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### What NUCCA means to me

To me, NUCCA is the best way to detect and correct vertebral subluxations. Yes, all chiropractic techniques work and they do all have their time and place. However, in my year and a half at Life West I have explored multiple techniques and all have come up short when compared to NUCCA. In my eyes, NUCCA has the strongest subluxation analysis approach, the best way to correct the subluxation, and not surprisingly the best patient outcomes and because of that I made it my mission to bring more awareness to NUCCA on the Life West campus.

NUCCA's procedure for subluxation analysis is unrivaled. Pre x-rays are common in chiropractic but post x-rays are almost unheard of. Knowing how the atlas is misaligned is important but knowing if the adjustment corrected the misaligned is critical for outstanding patient care. NUCCA's willingness to face the post x-ray separates them from many other techniques that are not willing to do that. On top of the post x-ray, I also love how meticulous NUCCA is with associating posture with a subluxated atlas and a post x-ray confirmed atlas correction. NUCCA set the bar for me on subluxation analysis and no other technique has come close to NUCCA's standards.

The precise low force correction offered by NUCCA is also second to none. To avoid trauma our body has to adapt to any force impulsed into the body. Due to its precision NUCCA is able to correct the entire spine with a force so small it wouldn't even crush a grape. The body is able to easily adapt to this light impulse and if done correctly there is very limited unnecessary force into someones body. This is something most other techniques can not claim.

Both the analysis and correction in the NUCCA procedure lead to my favorite part of NUCCA which is the unmatched patient outcomes. I have experienced this personally and have also witnessed it change the life of family members and friends. NUCCA has also had profound impacted on some of my chiropractic peers. One of my favorite stories is a classmate who's dad was a chiropractor who practiced full spine with some toggle. He enjoyed making full of NUCCA's "massage behind the ear". After a year of school, I finally convinced him to get a NUCCA intern. After his first adjustment, along with his chronic neck and back pain going away he also reported having more energy and being in better moods. My recent favorite story of NUCCA's profound patient outcomes comes from my new girlfriend. She came to school under full spine care and after her first NUCCA adjustment her migraines went away, her skin cleared up and her periods normalized. She immediately declared that there's no way she could practice any other way than the care that she wants for her. NUCCA's patient outcomes speak for itself.

I have been lucky to know about the power of the NUCCA procedure before starting chiropractic school. Unfortunately, most people have no idea what NUCCA is when starting school. When I first started school I made it my mission to get more chiropractors aware of NUCCA. The NUCCA club was on it's last leg my first quarter, with the president being the only member and in his last quarter. My second quarter I took over as club president and started growing the club. I had Dr. Scholten do a business talk to show the school we were still active. Then, thanks to a generous donation from NUCCA, had a chipotle lunch where Dr Tayal did a talk in front of fifty students. With this momentum, the NUCCA club grew to six active members with a hand full of other students popping in and out. We also had at least three new students sign up for the spring conference. Sadly, when the Covid-19 pandemic hit the club lost all of it's momentum and we are back to where the club was my first quarter. However, this quarter we are once again starting the rebuild. In November, Dr. Kleinfelter and Dr. Scholten are both doing a zoom talk to show the students we are still an active club. Then after Christmas, I hope to do another lunch to boost club momentum. Before I graduate I plan for the Life West

NUCCA club to be self sustaining so Life West students can be easily exposed to the power of NUCCA for years to come.