suggests that traditional light-based circadian clock can be overridden by only one starvation cycle.

We have looked at both the genetic and internal regulating factors of chronotypes. Now, you have the knowledge needed for influencing your own sleep and wake cycles. I hope that you found this brief look into chronotypes informative and helpful for furthering your own understanding of why people gravitate to sleeping at certain hours. It is my hope that you will be able to better cope with challenges in creating the lifestyle you want or need the most with a desired and healthy sleep cycle.

This graph from Medeiros, et. al. shows the distribution of chronotype scores of medical students. The graph explains that most medical students have an intermediate chronotype score, meaning they show highest performance of tasks at midday. College students, however, tend to have later evening chronotypes, in conflict with their morning academic schedules.

Take the Test to see what Chronotype you are!

Munich Chronotype Questionnaire
https://www.bioinfo.mpg.de/mctq/core_work_life/core/core.jsp?language=eng

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Come check out our Health Center!

<table>
<thead>
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<tbody>
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<tr>
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is no judgment or sympathy. There is only a space where everyone can be free of labels and enjoy each other's company.

In certain situations, I truly believe that making a huge impact on someone's life can be as simple as being able to hold a space where people can express themselves and be free. When we let go of the labels and tap into the fact that we are all human beings, that is when this type of space is created. I want to give a huge shout-out to Kathy Greer and Creekside Community. It was a huge blessing to come together with nearly 40 Life West students with the same intention: to provide space and get their dance on. This event continues to be a huge success every year because of the support and energy that Life West community brings every year. I really encourage you to attend next year if you get a chance, and to take part in the experience of sharing space with the Creekside community.

**DON'T LET TSA TAKE YOUR SENSE AWAY**

Have you ever had one of those dreams where you're standing in the front of a crowded room naked and mortified? After reading the article "Dear America, I Saw You Naked," by Jason Edward Harrington, a very similar sickening feeling came over me. Harrington is a former TSA employee who on January 30th, 2014 wrote an exposé for Politico Magazine of his experiences working as a security officer.

In the article, Harrington discusses his training on the Rapiscan machines used by TSA, or as he refers to them "Taking Sense Away." We are all too familiar with the machines. We get in line after 30 people (on a good day) and shuffle our way to the bins. Removing shoes and jackets, we place our sunglasses, 50 Shades of Grey novels, and all the things that pose a national threat to the country through the conveyor belt for safety. We then, nonchalantly, get put through the Rapiscan. With our feet shoulder-width apart and hands up, they, as promised, rapidly scan us. I find it interesting that the word used to describe this is scanning. In actuality, it's taking films of America using radiation emitting machines. Machines that, according to Harrison's trainer, are ineffective.

On March 3rd, 2012, a blogger named Jonathon Corbitt posted a video on YouTube called "How to Get Anything Past the Full Body Scanners." It went viral and showed America (and probably any terrorist with a decent internet connection and access to Youtube) that the machines cannot detect metal objects hidden on the side of the body. Harrison also reports that TSA employees were told to lie to the public and say the machines were 100% effective.

While they are surveying us superficially through the Rapiscan machines, most of the action occurs behind closed doors in the Image Operator room, which employ-

...
Let's Go Ride a Bike

by Lauren Whittaker

Mark your calendars for May 8th, the day dedicated toward the celebration of the bicycle, the earth and ourselves. Although it is a few months away, you can start gearing up for it now. Bike to work (or school) day is an opportunity to show your appreciation for life and eco-friendly transportation by riding that bike all around to everywhere you go. For those of you who commute to campus via bicycle every day, hooray! I am so glad that you exist. For everyone else, now is your time to shine and be partake by joining the movement.

You will also have the opportunity to join the LCCW Critical Mass crew as we gather the same day on May 8. After school, we will have a community bike ride down to the Spring for Life picnic. Maps will be provided for easy and safe navigation to the destination.

Now, for a little bit of bicycle history. I found it interesting to learn that the bicycle movement that is coined as ‘critical mass’ originated in 1992 in San Francisco. The citizens of this fine city decided to start up a revolution and reclaim the streets, one iron horse at a time. Since that time, the first Friday of every month has been dedicated to this joyous parade. This statement was so far reaching that by 2003, this movement had influenced a staggering 300 cities around the world. Those 300 cities committed the first Friday of every month as a time to gather people and their bikes demonstrating the ‘political protest ride’ known as ‘critical mass’.

I encourage us to ride the momentum of this social activist historical day and generate our own mass of chiropractic bicycle riders, Life West-style. So, bring your friends, your bikes and your costumes, if desired, and meet in the parking lot on May 8. See you then!
Healthy Habits

2 ARM / 1 ARM ENGAGED HANG

Exercise of the Issue:
2-Arm / 1-Arm Engaged Hang

by Lance von Stade

0. Don’t do this: This position is a disengaged hang and incorrectly stresses the glenohumeral joint and structures in the subacromial space due to a lack of rotator cuff and scapular stabilization.

1. Low intensity: this position is a 2-arm engaged hang. Palms face inward and “arms are pulled away from shoulderts” lengthening the subscapularis muscles back of the neck. Scapulae are “squeezed toward the back postures” stabilizing the scapulothoracic & scapulohumeral articulations. Knees squeeze the pad evoking the abdominal muscles through their shear motion with the adductors on the public ram.

2. Medium intensity: same cues as #1. Flex hips to 90-degrees increasing recruitment of spinal muscle chains i.e., internal abdominal oblique as through shared origin insertion with latissimus dorsi on ribs 10-12 and with serratus anterior superior lobe spinal.

3. High intensity: same as #2, assume a neutral grip and maintain depressed shoulder blades and squeeze of the pad.

Throughout each of these exercises, deep diaphragmatic breathing will increase the recruitment & integration of the muscle chains throughout the body, thus improving efficiency and strength.

<table>
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<tr>
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<td>1: 30 sec</td>
<td>15 sec</td>
<td>10 sec</td>
<td>5 sec right arm</td>
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<tr>
<td>2: 30 sec</td>
<td>15 sec</td>
<td>10 sec</td>
<td>5 sec left arm</td>
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<td>3: 30 sec rest</td>
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“No one will ever look at the earth in the same way. As earthmen, we may have taken another step into adulthood. We can see our planet earth with detachment, with tenderness, with some shame and pity, but at last also with love.”

— Anne Morrow Lindbergh, *Earth Shine*

December 1968.

Apollo 8 astronauts take the first color photo of Earth from space as they orbit the Moon. The photo, called Earthrise, is published far and wide and proves to be deeply moving to millions of people. I was 10 years old and I still remember the sense of awe this image created for me.

January 1969.

Thick sludgy crude oil begins spewing from the bottom of the Santa Barbara Channel off the coast of California. Several failures on an oil rig created pressure which eventually caused 3 MILLION gallons of oil to spread along miles of Southern California beaches and foul hundreds of miles of ocean. This spill garnered national attention for many months.

I stood on one of the beaches along-side my family and choked on the smell of oil. I witnessed the horrible way the waves could not really break due to the heavy layer of sludge. The ocean was smothered and silent as were hundreds of animals. I kept thinking of the Earthrise photo and as a happy go lucky 10 year old. It seemed as if the world’s beauty fell apart right before my eyes.

February 1969.

President Nixon and a group of Senators flew in to survey the disaster firsthand. One of those Senators was Gaylord Nelson. He had been working for years to educate other politicians and citizens on environmental degradation which was a threat in nearly every county and district in America. Eventually, he came up with the idea of an environmental teach-in that would occur throughout the United States. Senator Nelson got the ball rolling by setting a few folks in motion, writing to every Governor and numerous mayors. They also wrote to college newspapers and Scholastic Magazine which went out to most high school and grade schools. With those steps, he set in motion an event that became known as Earth Day.

April 1970.

The first Earth day event is held and 20 million people got involved and participated. The environment was placed permanently on the national and international agenda. A decade of environmental cleanup and legislation happened in America. The legislative results include the National Environmental Policy Act, the Clean Air Act, the Water Quality Act, the California Coastal Commission and thousands of community-based citizen groups. Now, many clearly understood that small and large scale industrial practices and accidents were profoundly affecting their communities.

The Earthrise photo and the Santa Barbara oil spill showed us how vulnerable we humans are, and also we are undeniably interconnected. Earth day resulted in millions of humans learning that they had a voice and that there were common concerns that crossed all perceived divisions. Ultimately, many Earth day participants acted in a cooperative way to rise above the noise and create change for each other and for future generations.

This is a day to celebrate, to give thanks and to ask yourself how you can be involved in environmental issues within your community.

Kerri Duggins, D.C. is a Faculty member on the Life West President’s Council on Sustainability.

“The there is a vast difference between treating effects and adjusting the cause.”

— DD Palmer
Tasty Noms
A four course meal by Jeff Boyajian

Hummus
Note: Substitute fresh ingredients anywhere the list reads “canned” for better health outcomes.

Ingredients:
- 2 16oz cans of garbanzo beans, drained & rinsed
- 1/3 cup olive oil
- 4 tablespoons tahini
- 1 teaspoon cumin
- Juice of 3 lemons
- 4-6 garlic cloves

Directions:
1. Blend ~7min or until reaching desired texture.
2. Cover and chill. Sprinkle with cumin and/or Syrian pepper and drizzle with olive oil.

Chicken, Cilantro, Jalapeño, Lime & Rice Soup
The great thing about this is the simplicity. In this recipe, you can buy a rotisserie chicken and use that if you are hard pressed for time. You can also add other ingredients to make it more robust.

Ingredients:
- 1 whole chicken
- 2 cups of rice
- 4 cups water
- 6 cups chicken broth
- 1 onion, diced
- 3-4 garlic cloves, diced
- 1 jalapeño, diced
- 1-2 bunches of cilantro
drizzles lemon pepper

Directions:
1. Boil chicken removing bones or strip rotisserie chicken.
2. Add rice to boil or pre-cook.
3. Combine all ingredients withholding cilantro until the end.
4. Enjoy

Paella
This is a seafood free version while a more authentic recipe would call for shrimp, mussels and other such sea creatures.

Ingredients:
- Chicken
- Sausage
- Broccoli
- Kale
- Shallot/onion
- 2 cans fire roasted tomatoes or roast some fresh
- 1 pasilla pepper (can substitute poblano or plain green pepper)
- Arborio rice
- 3-4 garlic cloves
- Parsley or such peas
- A few pinches of salt & pepper
- A few shots of hot sauce

Directions:
1. Cook rice in a large rice cooker.
2. While rice is cooking, pan cook chicken then sausage- set aside.
3. Dice garlic, onion, broccoli, kale and other veggies.
4. As rice softens and seems mostly done, add other ingredients.
5. Boom

Banana Bread
Gluten gluttons will love this one.

Ingredients:
- 4 very ripe bananas
- 1 1/2 cups all-purpose flour
- 1/2 cup white sugar
- 1/2 cup unsweetened applesauce
- 2 tablespoons butter, softened or coconut oil
- 1/4 cup yogurt
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 egg
- ADDITIONS: cinnamon, walnuts, chocolate chips

Directions:
1. Mash bananas in a bowl.
2. Add all other ingredients and mix well.
3. Pour into 2 greased loaf pans (or you can pour it all into one, but it rises enough that you can split it in half).
4. Bake at 350 degrees for 50 to 60 minutes, or until toothpick inserted into center of cake comes out clean.
Just under two hours away is lovely Monterey Bay, a beautiful small coastal fishing town with a surprising amount of activities for all. I took an out-of-town guest and my two kiddos to the Monterey Bay Aquarium. It is an amazing indoor-outdoor space where you can not only see a variety of marine life, but also touch some of them. If you need a break and are interested in walking Cannery Row, which is a shop lined street right outside the aquarium, you can get your hand stamped on the way out for reentry to the aquarium at a later time.

A stop at Austin’s Patisserie was a must for a delicious almond croissant. After we had spent some time walking and playing along the beach, we headed to the Dennis the Menace Children’s Park just off of Pearl Street. We all caught dinner at Sea Harvest Fish Market & Restaurants.

If you are looking to be more active on your visit, you can rent a bike. The town has a great ride to downtown or along the Monterey Bay Coastal Recreation Trail that hugs the coastline for about 18 miles from Castroville to Pacific Grove. And if you are looking for fun nightlife in Monterey, you can check out The Golden State Theatre for monthly performances. Cibo Ristorante Italiano offers a place that caters to cocktails, dinner, and jazz. The Sardine Factory also is a host for live music.

With so many options, Monterey is not a town to be missed!
Want to STOP a Malpractice Claim?

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Congratulations to the Life West Gladiators!

The Gladiators are still undefeated after 5 games!
Life West’s Club has now played all teams, and will begin playing everyone for a second time.
To date the team has scored 316 points with only 27 points being scored against us.

Upcoming Games:

15-Mar Modesto (away) 5-Apr Colusa (Kennedy Park)
22-Mar Reno (away) 12-Apr South Valley (away)

WRITE FOR LIFELINES
We’re interested in what you have to share. Whether it’s about Chiropractic, health, nutrition, philosophy, food, or art,

WE WANT IT!

Send submissions to LWlifelines@gmail.com

Students, faculty, and all those who want chiropractic to remain drug and surgery free:
Please join MCQL.org by registering online.