

Chiropractor opening office on Spruce Street

News

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By MARCIA STEFFENS / Dowagiac Daily News

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EDWARDSBURG - A satellite office in Edwardsburg not only makes it easier for his chiropractic patients, but for Dr. Toby Mitchell as well.

Clear Choice Chiropractic and Holistic Wellness Center, based in Niles, has a new office in Kieser's Crossing, on M-62.

With his own three children in Edwardsburg schools, Mitchell himself is frequently in Edwardsburg, picking them up. He is also a soccer coach in Edwardsburg.

"I have always had an attachment to the community," he said. He also has many patients who "live here and have to drive to Niles," he added.

Mitchell is not only making visits easier for his Edwardsburg patients, another satellite will open in Dowagiac in just a few weeks.

Niles patients shouldn't feel left out as a major project there will be completed in the spring.

Mitchell opened his first office in Niles in 1997. "It wasn't even 900 square feet," he recalled. Now that facility is 13,000.

He and his wife Kimberly, of 16 years, have homes in Niles and Granger, Ind., where he is heavily involved in the Granger Community Church and have property on Portage.

Their daughter Taylor Rae is 14 and a freshman at Edwardsburg High School. Jacquelyn Hunter, 12, is in seventh grade and their son, Zane Jordan, 10, is in fourth grade.

Mitchell studied and had his internship in Marietta, Georgia, the home of Life University.

"I was able to work with Olympic athletes at the training facility," he said.

A 1985 graduate of Niles High School, he returned to Niles to open a practice.

His wife, he teases, is a "Buchanan Buck," graduating in 1990. She is the executive administrator of all his offices.

"I own this, but I am not the boss," he added.

In all he employs about 26 people, including massage therapists, who have special rooms to help take the stress out of patients.

The new rooms at the Edwardsburg office have fireplaces to give a cozy atmosphere.

Massages can be for medicinal purposes or for therapeutic stress reduction. "It's a safe, clinical environment," he added.

While doing adjustments, the doctor also gives advice on how the patient can take care of their own health.

"Proper sleeping, walking," he explained, all make a difference, including keeping a bulging wallet in a back pocket.

He also offers nutritional advice, exercises and stretching, which can be done at home.

"These empower them to take responsibility for their own health," he said.

Comparing spinal health with dental health, he suggests merely cleaning your teeth twice a year isn't enough, you must also brush and floss.

Instead of age being the cause of many health problems, often it is "the bad things we do over time. If we use our body improperly, it breaks down sooner," he added.

"Once they learn the importance of spinal hygiene, most people choose to periodically come back," he said.

Mitchell is not one to lecture, though, giving information in "short, concise amounts."

He is proud of his success rate, which he puts at 98 percent.

"We do what we are supposed to do," he added.

Chiropractors do not prescribe drugs, which Mitchell adds often have side effects which are worse than what is being cured.

"The spine is the housing for the nervous system," he said.

Chiropractic medicine looks to help where it is compromised.

Often, he said, patients have problems areas clear up which hadn't even been mentioned to him, after any interference is removed.

"If the nervous system is allowed to express itself fully, it knows how to fix the body," he added.

His center takes virtually all insurance and about 60 percent of his patients come in with some type of injury or after an accident. Many others are referrals from pleased family members of other patients.

Chiropractic care is "absolutely the safest, most effective, form of health care," he said.

The Edwardsburg office is open on Tuesday and Thursday. The one in Dowagiac will be open from 9 a.m. to 6 p.m. on Monday, Wednesday and Friday. Niles is open Mondays, Tuesday afternoon, Wednesday and Friday and also on Saturday by appointment.

He does take new patients and walk-ins, but they may have a short wait while those with appointments are treated. In Edwardsburg, Clear Choice may be reached at 663-6600.

Abstract: This article from human perspective, and reveals the modern medical model compatible with the human Implication: biomedical and humanity natural implication of the Agreement, social medicine and human social implication of the Agreement, the spirit of humanity and the spirit of the medical implication of the fit. On this basis, which affirmed the modern medical model of the development of medical value.

Key words: modern medical model of human nature and true fit

Modern modern medical model has been widely recognized. From the surface reasons, stems from the people s health and lifestyle, high-tech development, and social loss, depression and mental imbalance mentality of the close of growing from the deep-seated causes, is the modern medical model has a solid foundation of human nature. Modern medical model accurately reflects the complex attributes intrinsic comprehensive medical care in the patient s theoretical foundation, and better safeguard human health.

First, human nature is a natural, social and spiritual unity of

Humanity is condensation in the person of the specific content of human development, by a combination of the various body is in the nature of the various activities of the external manifestations, is a natural, social, spiritual and Trinity existence of a comprehensive, we become people of the state of development of its own internal performance has become characterized the development of human society. Nature: from the source, who is a natural product of the development of a high degree, is an integral part of nature, the presence of people of all properties, both have a natural basis for the decision by the laws of nature and disclaimer.n

Therefore, the society itself that is the form, human nature is not inherent in individuals of the abstract. In its reality, it is the sum of all social relationships. No society can exist and from the realization of their own value and any individuals must collaborate with others to achieve their own means of subsistence necessary, must also be adopted by the exchanges with others to meet their spiritual needs, and left the others collaboration and exchanges between individuals unable to establish themselves and achieve self-actualization.n

Spirit: Marx pointed out that: human as a social being, there is awareness of the existence of. Who is a natural presence,

Also have to go beyond the pursuit of the natural, for the performance of freedom, adequacy, value, significance, their perfect foundation of the pursuit, and this underlines the people of the nature of people.

Humanity as a whole system, its internal attributes of the three are interrelated and interact with one another, and as a structural integrity of the whole, reflect people s sexual higher. First, the natural and social terms, the two are each other premise, no natural social existence can not exist without the existence of the natural community is not the existence of social existence is the realization of an important natural conditions and means. Secondly, from the nature and spirit of this level, people have to rely on physical (nature of) survival, but of the natural and physical survival is not to. Pose a physical basis for the existence of the spirit, a spirit beyond the target. At the same time, precisely because of the existence of the physical, mental beyond to become necessary.n

However, the natural and spiritual existence is not between a equal compromise relations, relatively speaking, the presence of the spirit of the ultimate supremacy significance, because only the spirit logo to the characteristics of a person, who was given the inherent human reasons. Only people can make life instinct and life beyond constraints limit the choices and decisions, the fact that proves that the spirit of the existence of natural law and its biological status and the priority beyond relations.n

Malitan: In human beings, and only in the spirit of the freedom of living of the sensory and emotional advantages of the life of the time it will be regarded as a once again, on social and spiritual terms, both natural and for the foundation, but society exists to a greater extent, to achieve natural process, and the spirit is there continuously exceed the natural process. At the same time, the spirit of the people if and only if the community through the presence of the existence and development of social labor only in the process of practice, and the exchanges and dialogue, the only person in the spiritual content, direction, and achieving significance possible.

In short, there is a human nature of the material precondition for the development of human society and the reality is the basis of the spirit of the people of the reality beyond, people from the animal world is the essence of one of the signs.

Second, the modern medical model and the fit between human Implication

Modern medical model, it is generally expressed as biological, psychological and social medical model. Because modern medical model of the human natural, social and spiritual unity of the internal Therefore, this paper will be called modern medical model of biological, social and spiritual medical model, which is essentially an expression of the former agreement.

1, biomedical, and the implication of human natural fit

Implication of the natural human nature is a life of physical organizations exist, the life of the flesh, the material is a physical structure. This is a campaign by organ system, digestive organs, excretion organ system, endocrine system of organizations, recycling organ systems, sensory organ system and the system of nerve tissue unified organic whole system. Which all organ systems, interactive system, constraints, coordinated and orderly functioning, we maintain with the external nature of the material, energy, information transform, participate in the nature of life, and in its own internal natural maintain orderly manner metabolic stability in the state in order to create entire life, so that the body has constantly reproduction of their own lives organisms. The physical life of the existence and development of a part of the natural world as a whole, and thus is dependent on their own outside of nature, and subject to the universal law of nature and life of the general campaign, therefore, direct the existence of a natural.

Biomedical research is the lives of the physical organization, and explore the physical organization and the nature of the relationship. Biomedical understanding of the human body in shape, structure, physiology, pathology on the basis of the situation and comprehensively grasp the inherent Renbengeqiguan links and explore the biological and disease pathogenesis physical and chemical factors, physical understanding of life processes, chemical changes in the basis of finding the best way to treat diseases. Biomedical essence of the natural and human nature is compatible. Biomedical faced by the people is a biological characteristics of the people, their study, the human body is the main mechanism of a series of biological changes in the situation on human nature as well as the impact. Because human nature is one of the material basis, therefore, study the biological characteristics of the medical fundamental starting point and purpose.

2, the medical community and humanity of the social implication of the fit

Human social implication of people living in complex social relationships. The so-called social relations is that the people in the material production activities and have formed on the basis of the material and spiritual relationships. Material relationship include production relations, property relations and blood ties; people in the spirit of relations, including material relationship formed on the basis of political relations, and legal relations, family and marital relations, as well as religious and moral in their relations are formed on the basis of other social relations , the reality of human nature is that the sum of all social relations, social relations is the focal point provides for a person s position in society, their decision is in the community centre, the middle ground or the fringe, to determine their different production mode, and standard of living, values, ideas and points of view, so as to a person and distinguish it from another person.

Community Medicine is from the community level to reveal and grasp the life, health, disease, aging, death, and so the essence of the phenomenon, so as to achieve the purpose of safeguarding human health. People as social beings, their physical and mental health by many social factors, the factors affecting its existing economic, political and cultural there, there are marriage and family. Economic factors mainly refers to the productive forces and production relations, productivity depends on the level of the health of the people, in a different production in the relations between people, his attitude is not the same. Political and legal factors, the main organs of state power is the formulation and implementation of policies, decrees, laws, through its role in public health undertakings to affect people s health. Cultural factors means that the education level and the ideological and moral status, level of education, good health habits and disease prevention ability, and the high level of health, stability, progress and moral status, and a lofty spiritual pursuits to people s health . Happy marriage and family, and people feel happy and healthy; imbalance of marriage and family, resulting sick.

Modern medical model advocated medical research community and health. Because people are specific people, their social relations are based on the reality on the social background. Therefore, the medical community based on the reality of social relationships, and explore the relationship between social change impact on people s physical and mental health. Currently, the medical community keen to study market economy, democratic politics and cultural values of pluralism and the relationship between modern physical and mental health, modern medicine and the humanities and social sciences ever closer. In the medical practice of modern medicine model requires that the medical staff have a comprehensive understanding of the social background of the patient, that is, understanding of their family situation, the economic situation, social status and mental outlook. Prior to the decision-making in health care, doctors and patients must understand the relationship between the family and family history; asked patients recent changes in the social status, knowledge of their disease and the Xibei causal link through the patient understand the economic situation of the patient s occupation, residence environment and the attitude to the sick; observe their mental activities will judge the patient is strong; insight into patients political attitudes, values and ideals, and reflects the patient s dreams and concerns. A comprehensive understanding of the social background of the patient, doctors can make accurate judgement and take effective treatment programmes to meet the physical and mental health needs of patients.

3, the spirit of humanity and the spirit of the medical implication of the fit

Implication of the human spirit rich in content. First is the existence of a conscious, not only to understand the outside world objects, phenomena, but also the other hand, and aware of their own physical and psychological state, to their own lives and activities as a psychological sense of the object can be self-awareness, self-evaluation, self-education, self - monitoring and self-control, so as to control their own strength, conditioning and individuals around the reality of the relationship, that is, people become the mainstay of their own, so people can be free conscious activities, and will continue to shape the pursuit of the ideal world. Secondly, people have feelings and will. Emotion is a human right in line with their own needs, whether the object of a psychological reaction, the internal experience, the behavior is an indispensable factor. Will mainly reflect the people s awareness of the activities of the object and purpose of regulation, and control of. It is the emotional, and the will to mobilize people of the world, the enthusiasm, initiative and creativity, and reflect people s spiritual strength.n

In the creation of activities, and I direct that I realized the true nature, that is the essence of my people, my social nature. It is this creative activities to enhance their own from nature given by the main significance, therefore, is to create different from the activities of other animals and activities of the

fundamental characteristics inherent under. The rich and lively history, the nature of power is generated in the creation and activities of the show, that is, through the completion of the creation of nature beyond their limits in creating their own living conditions.

People are the masters of their own lives and history of the Creator and the evolution of human performance it is no longer for biological evolution, and the main human intelligence and the evolution of thinking, spiritual and cultural evolution. People with their own creativity from the nature of the free access to their own lives as vivid and meaningful self-realization and self-development, to ensure that people in reality than the reality, and build up a future-oriented nature with unlimited possibilities ideal world. Accordingly, we can see that human implication of the noble people to continually enhance their ability to the main body of the creative activities of a personality free man.

Medicine and the spirit of the spirit of humanity implication is the same. First of all, modern medicine recognize the right of informed consent of patients, the medical people s awareness of affirmation. People can consciously understand the external things, according to the actual situation and develop plans to take the corresponding measures to change the external things. Therefore, in the course of treatment, doctors can help patients understand the severity of their illnesses, choose their own physical condition of the treatment plan, patients with the display to the autonomy of the opportunity to restore a positive impact on health. Secondly, the modern medicine that the building of a harmonious relationship between doctors and patients, pay attention to the communication between the patient and exchanges, the emotional needs of patients respected. Patience to listen to the doctors telling patients, while doctors give patients experience his concern and care, and have a positive emotional response, doctors treated more proactive with the other doctors to more fully understand the information, patients can better understand the dilemma , and more easily understand their pain, hope, and even their silence. Third, the modern medical research on mental disorders is on the pursuit of spiritual values in the affirmative. People are for the souls of all living things, the people have realized the spirit of the pursuit of self-worth, that is, the pursuit of the ideal. It is our vision at the future, is a perfect infinite realm. People always yearn for a perfect, and people who live in reality are specific people who are there are limitations. I reality and the ideal I have in the gap. When reality and the ideal times of conflict, people would have mental pain. As the spirit of the invisible, mental disorders on human health impact is enormous. Therefore, the modern medical research on the causes of mental illness, the patient through the use of the humanities and practical value of the pursuit of the contradictions and ease mental pain.

Humanity is a natural, social and spiritual whole, are medicine from the natural, social and spiritual understanding with the three levels, multi-channel physical and psychological suffering of lifting patients, patients with comprehensive care, for medical value.

Third, modern medicine in the medical model in the development of value

Modern medical model of biological, social and spiritual medical model, reflects the diversity of human unity, consistent with the requirements of the times. Therefore, the modern medical model of the development of medical positive significance.

An advocate of holistic medicine, the full realization of the purpose of medicine

Humanity is a natural, social and spiritual whole, it is modern medical model of human nature and true. Humanity s natural, social and spiritual expression of the people s comprehensive: Man is a natural person, is the spirit of community and the people. Therefore, subject to the health of both biological factors, and subject to social factors and psychological factors. Modern medical model first advocated medical explore the biological causes of the disease and help patients suffering from diseases of the body, this is life in the material foundation for overall health, left the effective control of the disease and treatment, the overall health of patients with life is not the foundation , the feeble.

Secondly, the modern medical model that social factors on the health of the constraints of importance to the study of social and psychological health, mental disorders and physical disorders relations. The state of the economy, changes in the political status of their mental state has greatly affected, and the physical and psychological is a continuum, people s mental health directly related to people s physical health. In addition to the mentality of modern subject to the natural environment, the more the pressure from the community, the medical community concerned are pathogenic factor is the demand of the times. Third, the respected medical model of modern psychiatry. People as social beings in the pursuit of material needs satisfied on the basis of who has the pursuit of spiritual needs. When it difficult to meet spiritual needs, the physical and psychological health is threatened, the overall life and health can not be realized. Modern medicine concern the spiritual needs and spiritual pursuit, the study of the relationship between physical and mental health needs and people s lives and health genuine love and care. Recognize the modern medical model is a natural person, the spirit of community and unity, a medical guide in the direction of all-round development of the value of a holistic medicine to medical and full realization of the medical purpose of safeguarding human health.

2, and promote medical science and multidisciplinary integration, the development of holistic medicine reflect trends

Since the 1930s, modern science towards the overall trend of the development of increasingly prominent. In relation to this, medical science is increasingly emerging that the development of the overall trend. Modern medical model to its true humanity for medical sciences and natural sciences, social sciences and humanities, the combination of the medicine from the natural, social and spiritual perspective of the three study medicine, thereby to completely grasp the physiology, pathology Pharmacological and the essence of integrity to reveal biological phenomena, from the unified whole solve difficult medical problems, further improve medical and human health. Science helps people understand the physiological conditions, the development of new technologies applied to more clinical treatment and safeguard people s health.n

Human sciences help people understand the essence of life, understanding the feelings of fantasy, consciousness, suffering and death of the spirit, and so on. Many modern medical science and natural sciences, social sciences and humanities combined generated a lot of marginal disciplines, the overall trend is the medical reflected. Such as medical physics, space medicine, marine medicine, health economics, medical ethics, medical psychology, medical aesthetics, philosophy and medicine, and so on, so that breakthroughs in medical science only biological factors of the individual limitations, switching from groups, and the ecological environment , and social and spiritual pursuit to study, reveals a more extensive contact with the health and the nature of disease.

3, set new values and ideals, and realizing the spirit of medical science and medical humanistic spirit.

Liu Hong in his book On the spirit of the medical humanities course of history, it pointed out: medical science that respect the spirit of objective facts, respecting the laws of Medicine, followed empirical method, follow standardized procedures; found that the clinical objectivity, accuracy and the effectiveness of the subjective factors that preclude interference. Medical scientific spirit of seeking truth and being pragmatic and rational respected features in which people do not care what the position. Medical Humanities patients with emotional stress respect for the spirit of the world, respect for patients will follow the overall concept, in accordance with the tenets of-emphasize the sensitivity of the object, the value of questioning followed, the pursuit of human medicine, to the dumping of emotional factors. Medical Humanities good to the spirit of concern for the United States and emotional experience for the characteristics of the value of life were placed in an important position. Modern medical model recognized the diversity of human nature, medical spirit and the spirit of the humanities provide a realistic basis. Medical and scientific spirit of seeking truth and being realistic, is the physical mastered the spirit of the medical humanities for the United States is good for people s metaphysical experience. People as natural, social and spiritual unity of the people is, in itself, tangible and intangible combination of organic. Modern medical model that natural medicine, the medical community and the spirit of the three medical form organic whole, medical science tells us is the spirit and the spirit of the medical humanities any one alone can complete the structural integrity of modern medicine, Only by achieving the ideal of integration of the two can promote the healthy development of modern medicine.n

Medical continued to mature is one of the signs, medical humanities spirit intertwined with the spirit of the dimensions of medical science, medical science and spirit contained in the essence of the spirit of the medical humanities, the two formed tension, bridge the differences, complementary advance in the concept level mutual inspiration, methods level of mutual borrowing, the subject of common level integration, the spirit of co-level integration.n

Modern medical model rooted in human nature, not only reveals the human biological reasons for the disease, a disease that causes the spirit of the community. In today s market economy and society, people from many diseases are highly competitive, serious pollution, poor environment, poor lifestyle, such as cardiovascular and cerebrovascular diseases, diabetes, cancer, AIDS. For such diseases doctors not by physical or chemical means they will be expelled from the body out, the treatment is only to extend the lives of patients, but not completely cured, because doctors could not change their environment, their way of living. Modern medical science model requires the guidance of doctors to patients, improve crowd lifestyles, changes in diet structure, and change bad behavior, and correct bad mentality, the enhancement of health education and preventive medicine to prevent or biological expanded to the prevention of social and psychological prevention, treatment from simple type to type into preventive health care, and promote the development of preventive medicine.

Modern medical model with a human face and true: biomedical and humanity natural implication of the Agreement, social medicine and human social implication of the Agreement, the spirit of humanity and the spirit of the medical implication of the fit. Therefore, it advocates from the biological, social and spiritual perspective to understand three people and holistic medicine can be formed, so that the medical sciences and natural sciences, social sciences, humanities integration and realizing the spirit of medical science and medical humanities spirit. , and promote the development of preventive medicine, and safeguarding human

Health.

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About the Author

From www.dowagiacnews.com:

Alternative medicine blog and website, with information on alternative medicine remedies, health conditions, alternative therapies and diets and herbs and.

Alternative Medicine, Complementary Medicine, and Integrative Medicine, Definitions, Holistic Medicine, Natural Medicine, Difference Between.

Holistic medicine is a system of health care which fosters a cooperative relationship among all those involved, leading towards optimal.

Comprehensive holistic health directory offers a variety of holistic healing therapies, alternative medicine topics, integrative and complementary.

Some holistic health advocates subscribe to alternative medical practices which conventional medicine does not support. Some common.

Purveyors of alternative medicine have, therefore, been quick to invoke the language and symbols of science. Not surprisingly, the mechanisms.

Mega site of resource on wellness, natural health, traditional, complementary and alternative medicine information, and self care.

Holistic Vet and Natural Pet Care. This site provides details on holistic care for pets including Homeopathy, Acupuncture, Chiropractic, Nutrition.

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