

# SPIZZ

magazine

Volume 1 - Issue IV

**MENTAL  
FLOSS FOR  
CHIROPRACTORS**

## **ROB SINNOTT:**

**A MAN OF YESTERYEAR  
AND TODAY**

We speak to chiropractic stalwart, Rob Sinnott, as he takes us through times past and gives us an inside glimpse of his life today.

**THE  
ANATOMY OF  
LEADERSHIP**

By Bruce Schneider, DC



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## Departments

### FROM THE EDITOR

#### How many pricks does it take?

By MÁIRÉAD ROTHMAN ..... Page 6

### REVIEWS

#### Mixerology 101

Billy D has officially came out of the closet and declared himself a loud and proud mixer ..... Page 8  
By BILLY D.

### SPIZZ MEDIA

#### Cal Jam 2012

By MÁIRÉAD ROTHMAN ..... Page 12

#### Get a Grip!

To shake or not to shake: that's the question ..... Page 16  
By MÁIRÉAD ROTHMAN

#### Secrets to Patient Retention

Miles Bodzin, DC give us his easy to implement inside secretes ..... Page 18  
By MILES BODZIN, DC

### SPIZZ LITE

#### David Wolfe on Super Immunity

Your immune system is vast and complex. It is designed to detoxify your body ..... Page 22  
By DAVID WOLFE

### SPIZZ SCHOOL

#### Is This Some Kind of Love Story?

Can you remember that special someone in those special moments where you were ..... Page 24  
By ADDISON BULOSAN, FUTURE DC

#### Chiropractic School - Round Two and Three

If you had to go through chiropractic school again, would you do it? .. Page 34  
By JULIA PINKERTON, FUTURE DC

#### Finding the Bright Spot

Unimpressed by the chiropractic educational system, one bright student finds the light ..... Page 35  
By RYAN BALL, FUTURE DC

### SPIZZED CHIROS

#### The World Really is Your Oyster

I am a very grateful person. I am a chiropractor; I have travelled around

the world and I am passionate about both. .... Page 60  
By DAVID GUEST, DC

#### Feels Like the First Time

How a dream turned into a "Kids First" chiropractic office on a Reservation. .... Page 64  
By KEVIN PALLIS, DC

#### "I'm a Doctor, Dammit, Not a ..."

Even in space, the final frontier, Dr. Leonard (Bones) McCoy of the starship Enterprise had to battle with defining who he was, and more importantly, who he wasn't. And yes, dammit... you're a chiropractor! ..... Page 68  
By NORM BOUR

#### Tales Behind the Mic

Never one to let his ego get in the way, Thomas Lamar, host of Spinal Column Radio shares some of the funnier tales from behind the mic ..... Page 72  
By THOMAS R. LAMAR, DC, C.C.E.P.

#### The Money Game

Tom McFie takes Suze Orman to task and questions why her financial advice to the public is so different to the investment practices of her contractual bosses ..... Page 73  
By TOM MCFIE, DC

#### Chewing the Fat: Trauma, pain, physiology and nutrition

Dr. Dan Murphy discusses the links between dietary fats and nerve interference, inflammation, pain and chronic degenerative diseases.... Page 76  
By DAN MURPHY, DC

#### Life 101 with Brian Kelly, DC

Fascinated by Brian Kelly's Blue Ocean talk from the Cal Jam stage, Amy Southwick ..... Page 78  
By AMY SOUTHWICK

#### The Sleeping Giant

"It is only from the nations themselves that reforms can be expected." — Thomas Paine ..... Page 80  
By STEVE TULLIUS, DC

#### Breaking Through the Language Barriers

..... Page 82  
By DR. CJ MERTZ, DC



# Tales Behind the Mic

*Never one to let his ego get in the way, Thomas Lamar, host of Spinal Column Radio shares some of the funnier tales from behind the mic.*

*By Thomas R. Lamar, DC, C.C.E.P.*



since the desire of the Legacy Gathering was to pay homage to the Developer, the tent was a natural fit.

Over the course of the day, influential leaders in our profession would take to the stage under the grand spectacle of the big top. Our studio was set up just outside, and our job, of course, was to interview them.

As the over 100 chiropractor-attendees started showing up to this

program got underway. We saw plenty of chiropractors all right — glancing our way as they ran past to grab their seats and seek refuge from the pelting rain under the shelter of the big tent. In all fairness, some did stop and brave the rain for a moment to enjoy our banter. As the main attraction got underway though, our audience quickly vanished. But two ladies remained — loyally hanging on our every word.

Now I don't consider myself a celebrity by any stretch of the imagination, but podcasting has put me in the limelight, and Logan and I have developed quite a following around the globe with our niche audience. So, naturally, I was flattered to have these two lovely ladies, who were obvious diehard fans, braving the rain to take in one of our shows in person.

As my guest responded to my questions, my mind would drift in and out to thoughts of later signing autographs and answering behind-the-scene questions about our show.

Unbelievably, the two ladies watched the entire interview — all twenty-one minutes and ten seconds of it.

At the end, they were smiling and moving with excitement. Dr. Koca and I took off our headphones and walked to greet our audience of two. As we approached my fan club, Dr. Koca turned to me and said, "Tom, I'd like to introduce you to my wife and my daughter."

Yep. Nothing like a nice hefty slice of humble pie to reset this pod-jockey's meter.

Well, one thing is for sure, while these two ladies may not have been Spinal Column Radio fanatics, I know now they are of at least one episode. ■

*Dr. Thomas R. Lamar, chiropractor and dad of seven in the beautiful Northwest, hosts the Internet radio program SpinalColumnRadio.com with the help of his twelve year-old son, Logan.*



Spinal Column Radio podcasting Live2HardDrive at the 2011 Big Top Legacy Gathering with EPOC Nebraska's Lyle Koca (episode 091).

With over 100 shows of our Spinal Column Radio podcast under my belt — taking my son, Logan, and I coast to coast to interview some of chiropractic's greatest minds — you can imagine that I've got a story or two.

One such story took place in the farmlands just outside of Portland, Oregon. Logan and I were invited to heft our studio down to the Big Top Legacy Gathering — a regular old-school chiropractic philosophy turnout held under a circus tent. Back in the early days our profession's developer, BJ Palmer, used to host the Palmer School of Chiropractic's lyceums, or homecomings, in circus tents — partly because the school lacked the space to accommodate the throngs of alumni that would annually return to their alma mater, but also because he simply loved the circus. And

surreal event held out in a cow pasture, my intention was to have our on-location studio on the air with our first interview in progress. Loud speakers were set to project so attendees could easily stop and enjoy our show. My scheduled guest was Dr. Lyle Koca — a passionate chiropractor and leader of EPOC Nebraska. I had no doubt that he had the makings for an excellent interview.

I failed to account for two things though: technical difficulties and how rain would affect our audience.

Technically our studio did not setup as smoothly as it had in the past. Without boring you with details, just know that it took much longer than I had planned. And then, as it does in the Northwest, it began to rain. Good thing we had our own tent.

Our interview kicked off five minutes before the Big Top Legacy