



Fall 2018

NUCCA NEWS

NEWSLETTER OF THE NATIONAL UPPER CERVICAL CHIROPRACTIC ASSOCIATION - NUCCA

President's Letter

Fall marks the end of what was hopefully a wonderful summer for each of you! For many of us, this brings a return to regular schedules and an opportunity for renewed focus.

During our conference in April, we focused on "Mastering the Triceps Pull." As practitioners of the NUCCA procedures, we strive for perfection. Whether it's the impeccable approach or roll-in, we understand that the constant pursuit of improvement is indispensable to achieving excellence. We thank our many gifted instructors for their contributions to our development as clinicians.

This fall, November 8-10, 2018, we will have the opportunity to honor Dr. Dwain Ingram of British Columbia, Canada—a dedicated clinician and NUCCA innovator that quietly contributed to the betterment of our procedures.

The Dr. Dwain Ingram Honorary Conference **A celebration of a NUCCA innovator and clinician extraordinaire**

I am reminded of his genius with each Nasium I take, as he gave us the gift of separating the head clamps from the film/sensor carrier which makes our job of taking precision radiographs so much easier! We all have a unique capacity to contribute and, like many of you, Dr. Ingram contributed selflessly and without the need for fanfare. His passion was taking care of patients and optimizing our ability to correct imbalances within the craniocervical junction. We look forward to celebrating his accomplishments in November.

NUCCA is currently offered to students at Palmer, Life West, Life, and Northwestern Colleges, and we are exposing students to the technique in less formal ways at Palmer Florida, NYCC, Logan, SCUHS, and Sherman.

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National Upper Cervical
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We have students from a variety of other campuses with interest in learning our procedures, and they need our support. To assist with this, we have collaborated with the ICA's Upper Cervical Council and HealthyChiropractice as they work to provide a curriculum that introduces chiropractic craniocervical junction procedures to students. Laurent Goldstein, through his group at Citrus Pie Marketing, created an excellent five minute NUCCA commercial to introduce our work to students through this *Transition to Success* initiative.

Education to students within the schools is important, but much of the critical doctors' education is the ongoing mastery of procedures and is done post-graduation. We currently have a task group investigating how to assist the certification process by making kinesthetic skill development even more attainable by delivering our education not only during our semi-annual conferences but also in regional settings.

In our NUCCA Network Facebook group, Dr. Kevin Leach recently asked whether NUCCA has an outreach program to every school so that all students know it exists. After a brief discussion online, a number of NUCCA practitioners volunteered to be involved in a task force to be led by Dr.

Kyrie Kleinfelter, chair of NUCCA's Professional Opportunities Committee, to work towards making this a reality. Dr. Leach recognized an opportunity, and by asking this question publicly and being willing to be part of the solution, we move a few steps closer to making this a reality.

As NUCCA practitioners, our lives are animated with meaning by the patients we have the privilege of helping. Each patient that thanks us for our contribution to their health is a gift, which makes the life we lead one of tremendous privilege. How do we progress as a group and offer our assistance to more people without losing our identity? What can we do to be more inclusive while maintaining our dedication to excellence? What do you see in NUCCA that can be developed to make us stronger? Each of us has a unique ability to make our organization better. Thank you for your contributions!



Dr. Jeff Scholten

President, NUCCA Board of Directors

SMALL STEPS 2018

The Upper Cervical Research Foundation (UCRF) and the National Upper Cervical Chiropractic Association (NUCCA) are building a healthy future and are committed to unlocking the doors that are preventing those starving for help from reaching the care you offer. The Small Steps to Success campaign raises money and awareness to help support ongoing Upper Cervical Research Foundation (UCRF) research. This year our campaign will again be running from **November 1 - November 30, 2018**.

You are invited to **TAKE ACTION** and **ACTIVELY ENGAGE** in the process of giving the world more access to NUCCA care and helping to achieve a better understanding of the power NUCCA unlocks! In your corner of the world, you can contribute to this movement by participating in the **10th Annual Small Steps to Success Fundraising Campaign!**

[Click here](#) to access the NUCCA Small Steps webpage where all the documents and steps to participate can be found.



SAVE THE DATES!

Spring 2019 Conference: May 2-4, 2019 in Irvine, CA

Fall 2019 Conference: October 24-26, 2019 in Minneapolis, MN

SPRING 2018 CONFERENCE Recap

Thank you for everyone that attended the Spring Conference in April! We were so happy to see you all there! Below are some pictures from the President's Reception.



FALL 2018 CONFERENCE Update

The Fall 2018 conference is scheduled for November 8-10 in Minneapolis, MN. We look forward to seeing you!

Be sure to plan to attend the following events at the Fall conference:

Job Fair:

Friday, November 9th, 12:00 – 1:00 p.m.

President's Reception/Banquet:

Friday, November 9th, 7:00 – 9:00 p.m.

Settleback Brewery/UCRF Fundraiser:

Friday, November 9th starting at 9:30 p.m.

Research Update:

Saturday, November 10th, 9:00 – 10:50 a.m.

[Click here](#) to get more information and to register for the 2018 Spring NUCCA Conference.

Hotel Information:

Hilton Minneapolis/St. Paul Airport Hotel
3800 American Boulevard East, Bloomington, MN 55425

NUCCA NEWS STUDENT CLUB UPDATES Fall 2018

Life Chiropractic College West's NUCCA Club has been busy teaching and providing proficiency testing to all members of the club. This quarter we had 6 students get through level I, and 3 students advance to level II with the help of Dr. Zabelin. We meet twice a week to go over lecture as well as lab material to ensure understanding for when the interns are seeing patients in the clinic. We recently received a new NUCCA table, generously donated to us from Dr. Kathy Doyle that we look forward to utilizing it in the upcoming quarter! I also wrote a piece in Life West's publication LifeLines on the NUCCA approach to help educate the Life West community on what we do and what neurology we're effecting with the adjustment. We are looking forward to the fall conference in Minneapolis as well as continuing our progression of proficiency testing this coming quarter!



PALMER DAVENPORT NUCCA Club

Palmer NUCCA club has been around a long time, and there are so many great NUCCA doctors who graduated from Palmer who were in the NUCCA Club. The club is still actively training new NUCCA doctors every trimester. We meet two times a week, where we study biomechanics, practice X-ray analysis and adjusting phases together. Every trimester, NUCCA doctor Alumni come to club to teach about NUCCA and share their field experience. Our first goal of this trimester is to go over biomechanics, X-ray Analysis, and Adjusting phases. Second was to share Upper Cervical and NUCCA with other Palmer students who have not been exposed to it. We planned to have 3 guest speakers to talk about each topic that we covered. We also had a fundraising (Baked Potato Bar) to buy NUCCA Polos and spread the word of NUCCA with other students. We are always thankful to the NUCCA doctors who support our club in different ways. We look forward to bringing club members to the NUCCA electives next trimester and Fall NUCCA conference.



NUCCA-NEWS: DOC HIGHLIGHT QUESTIONNAIRE

Interviewer: Rodrigo Imana

Being Interviewed: Dr. Cecilia Yu

I. Please let us know what got you into Chiropractic and NUCCA?

This is going to be a tough one to keep short. You know how the saying goes, "I wasn't looking for ##, but ## found me." It's the case for both Chiropractic and for NUCCA. When I was studying at the University of Illinois in Urbana-Champaign, I changed my major just about every 2 weeks. Eventually, I settled on physical therapy. That wasn't meant to be apparently. One of my colleagues at the time asked, "PT? why not look into Chiropractic?" Never heard of it...but my life is not set in stone, so WHY NOT? He then introduced me to his chiropractor and I remember going in to his office on a damp cold



November night (dark by 5 in the Midwest). I was so nervous. I wasn't sure if this was just a casual meet and greet, interview, question and answer session? I had no idea what I was walking into, but I walked out knowing something profound that I did not know 2 hours prior: If there is an interference to the nerves in the spinal column, the organs just simply cannot function optimally. That "ah-ha" moment carried me with purpose for the rest of my college career. My colleague who introduced me to Chiropractic started his schooling at Parker College of Chiropractic (now Parker University). So I followed suit. Unfortunately there, I had very little exposure to upper cervical techniques and its philosophy. Luck was on my side, however. I remember being super motivated to finish outpatient clinic early to leave Dallas ASAP. Next thing I knew, I was in Dr. Barone's office doing my externship. He was my first NUCCA office experience. Whenever

anyone ask about my story/history and I mention Dr. Barone, they would have this look of bewilderment. So I usually follow up with, yes...he's pretty hard core. I was living at home in the city of Chicago at the time and his office is 30mi out in Schaumburg (suburb): no traffic is 40 mins drive, with traffic can be up to 2 hours. I remember having to wake up at 4am to beat traffic to go work out for an hour prior to the work day in my professional attire on freezing Friday mornings. So, my first NUCCA office experience was definitely a unique one. Am I allowed to say that on here? Haha!

As my journey progressed on to molding myself to be the doctor whom I want to be, I found myself in the right circle of people. A mentor once said about the ASC and why we have to be as accurate as shooting a bullseye, "isn't it easier to know exactly how to correct something vs leaving it up to guessing and chance?" It was profound for me. Its like looking for that beautiful world beyond a small peephole. How you get to that peephole depends on the accuracy of your work. It's a lot of pressure, but it makes such a world of difference for me as a doctor and for the patient who is looking for that level of care. The more I understand NUCCA, the more I learned to love it, live it, breathe it.

II. What was your experience, during your first phase of your NUCCA career? Places practiced, etc.

I'm blessed to call some wonderful NUCCA doctors mentors. I interned for 3 months in Dr. Marshall Dickholtz Jr's office, where Dr. Daiki Ishiyama taught me xray positioning and biomechanics & Dr. Dickholtz molded the upper cervical philosophy in me. He was the father figure who guided me on the important foundation of this work. There's also Dr. Patricia Gregg who took me in as her NUCCA daughter and taught me many life lessons about communication and heart within a practice. I remember looking at the xrays of my first patient who was about to go under the knife for neck surgery. The pressure weighted on my shoulders to prevent that fate due to expectations as a new grad. I was so overwhelmed. Did I place the patient correctly for the xrays? Did I mark the films correctly? Staring at the Atlas...that's the atlas, right? Then that should be the C2 Spinous? Did I identify the misalignment? Is this the right type? ...read and reread the NUCCA bible. RE-analyze everything. Am I confident in what I can deliver to the patient? No. Re-Analyze. Ok...I'm getting the same numbers. What about patient placement? What if I make the patient worse? Will I even be able to make significant enough of a change for this patient?

I was running through the whole process in my head while trying to convince myself that "I got this." I was literally the deer in the headlights with the view-box florescent light starting to blind me through the xrays. I broke down and called Dr. Gregg. She guided and held my hand through my very first case in my new office; not as a student, but as a doctor.

Even though it has now been 8 years, my first adjustment will continue to have an everlasting impact on me. The personalities that are drawn to NUCCA are typically detail oriented perfectionists. & I think this really is the hardest thing about the technique. As a rookie/novice/amateur/beginner/juvie/newbie to this work, we have to accept and acknowledge that we're not just taking the first step in one thing; but many first steps simultaneously that comprise the procedure! I'm so glad that I had a very strong support system guiding and walking me through the beginning years as a NUCCA doctor that helped me develop into the doctor that I am today.

III. How was it starting your own practice? Challenges and successes.

To be honest, I did not want to start my own practice. My fear of not knowing what I'm doing as a doctor and being a 1st time entrepreneur left no warm fuzzy confident feeling anywhere within me. At the time, I was unable to find a way to practice NUCCA without opening my own practice. It was absolutely the best blessing in disguise though. When I started taking action to build my practice; everything fell into place. I still remember meeting my realtor for the first time at a coffee shop. I introduced myself and told him exactly what I wanted. He laughed. He brought his glasses down and said, "you DO know you're looking for a needle in a haystack right?" In hindsight, I think he only helped me because I'm a referral of a great client of his. But the following day, he called and said, "Well guess what? I found it for you!" & he was right! I stayed in that location for 6 years before I decided to move on from Dallas. The biggest lesson for me from that experience was to ask and verbalize your wants/needs. I learned to trust myself and to give things time.

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As Dr. Gregg once told me, “The first year is planting your seeds and taking care of the garden. The second year, you’ll start seeing the growth.” Patience is absolutely not my virtue, but it’s a part of starting a new practice and life in general. This is actually perfect timing for me to reflect upon my challenges and successes as I prepare to open my new practice in Sydney, Australia. The bottom line though is this: Do the work and do it well. NUCCA is so magical. The miracles that come about from freeing the ASC outweighs the challenges. Being able to serve my community in such a unique way gave me a level of confidence that I never knew I’d be able to achieve. I can’t wait to be able to feel that again in the near future.

IV. How did the vision to travel the world develop?

I guess I’ve always had the travel bug in me. I’ve been fortunate enough to be my own boss and make my own hours. I was often able to hop around the country on a long weekend. Little did I know though, I was subconsciously finding a place to call home. It was Dr. Johanna Hoeller who noticed what I failed to even notice myself. So after that revelation, the seemingly mindless travel became a mission to find my next home. The travels just kept getting farther and farther away from the states, all the way out to Australia. I doubt I’ll settle down from the travels any time soon. It will now be a refined purpose to experience different foods, cultures, and countries. I cannot wait to explore the land down under and experience what it’ll be like to practice in a land far far away.

V. From your travels around the world, how has your perspective on expressing NUCCA to the world developed?

It is interesting meeting new people and learning a different culture’s perspective of health. One thing never changes regardless of where I go: there is a strong need to get the Atlas balanced. Health is in every culture’s history. We all embrace and respect the philosophy of living to a ripe age, but often neglect to speak of the journey to reach it. I love being able to express what I know about the magic of upper cervical. & I love watching the facial expression when the “ah-ha” moment hits of how the brainstem is the key link between the brain and the rest of the body. I wish more can be done to spread the words of NUCCA. As small as the world may seem in the age of technology and convenient travels; it’s still a big world with too many people living out of alignment.

VI. What inspired you to open up a practice in Australia?

We can probably all agree there’s a shortage and need for NUCCA everywhere. & there’s a definite need out in Australia. As rash as this may sound, it was just an idea that I wanted to see how far I’d actually go with it. It’s a playful random thought while strolling through the street of Sydney that started the next adventure: “Hm... I can see myself practicing NUCCA here.” I’m a foodie and there’s some amazing cuisine out there. The people there are also super nice. As I progressed on with the idea of moving there, it became a reality. Life is too short to not take chances. I do not want to regret this opportunity. I also have a love of animals. Once I get my animal chiropractic certification there, it would be amazing to align the atlas on a baby joey or little wallaby. One can dream, right?

VII. What do you love about the NUCCA organization?

Ever since day one, I felt NUCCA was my family. I have so many mentors whom I look up to here. They have guided me as a doctor and as someone who was blossoming into her role in life. There are also many colleagues who understand exactly the same emotions and struggles; the highs and lows. I can pick up my phone and have someone willing to share and understand my thoughts, because they’ve been through it too. It certainly makes for great bonds and friendships. With NUCCA conferences, we have bi-annual meet ups to keep in touch. When I was in practice, I never missed a conference. I loved being able to feel rejuvenated about practice and seeing my extended family. I’ll be returning to conference this coming November and I cannot wait for all the smiles, hugs, and marvelous minds gathered under one setting.

VIII. Finally, anything else you would like to add?

I’m blessed beyond measures to be in this tight knitted group of wonderful doctors. I’m excited for the journeys ahead personally and for NUCCA as a whole as we collectively change people’s lives one atlas at a time.