A timeless Africa.....
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Greetings Africa! Above, is a picture of myself together with Mr. David Chapman-Smith and Dr. Reg Engelbrecht at the World Federation of Chiropractic (WFC) Congress held in South Africa earlier this year. It was during this Congress meeting that I was nominated Editor of this Newsletter, and it is indeed with humility and great honour that I present this inaugural newsletter of our ACF Newsletter, together with Assistant Editor, Neera Sharma Maini. May it highlight the development of African chiropractic and enhance our communication within the newly formed African Chiropractic Federation (ACF).

Congratulations to African Chiropractic!

In order to keep our newsletter information fresh and updated, please email me all news-worthy stories on praveenam@webmail.co.za.

This edition forms an introduction to the ACF, provides contact information of its members and some of their biographies, together with a few news items to keep you in the loop.

The highlight of The African Chiropractic Federation’s calendar is its first seminar and regional assembly, to be held in Nairobi from April 3rd-5th, 2014. Until then... Happy Reading!

Warm regards, Praveena Maharaj
PREPARE NOW FOR THE FIRST ACF SEMINAR
NAIROBI – APRIL 3-5, 2014

Plans are progressing well for an exciting first ACF Assembly and Conference in Nairobi from April 3rd-5th next year.

Already confirmed is a two day seminar by Drs Francis Murphy and Michael W. Hall from Dallas, Texas on “Top Down Analysis” - a novel approach to disorders of the spine using OTZ Methods. Dr. Murphy is currently in huge demand as an outstanding international lecturer, and is featured in the new documentary ‘Doctored’ because of his new approach to the treatment of frozen shoulder syndrome, and is very generously sponsored by Parker University.

Also with us at the seminar is Dr. Brian J. McAulay, who will be speaking about “The Science, Art and Philosophy of Chiropractic: Where are we?” After holding senior academic positions at Sherman College of Chiropractic and Life University, Dr McAulay now serves as President of Parker University, formerly Parker College of Chiropractic.

There are also plans in the future to hold an interdisciplinary World Spine Care conference, with chiropractic and medical experts reviewing the most up to date inter-disciplinary spine care including the significant role of the chiropractic profession. This will depend upon support from several parties including Kenyatta University and the Kenyan Ministry of Health. At present things look very positive - more news will follow soon.

All of us in the ACF must give thanks to the Chiropractic Association of Kenya (CAK) and particularly Dr. Carol Mwendwa for the tireless work they are putting into preparing for the historic first ACF Assembly and Seminar.

We would like to convey our heartfelt sympathies to everyone in Nairobi who had to endure the recent terrorism incident. There is never any explanation or logic for these senseless acts. We pray for the families who have lost loved ones, and hope that those who are injured will heal well. Although this is an indelible experience, may all Kenyans move past this trying time and attempt to find peace within.

Nairobi - April 3-5 2014 – Be there!
Dr. Francis Murphy

Dr. Francis Murphy, D.C. is President and CEO of OTZ Health Education Systems in Dallas, Texas and is the author of ‘Frozen Shoulder Treatment & Diagnosis, A Physicians Training Manual’. In 2006 Dr. Murphy discovered a cervical spine cause of Frozen Shoulder Syndrome and he now teaches the OTZ Tension Adjustment Technique to doctors all over the world.

He graduated with honors from Parker College of Chiropractic in 1995, is certified in full body Active Release Techniques, and is currently chief clinician in practice at Whole Health Partners in Dallas Texas.

In addition, Dr. Murphy serves as the treating doctor and clinician for Southern Methodist University, providing top chiropractic techniques to amateur elite athletes in football, track & field, swimming and soccer, and serves on the postgraduate faculty of Parker University.

Dr. Murphy was highlighted in the book ‘Medicine Men; Heartwarming Tales of Texas Docs’ and the 2012 documentary ‘Doctored’. He continues to educate fellow clinicians and patient focus groups on the debilitating effects of postural injuries.

Dr. Brian McAulay

Dr. Brian J. McAulay, D.C., Ph.D., is the newly named President of Parker University. His most recent position is Executive Vice President and Provost at Life University, where he has served for the past nine years. He is the former Vice President for Academic Affairs at the Palmer Chiropractic University System. He previously served on the faculty of Pennsylvania College of Chiropractic and also served as dean of postgraduate education, department chair and faculty senate chair.

Dr. McAulay holds a Ph.D. in management from Temple University, a Doctor of Chiropractic degree from Pennsylvania College of Chiropractic and a Bachelor of Commerce degree from the University of Toronto. His conference presentations and publications cross a number of management and chiropractic areas of exploration; his research interests include professional and organizational commitment, educational outcomes in professional education, the philosophy of chiropractic, and total quality management.

He is a Site Team Chair for the Southern Association of Colleges and Schools, and served on the Council on Chiropractic Education Task Force that drafted the new 2014 CCE Standards.
After graduating from the Durban University of Technology (DUT) in South Africa, having been awarded the national Milani Internship award, Dr. Maharaj is currently the clinic director of the Reservoir Hills Chiropractic Clinic in the same city.

She is a member of the National Executive Council of the Chiropractic Association of South Africa (CASA) and serves as a part-time lecturer and supervising clinician at the DUT, where she also assists students with the completion of their dissertation projects as a Master’s level research supervisor.

Dr. Maharaj, however, still finds time to perform community service in the disadvantaged community of Sea Cow Lake (within Durban), in association with DUT.

She is recently married and enjoying renovating her new home with husband Tyrone.

Dr. Neera Sharma Maini graduated Magna Cum Laude from New York Chiropractic College in 1999. During her academic years, she was extremely involved in extra-curricular activities, sports, and tutoring.

She practiced as an associate for three years in California, during which time she was also a part-time faculty member at Palmer College of Chiropractic West (PCCW). She continued with her training to become accredited as a Certified Chiropractic Sports Practitioner (CCSP).

In 2002 Dr. Maini moved back to her home town of Toronto, Canada and practiced as an associate for a few years. She then went on to own and operate a successful multi-disciplinary clinic.

In 2010 she married her sweetheart, who had made plans of moving to Kenya. Since then she has been discovering a new world, and is practicing at the Physiotherapy and Chiropractic Centre in Nairobi at the Thigiri Ridge location. Main techniques utilized are Diversified, Thompson drop, and Activator.

She is also working hard at establishing and furthering the chiropractic profession in Kenya as a member of the Chiropractic Association of Kenya (CAK).
ACF MEMBER BIOGRAPHIES
Meet the African team...
Mr. Chapman-Smith graduated with a Bachelor of Laws (Honours) from Auckland University, New Zealand in 1969. Awards at law school included the Gary Davies Award, first prize in the Faculty of Law Mooting Competition (1968). Following graduation he practiced civil and commercial litigation, from 1978 as a partner in Holmden, Horrocks & Co in Auckland.

His introduction to the chiropractic profession was as counsel for the New Zealand Chiropractors’ Association before the New Zealand Commission of Inquiry into Chiropractic in 1978-79. In 1982 he took a two-year leave from his law partnership to serve as a legal consultant to the Ontario Chiropractic Association in Canada during a major review of health professions’ legislation. Subsequently he remained in Toronto, Ontario, Canada acting as a consultant to chiropractic organizations internationally. He re-qualified as a lawyer in the Province of Ontario in 1989.

Mr. Chapman-Smith was instrumental in the formation of the World Federation of Chiropractic in 1988 and has served as its Secretary-General since that time. Since 1986 he has been editor/publisher of a newsletter titled The Chiropractic Report, and his many other articles and publications relative to chiropractic include the book *The Chiropractic Profession: Its Education, Practice, Research and Future Directions* (NCMIC Group, 2000).

As WFC Secretary-General he has been an adviser on chiropractic legislation and the development of the chiropractic profession in many countries and has administered many joint projects for the WFC and the World Health Organization since the early 1990s. Mr. Chapman-Smith is married to Dr. Sira Borges, a doctor of chiropractic and medicine, and has four adult children. Two of his four brothers are medical specialists in New Zealand and two of his four stepsons are chiropractors in Brazil.
Dr. Simon Lawson  
South Africa

Dr. Lawson is the President of the Chiropractic Association of South Africa (CASA), Chairman and Founding member of Chirosport South Africa, Senior lecturer at the University of Johannesburg and owner of the Morningside Chiropractic & Sports Injury Clinic, in Sandton, South Africa.

Born on 17 March 1975 in the city of Johannesburg, in 2012, Simon married his beautiful wife, Christine. They now live in Morningside, Sandton. He graduated from Technikon Witwatersrand in Johannesburg, in 1999, when he also completed his ICSSD (International Chiropractic Sport Science Diploma). He attained a Diploma in Chiropractic from the British Chiropractic Association in 2001 and completed a Post graduate MSc Sports and Exercise Medicine degree at the University of Nottingham, UK in 2005.

He has worked in numerous Chiropractic and Multi-discipline Health Clinics between 2000 and 2005 in the United Kingdom and served as a Chiropractor for the British Master’s Athletics Federation 2000-2005; a Consultant Chiropractor to UK Athletics; Derbyshire County Cricket Club; the English Cricket Board and currently, the Golden Lions, provincial rugby team. He has been a member of the FICS team at the World Games (Duisberg, GER 2005; Kaoushung, TAI 2009 and Cali, Colombia 2013).

He is an avid sports fan. He has represented South Africa at Triathlon and has Provincial and International colours for hockey. He has completed Iron Man and five half Iron Man’s, Cape Epic Mountain Bike Race and the Two Oceans Ultra Marathon. He is passionate about Chiropractic and excited to be part of a team looking to grow Chiropractic in Africa.

Sister Brigitte Yengo  
Congo

Born and raised in the Republic of Congo, Sister Yengo completed her high school tuition in France and attended universities in both France and the United States of America. She received religious training in theology in Congo and France in 1977 and 1981 and qualified as a Chiropractor in April 1987 from the National College of Chiropractic in Lombard, IL, USA.

She was the director of the Catholic Medical Center in Goma Tse-Tse in June 1987, and was elected Vice president of Caritas in 1988. She qualified as a medical doctor from the University of Congo in 1989. She has been elected President of the Cardinal Emile Biayenda Foundation since 1992, and elected President of the Special Olympics in Congo since 1994. She was the Director of an Orphanage in 1997 following the civil war in Congo and has received an honorary Doctorate degree in Human Sciences from the Benedictine University of IL, USA in 2009.

She was voted the Humanitarian Woman of the year in 2010 and is the co-ordinator of an HIV/AIDS program of the Catholic church in Congo since 2011.
Dr. Bronwyn McNamara
Ethiopia

Dr. Bronwyn McNamara is originally from Melbourne, Australia, where she completed her five year full time chiropractic degree at RMIT University in 1993. She has worked for nearly twenty years in Australia where she has owned and run award winning Chiropractic Clinics.

Dr. McNamara is now involved in a project to help set up a Chiropractic University in Ethiopia and will be spending time working in Ethiopia. She says, "Chiropractic care is a much needed health service for the people of Ethiopia but there are not enough Chiropractors there. I would like to be able to make a difference."

Dr. McNamara is very passionate and enthusiastic about chiropractic and the role it can play in one’s health, the health of a family, a community and globally. “I am grateful to be in such a wonderfully positive profession where I can contribute to helping people heal naturally.”

Dr. Caroline Mwendwa
Kenya

Dr. Caroline Mwendwa is a co-owner of Chiropractic & Physiotherapy Health Centre, which is a health facility located in the Karen area of Kenya’s capital city, Nairobi. She graduated Summa Cum Laude with a Doctor of Chiropractic degree from Sherman College of Chiropractic in the United States of America in June 2005.

She also has a Bachelor of Science degree in Biology/Chemistry from Southwest Missouri State University also in the United States of America.

Dr. Mwendwa specializes in full spine and extremity chiropractic adjusting techniques. She has a passion for paediatric chiropractic and loves taking care of the little ones. The Health Centre also offers specialized physiotherapy, therapeutic massage AND nutritional and lifestyle modification counseling.

She also serves as the secretary of the Chiropractic Association of Kenya in which capacity she engages with stakeholders on matters affecting the profession in Kenya.
Dr. Reg Engelbrecht
South Africa

Dr. Reg Engelbrecht graduated from the Palmer College of Chiropractic in 1963 and was elected to the newly formed Chiropractic Association of South Africa (CASA) in 1971 where he has served ever since. He was appointed by the Minister of Health to serve on the first SA Associated Health Service Professions Council in 1982 where he served as Vice Chairman and Chairman of Education. In 1995 the Palmer University (PCC) presented him with the first ever Chiropractic Heritage Award of Honor for his efforts and involvement in the training & education of chiropractic students and chiropractic advancement in South Africa.

He has been exceptionally active in community affairs in Bethlehem where he resides, and served with enthusiasm on the Council of the Bethlehem Community College since 1992 and was elected Chairman of this Council from 1996 to 2001. Dr Engelbrecht has served on the Bethlehem Town Council and was elected Mayor in 1991. As CEO of the Chiropractic Association of South Africa he has been involved in extensive inter-professional negotiations and the advancement of the profession in South African health care. He is the Coordinator for Africa on the World Spine Care project and was the Local Organizing Committee Chairperson for the WFC Congress which took place in Durban in April 2013. Dr Engelbrecht is a member of the World Federation of Chiropractic council and is the representative on this body for Africa.

Dr. Elga Drews
Namibia

Dr. Elga Drews was part of the first intake of chiropractic students at Technikon Natal, South Africa. She graduated with a Master’s Diploma: Chiropractic in 1995 and also completed a Master’s Diploma: Homeopathy. On her return to Namibia she opened her own practice in 1996. In 1997 she obtained the Certified Chiropractic Sport Physician (CCSP). Inspired by the sports chiropractic world she set out to do the Sport Residency Programme at CMCC in Toronto, Canada where she spent 1 ½ years. During her 18 years in practice she attended various other courses and seminars like chiropractic paediatrics, SOT, Kinesiology, Cranio-sacral therapy and Bio-puncture to name but a few. She is of recent a Demartini Method facilitator.

She has served on various committees and boards related to chiropractic, homeopathy and complementary medicine in general. She has been the president of the Namibia Chiropractic Association for 7 years. Her practice in Windhoek offers complementary health care services, including chiropractic, homeopathy, acupuncture, nutritional advice, ergonomic and postural assessments, bio-puncture and the Demartini Method. She has a keen interest in understanding and addressing the psychosomatic factors involved in health. She enjoys presenting talks and teaching all aspects of complementary health.
Dr. Evalie Kaye Heath is a Chiropractor practicing in Bulawayo, Zimbabwe; Francistown and Gaborone, Botswana. Born and raised in Southern California she completed her university studies at Northern Arizona University in Flagstaff, Arizona, majoring in Biology and Physical Education. She then went on to study Chiropractic at Life Chiropractic College, Marietta, Georgia, USA, graduating in 1979.

After graduation she obtained licenses in Georgia (for a warm up), Alaska, New Mexico and her real target at the time Arizona. Arizona at that time was a tough state to get licensed in. Of the 163 examinees she was one of 12 who passed and qualified that year.

She worked in an existing practice for two years and then bought a plane ticket and fulfilled her dream of coming to Africa. She has lived and worked in Southern Africa since arriving in 1982.

In working with the World Federation of Chiropractic as the African Representative to the Public Health Committee and briefly on Council, her dream has been to have an AFRICAN CHIROPRACTIC FEDERATION (ACF) and is thrilled at the formation of the ACF earlier this year at the WFC Biennial Congress held in Durban.

Dr. Heath believes the ACF can unify and strengthen Chiropractic in Africa. She sees Africa as the future of Chiropractic as she feels the Western World has too many hang-ups about Chiropractic and the past and we are the Future!
Dr. Bryan Cox
Ghana

Dr. Bryan Cox received a Bachelor of Science degree in Kinesiology from James Madison University and a Doctorate degree from Life University, School of Chiropractic in Marietta, Georgia, U. S. A. He’s the first and only chiropractor of African descent to be honored as a Distinguished Fellow of the International Chiropractors Association. He has been a Doctor of Chiropractic since 2002 and started his practice (Spinal Clinic Limited) in Ghana in 2006 which treated many Ghanaians and foreigners alike. He has provided education and training for many organizations. Spinal Clinic Ltd. has 4 offices in Ghana. Dr. Cox appears on some national and international television and radio stations, educating the public on the benefits of chiropractic care. He trained and treated the personnel of the United Nations Mission in Liberia (UNMIL). He is also the Founder of Chiropractic Around the World (CAW), an NGO which is dedicated to spreading spinal health, exercise and healthy living and the establishment of a Chiropractic School in Ghana. Dr. Cox authored a book entitled “Love Your Spine” approved by Ghana Education Service. Dr. Cox has a wife and three children.

Dr. Immaculate Wambalaba
Kenya

Dr. Immaculate Wambalaba is a chiropractor practicing in Hurlingham, Nairobi. She graduated Magna Cum Laude with a Doctor of Chiropractic degree from Sherman College of Chiropractic in the United States of America in 2006.

She also has a Bachelor of Arts (Fine Art) degree from Kenyatta University in Kenya. Dr. Wambalaba specializes in full spine and extremity chiropractic adjusting techniques. She has a passion for chiropractic and patient education. She loves taking care of her patients both young and old.

She is a member of the Chiropractic Association of Kenya.
Dr. Tolu A. Oyelowo
Nigeria

Dr. Tolu A. Oyelowo is a professor and department chair at Northwestern Health Sciences University. She received her Bachelor of Arts degree in Chemistry from the University of Minnesota, and her Doctor of Chiropractic degree from Northwestern Health Sciences University.

She also holds a Certificate in pediatric chiropractic care from the International Chiropractic Pediatric Association and a Master of Science in Health Care Administration from New England College.

Dr. Oyelowo is an author, and lectures extensively on natural approaches to management of women’s health conditions. She had provided chiropractic care to families for over 20 years, before retiring from private practice in 2009.

Dr. Sumaya Sidat
Mozambique

Dr. Sumaya Sidat has been practicing chiropractic for just over 10 years in Maputo, Mozambique. She grew up in Benoni, South Africa and graduated from the Technikon Witwatersrand (University of Johannesburg) in 2002.

She finds that practicing chiropractic in Mozambique has proven remarkably satisfying and has over these years managed to bring chiropractic to a part of the world that was, and still is, sorely lacking access to chiropractic care.

She implements a variety of chiropractic and soft tissue techniques in her practice and places great emphasis on modifying one’s lifestyle and immediate environment to facilitate improving and maintaining general health and well-being.

She is registered with the Chiropractic Association of South Africa and the Allied Health Professions Council of South Africa.
Dr. NaaAsheleyAshietey
Ghana

Dr. NaaAsheleyAshietey was born in Accra, Ghana and lived there until she moved to Halifax, Nova Scotia, Canada to complete her undergraduate studies. In 2007 she graduated from Saint Mary's University with a B.Sc degree, majoring in Biology. In November of the same year she matriculated from Palmer College of Chiropractic, Davenport – Iowa in the USA. In February 2011 she graduated with her D.C. degree, Cum Laude and shortly thereafter practiced as an associate chiropractor at Chiro One Wellness Centers in Chicago - Illinois, USA.

In April 2012 she moved back to Ghana and worked as an associate chiropractor at The Spinal Clinic. Today she is the CEO of the Nova Chiropractic Health Centre; she started her clinic in May 2013 in the suburb of Adenta, Ghana. She has been the president of the West African Chiropractic Association (WACA) since April 2012. She is the youngest and only practicing Ghanaian-born female chiropractor in Ghana.

Mary Anne Osifo
Liberia

Mary Anne Osifo is currently an intern at Parker University, and will soon graduate with her doctorate in Chiropractic. Mary Anne is originally from Liberia, West Africa, but she has lived in Texas since 1990. As a student MaryAnn has served as Vice President and as President of The Student American Black Chiropractic Association. She also served as Vice President of Education for the Parker Toastmasters Club and currently serves as her class Senator. MaryAnn has studied biology for two years at Texas Wesleyan University and has completed her bachelor of science degree from Paul Quinn College in Dallas. In college she was a member of the Beta Kappa Chi Honorary Biological Society and was very active in school functions. As a student at Parker University, she has remained steadfast in her chiropractic goals as she truly believes in the importance of health and the chiropractic approach to optimal health. She has worked as a research assistant throughout college and whilst at Parker University has contributed to many projects, the most recent published project investigated the use of herbal supplements by adolescents in the United States. MaryAnn was recognized by the WFC as a pioneer for chiropractic care for Liberia. She desires to establish a practice in Liberia that is based upon chiropractic evidence based research. MaryAnn received The American Black Chiropractic Association Student of The Year Award. Her passion to serve drives her daily. She is currently an Ambassador of the ACA and she is actively involved with leadership roles in her community and with organizations such as the African Chamber of Commerce in Dallas, Texas.
Dr. Kim E. Rice-McGowan completed her undergraduate degree in Biology from Eckerd College, St. Petersburg, FL, USA. She then obtained her Doctor of Chiropractic degree in 1998 from Northwestern Health Sciences University in Bloomington, MN, USA.

She was born in Capetown, South Africa, but raised and educated until “A” level in Zimbabwe. She practices at Chiropractic Health & Rehab, Bulawayo, Zimbabwe. She is married with 2 sons aged 6 and 3.

Dr. Kim McGowan
Zimbabwe

Dr. Margaret Stower graduated on June 2008 from Sherman College of Chiropractic. Prior to that, she was a physiotherapist and managed the most prestigious Nairobi Hospital Rehabilitation Unit.

In graduate school, she was an active member of the Christian Chiropractic Association, Gonstead Club, Activator Club and also an active blogger for the school. Currently she is a tamer for the Lions Club of Nairobi, Kenya, an MC (Member Coordinator) in BNI- Business Networking International and is involved in ministerial activities at her local church. Dr. Stower is a member of WFC (World Federation of Chiropractic), member of WCP (World Confederation of Physiotherapists). She also holds various memberships in leading Sports clubs; Muthiaga Golf Club, Royal Club, Nairobi Golf Club and Kitale Club. “I feel that learning is a never-ending process, while in practice I continue to keep up with the cutting edge of developments in chiropractic care.”

She is the founder and CEO of the Physiotherapy and Chiropractic Center located at Lavington Green Shopping center and New Muthiaga Shopping mall, ThigiriRidge. The clinics offer a multi-disciplinary approach to health care by incorporating chiropractic care, physiotherapy, massage, exercise physiology and nutrition. PCC is a one stop shop for all musculoskeletal needs.

Dr. Margaret Stower
Kenya
ACF STORIES
September 18th, 1895 is recognized as the "birthday" of modern chiropractic. Chiropractors throughout the world celebrate the day in their practices by sharing the history of chiropractic. Founder's Day, as it is also known, is a great time to increase awareness of chiropractic and commemorate its place in history, as well as its importance to the health and well-being of patients around the globe.

Photo: The marker designating the site of the first chiropractic adjustment is located near the intersection of Second and Brady streets in downtown Davenport.
On behalf of Dr Rand Baird (WFC Public Health Committee Chairman)

October 16 is **World Spine Day!** A part of the Bone and Joint Decade National Action Week, **World Spine Day** is where global activities are aimed at focusing attention toward the needs and issues of people affected by musculo-skeletal disorders.

Prepare now and raise awareness of the importance of spinal health in your community with creative projects for your clinics, schools, offices, communities and neighbours. **We want to know what you have done – and you can be a WINNER!**

Tell us about your World Spine Day activities; describe your best adventures of how you made these programs work in your communities and how well they were received. Like last year the WFC is offering these prizes:

- **1st Prize** – US $1,000
- **2nd Prize** - US $750
- **3rd Prize** – US $500

The competition is open to any individuals and organizations in the chiropractic profession – including societies, associations, educational institutions, student groups, etc. **Send in your reports by November 15, 2013.** Remember to include photos because the winning story will also be featured in the December issue of the WFC’s Quarterly World Report.

Winners last year were:

- **1st Prize** – Life University, USA
- **2nd Prize** – International Medical University (IMU), Kuala Lumpur
- **3rd Prize** – Scotia Chiropractic Clinic Ltd., England

See the December 2012 issue of the QWR under publications at [www.wfc.org](http://www.wfc.org) for details of their prize-winning activities. For ideas based on **Straighten Up and Just Start Walking**, two programs developed by Dr Ron Kirk of Life University and the WFC Public Health Committee and his team, please go to the following:

**ALL ABOUT: STRAIGHTEN UP**

Endorsed by the BJD - **Straighten Up** is a bold and innovative health promotion initiative designed to empower people everywhere toward better spinal health and an improved quality of life. Consisting of a set of simple exercises with just minutes to complete, Straighten Up will help improve posture, stabilize core muscle groups, enhance health and prevent spinal disability.

For materials check out the following websites:

- Life University, for original content: [www.straightenupamerica.org](http://www.straightenupamerica.org)
- British Chiropractic Association (BCA): [www.straightenupuk.org](http://www.straightenupuk.org)

**ALL ABOUT: JUST START WALKING**

Also supported by the BJD - **The Just Start Walking** initiative was developed to raise awareness about the importance of keeping active. With an easy-to-use program and personal calendar, regular physical activity and overall improvement of spinal health can be achieved. Kids and adults love this program! For materials, check out the following websites:

- Life University, for original content: [https://www.life.edu/node/1175](https://www.life.edu/node/1175)

Submit your activity reports to WFC Executive Secretary, Christina Davis at cdavis@wfc.org
Diploma earned in Hayward will benefit the Poorest of the Poor in Africa  

By Charlotte M. Hall

Hundreds of thousands of diplomas will be awarded this June in California, but perhaps none will have more impact than the one given to Sister Anne Marie DiahuoaMinsoni by Life Chiropractic College West in Hayward on June 7th.

Having earned her Chiropractic degree, Sister Anne Marie will return to her home in Brazzaville, Congo, where she will minister in a free health clinic for the poor and serve orphans at Sister Yengo's Children's Home. Her Chiropractic degree will indeed be a blessing to many as Sister Anne Marie is only the second practicing chiropractor in the Republic of Congo which has a population size of 4 million people.

Three and a half years ago Sister Anne Marie, a member of the Sisters of Notre Dame du Rosary, left Brazzaville to travel half way around the world to attend Chiropractic school in the United States. She had never traveled more than a few miles from her home before she embarked on this journey, but she was inspired and encouraged by Sister Brigitte Yengo, the first chiropractor in Brazzaville, who has been serving the poor, the disabled, and the orphaned for 25 years. Sister Anne Marie already had a Masters degree in Molecular Biology from the University of the Congo when she was handpicked by her bishop to study chiropractic, but she did not have the financial resources to make it happen. Her dream became a reality with the help of Life Chiropractic, whose vision is to create a brighter future for humanity. They generously provided a full tuition scholarship and Sisters of the Holy Family, who are committed to standing in solidarity with other congregations of religious women, invited her to live with them at their Motherhouse in Fremont. They provided housing, meals, and most importantly, a welcoming home in a strange country. The Association of Catholic Chiropractors raised money for uncovered educational expenses. Sister Anne Marie's congregation in Congo, and especially Sister Brigitte Yengo, supported and encouraged her, and provided funds for her travel.

On June 7th, Sister Anne Marie was awarded her diploma and later this year will walk through the streets of Brazzaville dispensing health, love and hope, and will demonstrate the body’s God-given innate ability to heal.

For more information contact: Charlotte Hall on charlotte@hallmediagroup.com
On July 19, 2013, Drs. Neera Sharma Maini and Margaret Stower were featured on Nation TV (NTV). The am Live Kenyan talk show wanted to discuss women and low back pain. Both chiropractors enlightened the public and newsroom staff about chiropractic and its benefits, and discussed issues like low back pain, posture, proper treatments, and spinal health. Dr. Maini performed some adjustments for the benefit of the viewers. One of their patients was also brought in to discuss her positive experience with treatments. Check out the following link: https://www.youtube.com/watch?v=-mcK9T-wjNc

On August 11, 2013, Dr. Caroline Mwendwa appeared on a panel of doctors on the Family Media Doctors on Call show, where 4 doctors of different specialties discussed multiple topics. They were busy answering live phone calls about neck and back pain, systemic issues, and possible treatments. The objective was to get viewers to understand what chiropractic is, where chiropractic doctors fit in to the health care spectrum, and what specialist deals with which issues.
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