

# Chiropractor promotes natural healthcare

By **KIMBERLY DAVIS**  
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The “hands on” approach and promotion of preventative and natural healthcare were part of the reasons Dr. Shannon Addleman decided to go into chiropractic care.

Dr. Addleman said she’s always been fascinated with the human body and anatomy. In college, she said, she had a professor who encouraged and facilitated that interest.

Dr. Addleman researched different occupations, then chose chiropractic.

She started her career in 1998 after receiving a bachelor of science and doctor of chiropractic degrees at the National College of Chiropractic in Illinois. She then moved to Denver to master the Thompson Technique under Dr. Robert Jackson. During that time she worked as one of 16 providers co-managing patients with medical doctors, doctors of osteopath, physical therapists and other chiropractors.

In 2002, Dr. Addleman moved to Illinois to work at Ostir Chiropractic Clinic specializing in spinal decompression.

In May 2007, she moved back home and joined the team at Fair Chiropractic Clinic. She is a 1989 graduate of Decatur Community High School.

Chiropractic basically means “done by hand.”

“Chiropractors use manual treatments of the spine and joints and practice natural, drugless, non-invasive health care,” said Dr. Addleman.

Chiropractic care is similar to other health care in that there is a standard routine followed with a consultation, review of the case history and conducting a physical examination. If necessary, she said they might request lab work or x-rays.

With that, she does an analysis of the patient’s structure paying particular attention to the spine. With all of that information, a diagnosis is made.

“It is important to note,” said Dr. Addleman, “that chiropractors seek the origin of the illness in order to eliminate it. We do not simply



Dr. Shannon Addleman

treat the symptoms.”

“The goal with chiropractic care,” she said, “is to restore the body to its natural state of optimal health.”

An adjustment, said Dr. Addleman, is a gentle, quick thrust to a particular joint, typically in the spine. That is intended to restore the joint to normal position and movement. The adjustments are important to release any adhesions in the joint and reduce stress on the nervous system.

Chiropractic care, she said, can serve as both the primary and/or complimentary treatment option for a wide range of conditions.

At Fair Chiropractic Clinic, they use a variety of innovative treatment methods for the patients

including allergy/sensitivity elimination and reprogramming technique, cold laser therapy, neurofeedback, foot baths for detoxification, nutritional counseling and counseling on lifestyle issues that impact a person’s health.

“Be mindful,” said Dr. Addleman, “that wellness is a process or a journey, not an event or destination.”

For women wanting to go into Chiropractic care, she said they need to realize that an education is the stepping stone to the future, adding that it’s the greatest investment a person can make in themselves.

“Take advantage of the education that is offered here at Decatur Community High School,” she said, “especially with the student to teacher ratio. Enroll in science and advanced math courses for a solid foundation and seek guidance when needed. Chiropractic is comprised of many different philosophies and approaches so one needs to discern their own wants, needs and beliefs and then research schools to find the one most appropriate.”

“And most importantly,” she said, “you reap what you sow, you get out what you put in, your rewards are dependent upon effort, meaning with anything you do the results depend on what you are willing to put into it.”

Dr. Addleman has two children Brynna, 5 and Bryant, 4 Addleman-Gillund.



Sarah Orr, Kelly Wasson, Dr. Shannon Addleman, Sandy Fair  
Not pictured - Marilyn Diederich, Britta Noren, Denise Abbey

## Fair Chiropractic & Wellness Clinic

DR. DOUGLAS FAIR, DR. RYAN UNGER, DR. SHANNON ADDLEMAN  
504 N. PENN—OBERLIN—785-475-2219

## Welcome



Businesses all over Decatur County have women working in jobs that range from answering the phone to running the show.

The staff at *The Oberlin Herald* wanted to highlight some of the working women in the county.

On the cover of the edition is one of these women — Dr. Shannon Addleman, chiropractor at Fair Chiropractic Clinic, working on her fellow colleague, Dr. Ryan Unger.

Work on the Working Women’s 2009 section was done by Dave Bergling, advertising; Karla Jones, makeup; Mary Lou Olson, proofing and writing; and Kimberly Davis, editing and writing.



Jody Black, Tonya Tally and Joyce Rippe

## Farmers

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