



EPISODE 012 — LENDING A HEALING HAND IN HAITI (PART 2)

May 14, 2010, 2:00 am |

Filed under: [Extraordinary Chiropractors disaster/relief efforts](#) | Tags: [adjustment](#), [Alexandra Mendoza](#), [Anchor Chiropractic](#), [Bradley Raush DC](#), [chiropractic](#), [chiropractic adjustment](#), [Chiropractor](#), [Christy Revels Agren DC](#), [disaster efforts](#), [Dr. Thomas Lamar](#), [Earthquake](#), [Extraordinary Chiropractors Doing Extraordinary Things](#), [George Zimmerman DC](#), [Haiti](#), [Haiti Earthquake 2010](#), [Haitian](#), [health](#), [Heather Rooks DC](#), [Herman Mendoza](#), [humanitarian aid](#), [Kingston](#), [Kitsap](#), [Peter Morgan DC](#), [Port-au-Prince](#), [relief efforts](#), [Rennie Statler DC](#), [rescue](#), [Scott Jahn DC](#), [Stephan Moje DC](#), [Stepping Stones Ministries](#), [stress](#)

SHOW NOTES



Spinal Column Radio host,
Dr. Thomas Lamar

Title: Lending a Healing Hand in Haiti (2)

Episode Number: 012

Host: Dr. Thomas Lamar

Show Date: 05/14/2010

Run Time: 36:55

Description: Join Dr. Lamar as he continues his conversation with Danbury, CT chiropractor, Dr. Rennie Statler, who, along with a handful of colleagues, hopped a plane — nine days following the January 2010 catastrophic 7.0 magnitude earthquake that shook the capital city of Haiti to mere rubble — to hand-deliver food, water, and, of course, chiropractic care. (part 2 of 2)



Download this episode by right clicking.



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Links:

-7.0 Earthquake in Haiti-

Our conversation continues with:



Rennie Statler, D.C.
of Danbury, CT

Rennie Statler, D.C., D.A.C.B.N, C.C.S.P.

- Private Practices: [Connecticut Family Chiropractic](#) – Danbury, CT and Statler Chiropractic and Wellness – Yonkers, NY
- 1996 Graduate of University of Bridgeport College of Chiropractic
- Diplomate of the American Clinical Board of Nutrition
- Certified Chiropractic Sports Physician
- 9/11 World Trade Center Disaster Volunteer 2001-2002

[Read his full Bio](#)

The Video below is from [MissionLifeIntl.com](#). Please visit their site to learn more about their Chiropractic Mission.



Read the [Dynamic Chiropractic Article](#) about Dr. Statler's Haiti Experience.

The Relief Team

Peter Morgan, DC, New York – missionlifeintl.com

Rennie Statler, DC, Connecticut

Scott Jahn, DC, New York

George Zimmerman, DC, New York

Bradley Raush, DC, Massachusetts

Christy Revels Agren, DC, Alabama

Heather Rooks, DC, Delaware

Stephan Moje, chiropractic intern, Minnesota

Herman and Alexandra Mendoza, SteppingStonesMinistries.org



Dr. Lamar's SpinalColumnBlog article: [Chiropractor Lends a Healing Hand in Haiti](#)

Interested in rolling up your sleeves to help in Haiti?

Visit www.missionlifeintl.com

email Dr. Peter Morgan: [chiroye AT aol DOT com](mailto:chiroye@aim.com)

email Dr. Rennie Statler: [renniestatlerdc AT aol DOT com](mailto:renniestatlerdc@aim.com)

From the missionlifeintl.com website:

OUR MISSION is to provide full-time chiropractic at a selected location in Port Au Prince. We also intend to rebuild the school, church, and many homes. We would like to build a shelter at the home of Saurel Charles. We intend to continue to distribute water and food. The people in this community begged us to not forget them. We will not. Our plans are to have three-to-five full-time chiropractors at this site until our mission is accomplished. We are asking for the chiropractic profession to support our chiropractic mission. We need Chiropractors' skill, time, support, and volunteers to serve this mission. There are several ways to contribute:

1. YOU CAN SERVE AS A CHIROPRACTOR AND SERVANT in HAITI. We are asking for a week of your time, energy, and skill. We have created a safe infrastructure and are working to integrate with groups that have had a presence in Haiti for over 33 years. Our team will stay at my patient's gated home near the U.S. Embassy.
2. YOU CAN SUPPORT this mission financially by funding this project PERSONALLY/PROFESSIONALLY.
3. YOU CAN ENROLL PATIENTS IN YOUR OFFICE TO DONATE MONEY, CLOTHES, and even ADOPT a family.
4. YOU CAN OFFER SERVICES IN YOUR OFFICE WITH ALL PROCEEDS DONATED TO MISSION CHIROPRACTIC-HAITI ON OUR NATIONAL SERVICE DAY ON FEBRUARY 24, 2010.
5. YOU CAN Schedule a four-Hour "Get in Shape" Conference at your local church or organization. Generate funds for our Haitian relief project and put new patients in your office at the same time.

Please donate to Mission Life International, our tax-exempt IRS 501(c)(3) non-profit. All donations are tax deductible. We look forward to working with everyone in our Chiropractic family as we bond together to support Haiti, humanity and our hearts.

Peter H. Morgan, DC and Mission-Chiropractic Haitian Relief Team

Does your podcast listening schedule need a little backbone? If so, it's time to schedule an appointment with your podcast chiropractor, Dr. Thomas Lamar.

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Transcript:

Spinal Column Radio, episode number twelve.

Coming up next on Spinal Column Radio — Lending a Healing Hand in Haiti. Part 2.



[intro theme music]

And welcome back to another exciting and information packed episode of Spinal Column Radio. My name is Dr. Thomas Lamar, chiropractor and Dad of 6. And this is the podcast that gets you to think. To think about your health in a whole new way. We're the podcast for your backbone... the podcast *with backbone*. Who knew that spinal education could be this much fun?

We'd like to invite you to visit our podcast website at spinalcolumnradio.com where you can learn more about us, check out our world-renown "What's a Podcast?" page, and can access the show notes for this episode. Also, we encourage you to leave comments and ask questions through our website, or, if you prefer, you can email me using DrLamar AT spinalcolumnradio DOT com.

[transitional sound effect]

Well our story of an "Extraordinary Chiropractor Doing an Extraordinary Thing" continues in part two of our "Lending a Healing Hand in Haiti" episode.

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On Wednesday, January 20, 2010, Dr. Rennie Statler was busy at work in his Danbury, Connecticut chiropractic practice. It started off as a usual day, but then that changed when he did something he doesn't normally do during his lunch break... he checked his email. It was an email from a colleague that he had had contact with during the 8 1/2 months that he dedicated all of his free time to working in the trenches of Ground Zero of the World Trade Center 9/11 attacks — adjusting relief workers.

The next thing he knew he was on the phone with Dr. Peter Morgan of New York, and was learning of a disaster relief effort that was quickly being organized to leave in less than 24 hours to hand-deliver food, water, and chiropractic care to the hurting country of Haiti... that just eight days prior crumbled to mere rubble following the magnitude 7.0 earthquake.

Somewhat doubtful that he could accommodate Dr. Morgan's request to join this mission on such short notice, Dr. Statler didn't commit immediately — I mean, he had two private practices to attend to. But he didn't say no. Dr. Statler told me that within 45 minutes after hanging up, he had both practices covered, and had enough donations from family, friends, and patients to make the trip. By that afternoon, he had a plane ticket in hand and his bags packed. The next day he was on a jet plane with six other chiropractors that also boldly stepped up the plate, a chiropractic intern, and two missionaries from Stepping Stone Ministries in the Bronx — armed with food, water, two portable adjusting tables, and 10 hearts that were willing to help.

Let's pick up now with the conclusion of our interview with Dr. Rennie Statler.

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Dr. Thomas Lamar: Okay, so I want to shift gears and talk some chiropractic shop talk with you a little bit. What sort of clinical conditions did you run up against in Haiti and how are they different from say, 9/11... and how are they different from say, a typical day in your Connecticut or New York office?

Dr. Rennie Statler: From 9/11, 9/11 had all the very best of what you needed at that location. They had any type of antibiotics. They had any type of bandages. They had the world of medical supplies at their disposal. In Haiti, there was none of that. It was just... we saw patients with massive breaks. They had ankle breaks. Little boy... little baby boy with an ankle that was the size of a grapefruit. We couldn't do anything with that. We had to tell them bring him to the hospital. There is a hospital down by... in Port-au-Prince. You have to bring that baby there. It was already starting to turn gangrene. There was no sterile environment at all. I brought extra gloves just in case you had open wounds, which there was plenty of open wounds. Bricks falling on a lot of back... cuts because as walls would fall people would try to cover the front of them and just curl up. Lots of open wounds out there. So, we tried to help them as much as possible. As far as any type of cleanliness, sterile, there was nothing. The only thing that we had was our hands and the tables. That was it.

TL: Were you guys the only relief effort that you saw there or were they kind of peppered throughout Port-au-Prince?

RS: They were peppered throughout. Most of the relief efforts, was medical relief, was contained in the hospital. At that point there was numerous, numerous amputations going on... daily. They were triaging the worst. All the rest that weren't in that scenario, they weren't being seen. So, you didn't see... we did not see any other relief effort out on the streets. In the fields there was nothing else going on. We were it. Anyone else was at the hospital

TL: I want to go back to the tent cities, real quick, that you saw. On behalf of the Rotarians that I'm with... did you see any Rotary symbols down there?

RS: We were there too early to see that. We know there was... were that tents were going through the system. But, what happened is once they are in Port-au-Prince it took time to get it off the ship...

TL: Sure.

RS: ...out of the shipyard and to the people.

TL: And that was definitely an issue. You guys were quicker than the tent cities weren't you?

RS: We were.

TL: From... and I'm referring to Shelter Boxes as something that we as Rotarians support greatly.

RS: Yes.

TL: Ok, back to our shop talk. Now, I know because I'm a chiropractor but share with our listeners what sort of impact you saw chiropractic having? In other words, I'm sure listeners can certainly understand how water and food and water filtration systems would be of help in this time of need for the Haitian people. But, you know, chiropractic is not necessarily something that most people would associate with the relief effort. So, how did chiropractic help?

RS: You're right about that. First off, we had a language barrier so we couldn't communicate with the Haitians as far as... you feeling much better? We had to go by their actions. After we would work with a patient, or a Haitian, they would get up. They would move around: twist, turn, bend, smile and shake our hands. And just the look on their faces said it all. We didn't need words to communicate. You would see those people that we finished working with going out to friends or families and bringing them over to us. So, by those physical actions we could tell that we were impacting them in a positive way. We were allowing the body to start to heal itself, and they picked up on that right away.

TL: Fantastic. You know, I guess we've already talked about this but one of the great things about chiropractic is that we really do not need much more than our hands. And, you know, certainly it's nice to have the different tools and gadgets and chiropractic tables make our work a lot easier but none of that is absolutely critical.

RS: No, as I said we had patients being adjusted just on the ground. We had patients being adjusted lying on a wall. So no, the tables were nice but not necessary.

TL: Now, you mentioned you had two tables and there's what? Eight chiropractors right?

RS: Yes.

TL: Did... you guys, there weren't six of you on the bench and two of you up.

RS: No, we...

TL: How did you work that out?

RS: We would.... whoever wanted to work on a table would work on a table. Like I said, we would work on... getting on our hands and knees and work on individuals laying on the ground. We would... at one tent city there was a elevated wall maybe three feet high we would work on and have them lay across the wall and work on the wall. So, we didn't need to have the tables there. That was our only luxury if you wanted to

TL: What a stark contrast from your office in the United States.

RS: Night and day. Night and day. Coming back to the office... coming back to the practice, I didn't even have time to tell my patients I was leaving. When I came back and I saw patients and they knew why I wasn't here, their attitude to me was: "I was wondering when you would be going. I knew you would go."

TL: Wow. Because they know Dr. Rennie Statler is that kind of chiropractor.

RS: That they did. I ran into one patient as I was buying rubber gloves and buying supplies at the store. They asked me, "What are you doing?" I said, "I'm going to Haiti in a couple of hours." She gave me a hug and said, "I knew you would."

TL: That's fantastic.

RS: Yes.

TL: Back to Haiti for a little while. How many patients would you say that you as a team saw, then you personally?

RS: We, honestly we saw... probably close to a couple of thousands. Easy.

TL: Easy. And then you yourself would you say, what, several hundred?

RS: Several hundred. I remember one day, just non stop, one patient after another for five hours straight.

TL: That's a good day Dr. Statler. Man, that's...

RS: And I could honestly tell you what it feels like to be dehydrated. In the middle of a field, with the sun beating down on you, adjusting one after another... not having a chance to take a drink of water. Being dehydrated is very very uncomfortable. And when you have a chance to drink the water all you want to do is take in as much as possible. As we know, that's not the way to do it. It was quite challenging.

TL: I'm sure that every one of your patients in Haiti made an impression upon you.

RS: Yes.

TL: However, was there any particular memorable moment that you had with a patient that will forever stick with you.

RS: There was. There was one person who was carried over who was in extreme amount of pain. He was carried over by two other Haitians that I just finished working with. They asked if they could bring over a friend. "Of course you can," through an interpreter. "Of course." "He can't walk." ... "That's no problem." They carried him over. By the time I finished working with that individual he was able to stand up, with the aide of his friends, walk away. The following day we went back to the same location, and he was there again. Didn't get carried over this time. Walked over. By the time we finished with him again, he felt even better. That was very touching. And they don't know how to say hello... the communication barrier, but their eyes said everything. Their eyes said thank you.

TL: I bet you can still picture their eyes.

RS: I can. That was the one that really touched me. Very often I would tell patients about little baby tapping at your knee as you're working. You look down and they want to get some treatment. And you sit there and you just work with these little toddlers, these little babies. And they don't know what's going on they just know that nothing is right in their body.

TL: And you were able to help.

RS: Absolutely.

TL: That's fantastic.

RS: Yeah.

TL: Well I want to shift gears again. And we are going to talk about some more practical aspects and to help me do that I have enlisted the help of my children. Now...

RS: Ok.

TL: ...for those of you that listen to Spinal Column Radio, you know that I'm a family guy and I have six kids. Well anyway, our dinner conversations sometime revolve around the podcasts that Dad is going to be working on. And so we were talking about you and your work in Haiti. And all the children, all five that can speak have come up with a question for you. And I've pre-recorded these and so we're going to bring each child in. We'll start with my oldest and work our way down. The first question comes from my daughter, Paige, who is 12 and a half years old. And here is her question...

Paige: Hello Dr. Statler. This is Paige Lamar. I understand that you had interpreters to help you communicate with the Haitian people. Even so, were you able to learn some of the words of their language? And could you share a few of those with us?

RS: Ok Paige, I only learned one word, believe it or not. "Savat," it means laying down on your stomach. That was about it.

TL: What's that word so I can learn that one? "Savat?"

RS: It's "savat." And that was the only word because there was just too much going on.

TL: Now you did have interpreters. Was there one that kind of stuck by your side a lot or one for the entire group?

RS: Yes, there was two that stuck by our sides, throughout the whole mission.

TL: And what is the official language of Haiti? I think you mentioned it once.

RS: Creole.

TL: Creole, ok.

RS: Yea.

TL: Alright. Well, next up in line is our famous audio engineer Logan who is now 10 years old. And even though he is by my side right now running the sound board, we went ahead and pre-recorded his question and so here it is...

Logan: Hi Dr. Statler. My name is Logan. My question for you today is what is the weirdest thing you ate down there?

RS: The weirdest thing I ate down there was a piece of meat that I had no idea what it was. It was hanging off a bone that I couldn't describe ...and I proceeded to eat it. Nobody knew what it was. When you ask the cook, they just said it's meat. So, I have no idea what it was that I ate.

TL: I just want to tell you, Logan is over here. He has his hand over his mouth. He's trying not to laugh because he wants to stay quiet but... oh man! Talk about, that is the epitome of mystery meat.

RS: That was mystery meat.

TL: Alright, now our next question comes from my 8 year old daughter, Claire.

Claire: Hi Dr. Statler. This is Claire. Have you... was it hard living down there?

RS: Well Claire, yes it was hard. We had no running water. No water to take baths or showers in. Water had to actually be carried in buckets from about five hundred yards, about five football lengths away from where we were staying. There was no electricity. And really no place to sleep. We slept on... in our sleeping bags on the dirt outside. So, it was a little tuff yes.

TL: How did you guys bathe?

RS: We actually did the old-fashioned sponge bathe or what most of us did we used wet wipes

TL: Wow.

RS: One doctor brought in a lot of extra wet wipes so that's how we did it.

TL: I bet you really enjoyed your shower when you got home.

RS: Yes, we looked forward to that.

TL: Ok, let's move on to the next child in line. This is Molly and she is my six year old daughter.

Molly: Hi Dr. Statler. Did you adjust horses?

TL: Let me go ahead and translate Molly for you. Molly asked... she said "Hi Dr. Statler. Did you adjust horses?"

RS: Hi Molly. No, there were no horses that we saw in Port-au-Prince. So, regrettably no we did not work on any horses.

TL: Maybe I can expand her question just a little bit. Were there any animal adjustments at all going on?

RS: No, it was strictly to the Haitian population. But, no animals at all.

TL: And no horses definitely.

RS: No horses.

TL: Ok. Finally let's check in with Clayton. He is my almost four year old son and here he is.

Clayton: Hi I'm Clayton Lamar. And did cars crash?

TL: I better go ahead and translate that one too.

RS: Yes, please.

TL: He said "Hi, I'm Clayton Lamar. And did cars crash?"

RS: Well, to tell you the truth we saw a lot of cars that got ruined from the earthquake with debris falling down on them, crushing the cars, ruining every aspect of the vehicle. But, when we were down there we didn't see any crashes. There was a lot of people, a lot of cars, but it was controlled chaos or controlled madness.

TL: Yeah.

RS: So, really no car crashes.

TL: No car crashes. No personal injury cases down there.

RS: No.

TL: Ok. Alright, so you've spent five days in Haiti. You've witnessed devastation, extreme hardship, and despair. You personally saw hundreds of patients, and now you're back in Danbury, CT and you're in your office with wall to wall carpet, decorated dry wall.... What's different?

RS: The difference is... you mean difference in me?

TL: Yeah, what's different for Rennie Statler?

RS: Coming back you expect to realize all the things that we have here. You realize that you have, like you said, all the amenities. But, one thing that you don't realize, and it creeps up on you... you have a greater passion for your every day activities. To help these patients live one day quicker without their pain, without their aches, feeling healthier. Because we personally seen how bad it could be. For me, it ignited an even greater drive to help everyone achieve their optimal goal of health. That seemed to just be a resonance inside of me to really just look at what's the bottom line to get everyone feeling better.

TL: At the opening of the show how I found out about you and your remarkable experience on the front page of our profession's most widely read publication, *Dynamic Chiropractic*. Front page and above the fold no less. And now, you're being interviewed on the pinnacle of shows, Spinal Column Radio. Seriously, has this experience changed things for you as far as opportunities that may have come up, media exposure and the like?

RS: Honestly, no. I went out there not looking to bring this on as any type of media exposure. I did it out of the sheer goodness of my heart. And when Haitians saw that I was going out there, heard that I went out there, when I came back questions to me were or their voices to me were "I knew you'd be out there, just didn't know when." "I expected you to go." I think I portray that energy and that feeling of helping whenever possible. I'm not... I do this and I'm on the radio with you because maybe it will spark somebody else to step up to the plate and do good for whatever purpose or cause they could do. So whatever comes my way I'll open my arms and embrace it but I'm not going out of my way looking to promote this goodwill in any which manner.

TL: Totally understand.

RS: My daughter asked me when I was going no time for her to think about it or realize it but she was quite upset about me going. She's thirteen and a half years old. She was worried they had another earthquake. She said, "Why do you have to go? You've already volunteered once before and you retained an injury from that volunteerism. Why don't you just send money and let someone else go?" And I looked at her and I said, "Melissa, if everybody thought like that who would go?"

TL: Wow. The world needs more chiropractors like you.

RS: Thank you.

TL: Fantastic. Ok, let's say you are... you're inspiring somebody right now and they want roll up their sleeves and do more than say "Just send money." Perhaps they want to do more in Haiti. Perhaps it's a chiropractor or maybe a massage therapist or other healthcare provider. What can they do to help? What's their next step? Who should they get in contact with?

RS: Well I have a couple of different locations, on the web of course, that you can get in contact or if they want they can always get in contact with me. But there's a couple of different locations,

and the best thing to do is you try to whether it's your local church you could see if there's some type of relief effort going there, clothes or food donations. But if you want to get involved, physically get involved, go over there... there's missionlifeinternational.com that's intl.com, [chiroye AT aol DOT com](mailto:chiroye@aol.com). There's a couple of different ways that people can get in touch with relief efforts. If they wanted to they can get in touch with me via email and I will send them anything I can to help them and my email is [RennieStatlerDC AT aol DOT com](mailto:RennieStatlerDC@aol.com).

TL: Fantastic and we'll go ahead and we'll post that on the show notes for this episode for any listeners that would like to reference that. So, what's next for Rennie Statler?

RS: Well, to keep adjusting, keep helping one patient at a time. That was our motto out there: "one person at a time." Help as many people as I can, take care of my family, take care of my patients and pray to God that there is not another tragedy where I'm compelled to go out and give my services.

TL: But we all know that you stand ready.

RS: You know, I don't know where exactly it came from but I am. I do. I step up to the plate and I'm ready to go.

TL: You might be familiar with the book entitled *Six Word Memoirs*, and it's about telling your story in six words. And I gave you a heads up prior to the interview on this but can you tell us your experience in Haiti in six words?

RS: I gave it some thought. It was a challenging question but I would have to say: devastating, despair, hunger, helplessness, compassion, and friendly.

TL: Why friendly?

RS: The Haitian people were so friendly and open-armed to our goodwill.

TL: Well most people would think "friendly" doesn't go very well with "devastation" and "ruin" and "ruin." But you are saying despite all of that they rose above it?

RS: They rose above it. There was one night, via candlelight, there was a prayer session going on and they escorted our group into this church — what was left of a church. And we couldn't understand much but you could feel. There were many people in this church just singing and praising us and shaking our hands afterward. They are very friendly.

TL: Wow. That must have been quite an experience.

RS: It was. You have, like you said, the devastation, the death, starvation, and they're actually praying and thanking us to be there ...and helping us in any which way we needed. They would offer to carry things for us. They offered to translate. All smiles everywhere we went and we stopped. There were smiles.

TL: Sounds like they had a sincere sense of gratitude.

RS: Absolutely.

TL: I don't know if you are familiar with this, but I want to share a Facebook comment that I ran across on Stepping Stone Ministries' Herman Mendoza's page. And this is what the bishop that you guys interacted with had to say: "Not only did you bring help, you also brought yourself. You

slept under the same hard conditions as we did. There aren't too many like you. Thank you, for loving us so much."

RS: I didn't look at that statement. But it definitely was, just as he said, we did everything they did. Same type of facilities. Same type of sleeping. The only difference was we weren't involved in that earthquake. We were there to help them.

TL: Ok Dr. Statler, you've done great so far. And now it's time for the bonus question.

RS: Ok.

TL: In generating some of my questions for the interview today, not only did I ask my children but I also went ahead and asked my extended family. And I had a feeling that my father-in-law, Cody, would come up with some good ones. And that he did. I'll poke fun at him for just a moment. I kind of feel like his questions are like those you might encounter on a Miss America Pageant because really there is no real good way to answer them. They are so difficult. Anyway, why don't you take a stab at this one. I'll go ahead and read it for you. It says: "Americans in particular, and maybe humans in general, are widely recognized for our short attention spans — even in the face of such devastation. We have yet to start building anything substantial since 9/11 at the site of the World Trade Center, New Orleans is still trying to recover and rebuild years after Katrina, and so on. It is hard to imagine a capitol city basically flattened and all essential services instantly stopped in their tracks. Haiti will require many years of debris clearance and rebuilding. While initial response was huge. How will Haiti be able to keep the world's attention long enough to recover even to basic living standards?"

RS: Wow. That's a big question. The way I would, if I had a chance to suggest, is to keep politics out of Haiti. Keep politics out of the rebuilding. Let the people start taking care of the mess. Let companies, let people, take care of it. Once you have a lot of political interest in any type of tragedy, it slows everything down. I believe if Haiti keeps the world informed of what is going on, it will keep it in the limelight therefore we won't have a chance to forget it. They should maybe think of having a segment... a weekly segment of Haiti's experience and just have someone going around and in a half hour filming things, clean ups. Keep it fresh in the mind. You do that, human beings, Americans will keep our hearts open. I believe that is one way to really move along with any of this.

TL: Well, it's my hope that our podcats here will maybe help in a small degree. One of the great things about a podcast is it, you know you record it and it stays on the shelf. People can look at it any time, or listen to it rather. So, hopefully this podcast will inspire someone to take action and to continue being that torch bearer for this cause.

RS: Well, I thank you for doing this and I'm sure someone will do it. As I always tell patients and my daughter, all it takes is one person to start something. I always say Niagara Falls started with one rain drop. And look at the force of it now. One person starts something and it could be a huge effort going forward.

TL: I think that's a great place to end this. Dr. Statler, thank you so much for taking time...

RS: You're welcome!

TL: ... out of your busy schedule to talk with us today on Spinal Column Radio. You truly have a servant's heart. You are representing our chiropractic profession well and frankly you are an inspiration, and I am so glad to have gotten to have known you through this conversation.

RS: Thank you.

TL: Thanks again for joining us.

RS: Thank you for having me, and I'm always available.

TL: OK. Well, God bless you.

RS: Likewise, bye bye.

TL: Bye.

[transitional sound effect]

One drop of water started Niagara Falls. And now, as Dr. Statler reminded us, look at its force.

As I said in the interview, I have included information in the show notes if you are feeling the call the roll up your sleeves for this cause. There is so much to be done. Let's build on this momentum that these chiropractors have started. Send us your comments in the show notes, and let us know what other relief efforts are underway. ...And it doesn't necessarily have to be a chiropractic thing. This is a human thing... one human reaching out to another in time need.

Thank you Dr. Rennie Statler, for checking your email that day. Thank you for boldly accepting the call. Thank you for allowing God to use you as a vehicle to bring about hope and healing with a touch... one adjustment at a time.

[outro theme music]

Ladies and gentlemen that is one extraordinary chiropractor... and something tells me that his patients are well aware of it.... And as he said in the interview, let's "keep our hearts open to Haiti." Keep their situation "fresh in the minds" of those that you know by sending this podcast out to as many people as you can.... we've got socializing links in the notes to help you out.

Spinal Column Radio would like to remind you that true health comes from the inside out — not outside in. As such, the content of this podcast, along with the show notes and related links, is not intended to cure, diagnose, treat, or prevent any disease. But, instead, is meant to inform and inspire you in asking better questions regarding your health. Since the circumstances surrounding your particular situation are unique, you are encouraged to consult with a Doctor of Chiropractic — or other health care practitioner of your choosing.

Next time on Spinal Column Radio, have you ever had a jaw that would pop or click and cause intense pain? It's called TMJ, and I'm going to tell you why a chiropractor just might be the provider of choice. That's in two weeks. So, until then, for my son Logan, tweaking the knobs on the sound board, this is Dr. Thomas Lamar, your podcast chiropractor.

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