

# THE CHIROPRACTIC CHOICE

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## FITNESS SYMPOSIUM

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Mr. Schwarzenegger autographs a picture for one of the attendees while Mr. Ron Hendrickson, ICA Executive Director, looks on.

ICA honored Arnold Schwarzenegger's commitment to chiropractic and health by presenting a donation of \$10,000 to the Inner City Games, a nationwide community action program developed by Arnold to organize after school activities for young people. The mission of the Inner City Games is to provide opportunities for inner-city youth to participate in sports, educational, cultural and community enrichment programs and to help America's young people build confidence and self-esteem. ICA's Council on Fitness is also working to help support and promote the national Inner City Games Competition to be held in July.

This event, sponsored by the ICA Council on Fitness and Sports Health Science for the tenth consecutive year in conjunction with The Arnold Schwarzenegger Bodybuilding Classic and Fitness Expo, brought together top authorities in sports chiropractic with celebrities from the fitness world for a weekend of education, inspiration and communication. The Arnold Classic and Fitness Expo, brought together top authorities in sports chiropractic with celebrities from the fitness world for a weekend of education, inspiration and communication. The Arnold Classic features a series of the world's most prestigious annual bodybuilding, fitness and martial arts competitions and is sanctioned by the International Federation of Body Building (IFBB). It is the largest fitness event outside of the Olympics, with over 9,500 athletes competing.

ICA's Natural Fitness Symposium attracted nearly 400 DCs, chiropractic students, CA's and families as well as a host of VIP guests that included chiropractic college presidents and Members of Congress. Speakers included bodybuilding champion and fitness



Dr. Tom Deters, Editor of Muscle and Fitness magazine lectures on performance nutrition.

## LETTERS TO THE EDITOR

The *Chiropractic Choice* thanks all readers who sent their congratulations on the first issue and also those who took the time to send us their comments about the articles. We are pleased to announce that we will be adding a Letters to the Editor column in upcoming issues. To be considered for publication, letters must pertain to articles or issues published in *The Chiropractic Choice*; should be brief and to the point; and include the sender's full name, address and telephone number. Letters are subject to editing for length and relevance. Please email to [thechiropracticchoice@chiropractic.org](mailto:thechiropracticchoice@chiropractic.org)



Warming up. Dr. Pete Gratale has everyone on their feet and doing warm up exercises before his session.

author Mr. Lee Haney, Dr. Pete Gratale of ESPN's *Bodyshaping* and Dr. Tom Deters, Editor of Weider publication's worldwide exercise magazine *Muscle and Fitness*. Mr. Haney holds the record of having won the coveted bodybuilding title of Mr. Olympia for eight straight years, besting Arnold himself who won that title for seven. He also serves in the influential and prestigious position of Chairman of the President's Council on Physical Fitness, a position in which



Mr. Lee Haney, eight-time Mr. Olympia is presented with the coveted "Hercules Award" by ICA Fitness Council President Dr. Gerry Mattia.

he has not hesitated to support the vital role of chiropractic in fitness and health.

Plans for a gala 11<sup>th</sup> Annual Fitness Symposium with Arnold are already underway, and ICA looks forward to again hosting a galaxy of fitness stars at this tremendous Fitness Weekend. For more news about this and other ICA Fitness Council programs, visit ICA's website at [www.chiropractic.org](http://www.chiropractic.org).



## Chiropractic Physician? Chiropractic Medicine?

Welcome to the second issue of *THE CHIROPRACTIC CHOICE*, ICA's provocative newspaper featuring our viewpoints on the choices we must make on matters concerning chiropractic's future. One such choice is embodied in the title of my article today. Yes, this wearisome dialogue within the profession continues on. The battle with chiropractors who want to medicalize chiropractic with the qualifying adjectives of "physician" and "medicine."

In my close to 50 years as a chiropractor, I cannot recall a time when the hue and cry for this obvious form of professional aggrandizement has not been sought by some chiropractors. Possibly they are possessed with the paranoia and insecurity of a rejected self-image, or perhaps they want us to follow the path of the osteopath, but regardless of their motives they seem to be gaining strength today.

Florida and Rhode Island have now changed their statutes to refer to chiropractic as "chiropractic medicine." And now, as of March 2002, the National University of Health Sciences (formerly the National College of Chiropractic) is publishing and soliciting subscriptions for its *Journal of Chiropractic Medicine*. Read Dr. Winterstein's article and gain a perspective of their thinking and just how far they have drifted from chiropractic. A note of humor — On the front cover of the magazine they misspell medicine. It's printed as *Journal of Chiropractic Medicne*.

In my opinion, chiropractic medicine is such a ploy on words that it borders on being ludicrous and oxymoronic to say the least. If I practice chiropractic medicine does that then mean I'm a "Medical Chiropractor?"

Shades of B.J. Palmer. The founder of ICA and the developer of chiropractic always spoke out against such ter-

minology. Here is what he said in the October, 1950 *ICA Review*:

*A growing trend is noticed in one regional state publication to use the term "Chiropractic Physician."*

*Basic to this plan, is the idea that "the term medicine is synonymous with healing in general.*

*Therein lies a basic error in thinking. Medicine is not synonymous with healing in general. Medicine means just what the term states, i.e. the use of medicinal preparations. Medicines are usually drugs.*

*By no stretch of the imagination is Chiropractic the use of drugs. By no stretch of the imagination can we use the term "Medical Chiropractor." This is like describing an animal as a "dog-cat." The two are separate and distinct.*

*Physicians are men who use medicine. Therefore, a chiropractor cannot be a physician. This is not a condemnation of physicians. The world is full of honorable physicians. Chiropractors have respect for honorable physicians, but there is no such thing as a "Chiropractic Physician." Chiropractors have no respect for "Chiropractic Physicians."*

*Let's get this straight, and either become physicians by going to qualified medical colleges and obtaining and earning the degree "Physician and Surgeon" — or sticking to our own principles as "Chiropractors."*

B. J. certainly had a way with words didn't he? Now, my fellow chiropractors, we may not all agree with B.J. Palmer's position on physician but chiropractic medicine? Well, the "choice" still remains! Yes, doctor, the choice is yours.

"Enuf" said.

*Tom Deters, Ph.D.*  
Chair, Editorial Committee