



*Ensure the well-being of your body*

# diagnosis

*Getting to the cause of pain*



## *A New Perspective: The Chiropractic Internist*

The chiropractic internist is not just another chiropractor. Nor is he or she a medical internist. The chiropractic internist, formally known as a DABCI or Diplomate of the American Board of Chiropractic Internists, is a Doctor of Chiropractic (D.C.) who has had additional training to diagnose and treat health problems in many areas. Through several types of screenings and lab tests, the DABCI can do a comprehensive evaluation that can often catch problems before they become major diseases.

Dr. Dustin Cheney and Dr. Susan Buchanan-Cheney of the Chiropractic Centers of Phillipsburg, Stockton and Hill City, are board qualified chiropractic internists. By using a number of lab studies and other diagnostic tests, they look for causes not just symptoms. Test results are scrutinized for sub-clinical or sub-optimal scores that may be outside the functional readings that others look for. This can lead to counseling for lifestyle changes and treatment with nutrition and exercise that can stop problems before they happen.

Our traditional medical treatment patterns are to wait until symptoms present themselves, then treat with pharmaceuticals or surgery. DABCIs have more modalities available to them through advanced training in nutrition, vitamins, minerals and herbs. They also do lifestyle coaching and counseling in terms of activity, diet and stress reduction.

If a DABCI diagnoses something beyond his or her training, they can then make a referral to the appropriate specialist (neurologist, cardiologist, diabetes specialist, cancer, etc.) for the condition that is diagnosed. So the DABCI can really act as the portal

of entry into the health care experience as a primary provider.

An example from Dr. Cheney is a patient who for 30 years was restricted from leaving her home for any length of time because of the debilitating pain and chronic fatigue she experienced all the time. Over those 30 years she had spent upwards to \$250,000 on medical tests and in the end was told "it's all in your head, and you'll just have to get over it." More specific diagnoses had run from having fibromyalgia to leukemia, to irritable bowel syndrome.

When she came to Dr. Cheney, he treated her with chiropractic adjustments for about six months which saw some decrease in pain, but it was still a problem. He then ran a number of lab studies where he thought he was looking for some form of cancer or other major problem.

What he found was low grade systemic inflammation which led to testing for food sensitivities. He found a gluten sensitivity that was not severe enough to be celiac disease, but was enough to cause pain. After restricting her to a gluten free diet, her pain that had lasted 30 years was gone in two weeks.

More than half of the U.S. population today has some form of chronic condition such as diabetes, hypertension, arthritis, heart disease. Our traditional medical practices are geared for acute injuries and immediate treatments. These do not treat chronic conditions well. A new form of medical practice is needed to address the growing problem of chronic diseases. The chiropractic internist is gaining the training and the experience to step into this gap.