

# FROM GHANA

## The Big Idea in Africa

By Margaret Smith

Chiropractors have always been full of wonderful big ideas. From The Big Idea onward, chiropractic is a profession that strives to give, to serve and to make dramatic changes in the lives of those around us. Angel Chambers, however, has more than just a big idea. She has put her big idea into action. She is going to Africa.

Inspired by a professor at Life Chiropractic University, Angel began thinking about helping the people of Africa. Further inspired by the Life Chiropractic College West's outreach trip to El Salvador, Angel teamed up with AID for AIDS/Africa. In June she and three fellow Life West students will be on a plane to Ghana. There they will serve the communities surrounding Accra, the capital city of Ghana. On their inaugural trip they aim to lay a foundation of chiropractic service in Ghana that will continue for years to come. Their goal is to create program similar to the ICA's project in Romania in 1992-1994.

On their first trip Angel, Khalid Chaney, Janelle Dong, and Derek MacBay will travel with Maurice Graham, the founder and president of AID for AIDS/Africa, a grass roots organization dedicated to "preventing and alleviating the suffering of AIDS patients." Integral to their mission of healing, is a message of wellness. The group is keenly aware that the whole person must function properly in order to be healthy. The group's website states that they "strive to extend life with every thought, action and deed." This is undoubtedly a message chiropractic can get behind.

In the spirit of this mission, the group's trip will be focused on preventative education. They will provide AIDS/HIV awareness classes for communities with special emphasis on preventative measures and stigma. The stigma attached to AIDS creates major obstacles to health in Africa. Not only are people wary of getting tested and getting treatment, but the notion that all AIDS patients are thin has led to a culture of obesity, and its counterparts — diabetes and cardiovascular disease.

Subsequent trips to Ghana, which may begin as soon as the winter of 2006, will focus on providing chiropractic care to AIDS patients. While chiropractic does not claim to provide a cure for AIDS, people with AIDS can benefit from chiropractic care for two reasons. The first is that they have the same wide range of health experiences as any other person — only theirs are amplified by their infection. They can benefit from chiropractic care for all the traditional reasons that patients thrive under chiropractic. The second is that chiropractic's foundation is based on clearing interference by way of manual adjustment of the spine to remove interference in the nervous system. There has been some preliminary research completed on the impact of chiropractic adjustments on a significant AIDS related marker, T4 cell levels. And so it is possible that, in addition to providing basic care for people who happen to have AIDS, chiropractic may be able to assist some of the immune cells compromised by the virus.

Whether or not chiropractic adjustments can impact the immune function of AIDS patients, one thing is certain. Chiropractic can be of tremendous service to a population whose greatest challenge is access to medical products. AIDS drugs are expensive and thus hard to acquire. In contrast, chiropractic does not require a tremendous amount of technology or medical supplies. It is uniquely positioned to provide health-care to people who do not have the ability to access pharmaceuticals and costly medical intervention.

With an awareness of all that the people of Ghana stand to gain from the power of chiropractic, Angel's group hopes to establish an annual outreach trip. The group will comprise of clinic level students offering chiropractic care under the supervision and direction of licensed doctors. Additionally, they plan to create a preceptorship program where students and doctors will practice in Ghana for an extended period of time and gain international experience working in a structured environment.

Angel says that her first step along the path to Ghana was to ask herself some hard questions. "What do I want to accomplish as a human being? What kind of legacy do I want to leave behind?" She came up with some clear answers. "I chose to make a difference. I chose to heal people through chiropractic."

**MARGARET SMITH** is a student at Life Chiropractic West in Hayward, California.

Angel's team will be taking donations of clothes, food, school supplies, and money to the people of Ghana. All donations, advice, or participation are extremely welcomed and appreciated. Contact Angel at [angel\\_hpt@yahoo.com](mailto:angel_hpt@yahoo.com).

# COLLEGE ROUND-UP

## CLEVELAND CHIROPRACTIC COLLEGE

### New multicultural advocate group to promote and share diversity of student body

The Kansas City campus of Cleveland College will soon welcome a new group — the Multicultural Student Advocates (MSA). The Admissions and Enrollment departments felt the college would be well served with an organization that would share the diversity of the student body while serving as a bridge to the equally diverse Kansas City community.

The group hopes to achieve those goals by pursuing smaller key objectives including: introducing the college to new and prospective students with culturally diverse backgrounds; assisting the Office of Admissions with multicultural campus visits; presenting and promoting professional careers in chiropractic to local high schools; and providing opportunities for scholarship and leadership advancement.



Dale Johnson, Ph.D., (L) Life West's new research coordinator with President Dr. Gerry Clum.

MSAs will work with a program coordinator to plan and schedule events at local high schools as well as attend various diversity fairs and college career days. They will also facilitate CCCCK's desire to support a diverse student body and the education of youth from all cultural backgrounds about the benefits of chiropractic care.

Interviews for potential members began May 8. The idea for the group was so well received in Kansas City that a similar program is being planned for the Los Angeles campus.

## LIFE CHIROPRACTIC COLLEGE-WEST

### Johnson appointed new Research Coordinator

Life West has appointed Dale Johnson, Ph.D. as its new Research Coordinator. The announcement was made by Life West President Dr. Gerard Clum on Friday, June 9, 2006.

Dr. Johnson, Faculty Senate President and professor of toxicology, metabolic disorders, nutrition and biochemistry brings to the position a strong research background and a long history of successes in grant writing for both

private and public sectors.

He received his doctorate in Physical Chemistry and Surface Science from the California Institute of Technology and, prior to coming to Life West directed industrial-based research for several corporations.

"The field of chiropractic research is wide open, broad in scope, and that's very attractive to me. I'm extremely excited about the opportunity," said Dr. Johnson.

## PARKER COLLEGE OF CHIROPRACTIC

### Board of Trustees adopts new Mission Statement

On May 24, President Fabrizio Mancini, D.C., announced the adoption of a

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