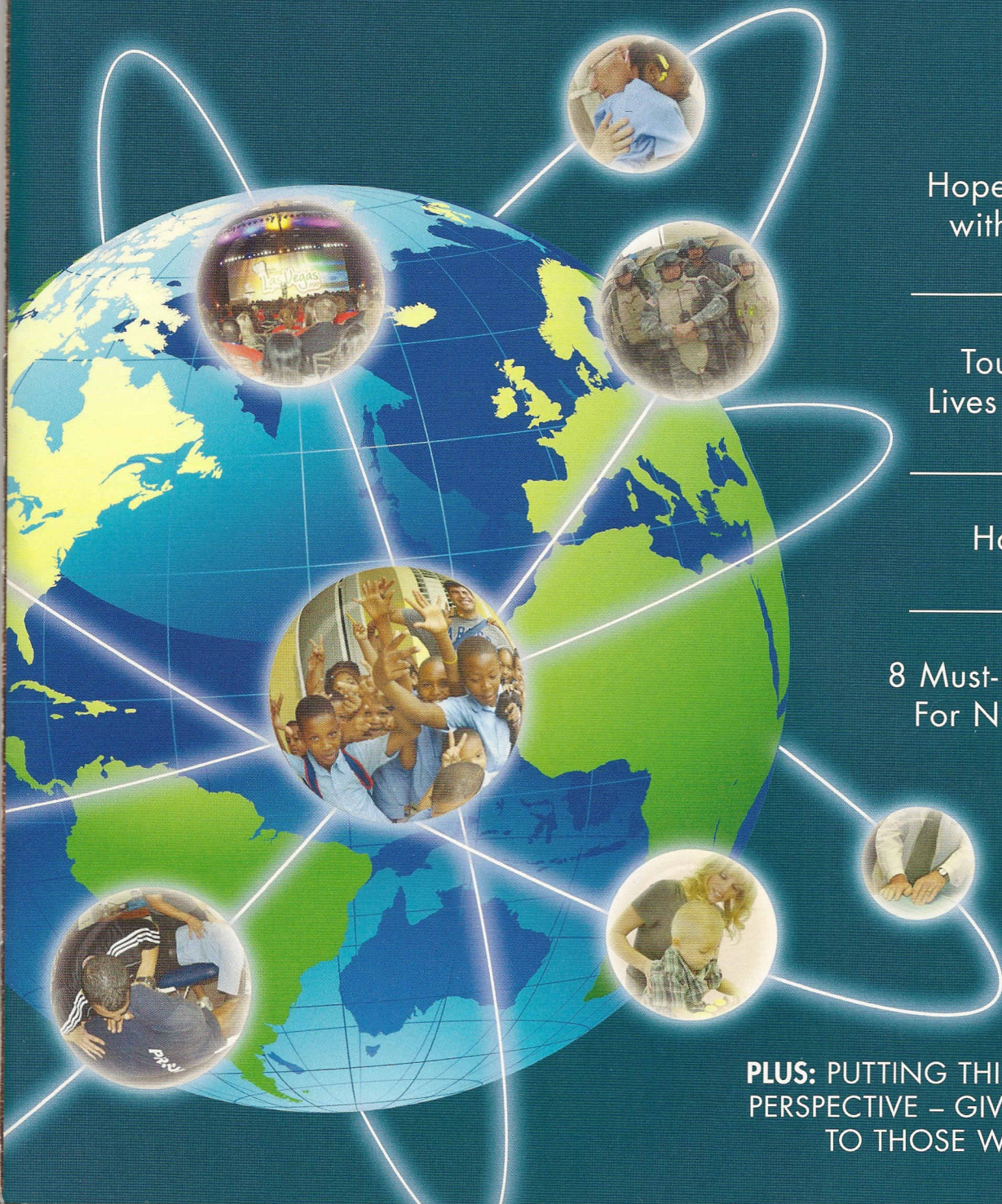


# ParkerLife

w w w . p a r k e r . e d u

September 2011

*How Parker is Impacting the World*



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PERSPECTIVE – GIVING BACK  
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# PUTTING THINGS IN PERSPECTIVE: GIVING BACK TO THOSE WHO

# SERVE



Amy Davis Montgomery

To read these words as one entering or already established in the chiropractic profession, you understand what it means to be called into duty. You had a choice of careers, but something within the field spoke to you. Something palpable, yet intangible, reached out and touched you on the shoulder—guiding your heart and gently prodding you from deep within to move forward. You were called to serve.

With this calling also comes an understanding of hope – the idea, thought, belief that a better way of life is not only available, but attainable.

There is a special population of individuals who share your call to serve and your understanding of hope. These people put their lives at risk daily, standing on the line between life as it is and realized expectations. Whereas you help heal and comfort, they fight and help defend – living their lives in expression and example to uphold the very freedom that affords you the luxury of choice to follow your calling. These are the men and women of the United States military.

“With this calling also comes an understanding of hope – the idea, thought, belief that a better way of life is not only available, but attainable.”

Just as patients may not recognize the sacrifices you made to provide them the benefits of your calling, there is also an often under-appreciated value to the sacrifices made by these people who position themselves in peril for your privilege. And, not unlike your patients, you can certainly appreciate the results of their efforts.

Retired Brigadier General, Rebecca S. Halstead, speaks with authority as both a retired member of the U.S. Army and a patient of chiropractic when she states, “The military is our best resource. They deserve the best health care; and chiropractic is the best care.” Currently an active proponent for the advancement of chiropractic both

in general public awareness and specifically the benefits of its availability to those in the military, this influential and inspiring leader knows a thing or two about overcoming challenges – and the benefits of chiropractic.

She rose through the ranks to become the first female graduate of West Point promoted to General Officer and the first woman in U.S. history to command combat at the strategic level in the Combat Theater of Iraq (3<sup>rd</sup> Corps Support Command - the highest level organization for logistics). She has repelled out of helicopters, body bumped and bruised; and led troops through the toughest terrains. She has earned a well-decorated uniform, exemplifying excellence in action. And, for a good portion of this time, she has carried a diagnosis of Fibromyalgia Syndrome – a set of symptoms that include widespread muscle and joint pain, fatigue, and other debilitating factors.



Retired Brigadier General, Rebecca S. Halstead (far right) poses with troops in the field.

Introduced to chiropractic by her father decades ago, she could immediately recognize the benefits of chiropractic. However, her active military life and many moves (18 times in 27 years) prevented her from receiving chiropractic treatments more than once every six months to a year. It wasn't until she retired in 2008, when she was enlisted



into the care of Carol Ann Malizia, DC, that she began to experience the full advantages of regular chiropractic care. Ever the realist, General Halstead states “[Chiropractic] hasn’t cured the Fibromyalgia, but it’s so much better today than two and half years ago.”

General Halstead has willingly used this familiarity with the personal benefits of chiropractic, her name of notoriety, and her position of prominence to advocate for millions of military personnel and their families to receive the improved health and wellness of regular chiropractic care - a benefit granted by the federal government to active-duty personnel and veterans in 2001, but which is currently only accessible in approximately 25% of military treatment facilities.

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“We have to ask ‘why isn’t this happening?’”, she prompts. “These men and women love their country... are in austere conditions...separated from their families... and they deserve our energy.”

General Halstead, who proves her spirit of service is still in full force, will continue to illustrate the same values of persistence and dedication shown in her 27 years of service to the U.S. Army, and utilize her current work as spokesperson for the Foundation for Chiropractic Progress to encourage doctors of chiropractic to “step outside their comfort zone” – challenging them to recognize their blessings and ask themselves the question, “How can I help?”

The shifting paradigms of the nation and of health care are calling more individuals into a life of service. Doctors of chiropractic have a unique opportunity to utilize perspective as health and wellness practitioners to extend their reach beyond those whom they serve to those who serve for the benefit of everyone.

There are avenues available to help channel the desire to present the gift of enhanced health and wellness to all individuals – including the military. Advocating with the American Chiropractic Association, joining the Foundation for Chiropractic Progress and state chiropractic associations,

and educating the public are a few ways a doctor of chiropractic can show their support for those who so valiantly serve.

General Halstead beckons doctors of chiropractic to join her efforts, “You never know when you might adjust just the right person... a person of influence or responsibility... who receives and recognizes this wonderful benefit.” She goes on to ask, “Wouldn’t it be wonderful if everyone woke up with a desire to make a difference?” Indeed, it would. ■

For more information on how you can help provide the best care to those who give their best, explore the expanded educational opportunities at Parker University or visit the American Chiropractic Association ([www.acatoday.org](http://www.acatoday.org)), the Foundation for Chiropractic Progress ([www.foundation4cp.com](http://www.foundation4cp.com)), the International Chiropractors Association ([www.chiropractic.org](http://www.chiropractic.org)), and [www.beckyhalstead.com](http://www.beckyhalstead.com), the official website for Retired Brigadier General Rebecca S. Halstead.

**“Wouldn’t it be wonderful if everyone woke up with a desire to make a difference?”**

*-Retired Brigadier General, Rebecca S. Halstead*

