



# Chiropractic in a integrative medical health practice: A narrative

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Lisa M Stowell

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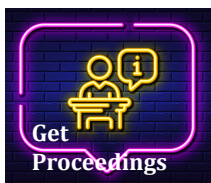
**Narrative abstract:** On March 28<sup>th</sup> 2022 I signed on with Wiseman Family Practice ~ an integrative medical practice in Austin, Texas. Wiseman Family Practice is one of if not the largest and most successful integrated practices in the entire state of Texas. It is a highly respected and sought after integrated practice for patients. I would hear great accolades about them while telling my friends about my experience going through the interviewing and hiring process.

By background was steeped with sacro occipital technique (SOT). I have studied and utilised SOT since I was an intern in college. I am blessed and grateful to have the great privilege to have studied under Drs. Charles Blum, David Simmons, Jeffrey Mersky and several of the other extremely talented chiropractic doctors who mentored me in my early years of chiropractic when I began my study of SOT, cranial adjusting, and chiropractic manipulative reflex technique (CMRT).

Early on I also assisted Dr. Simmons when he was teaching SOT at the Southern California University of Health Sciences (SCUHS) in Whittier, California, since teaching is a powerful way of embedding knowledge and practicing chiropractic techniques such as SOT.

At Wiseman Family Practice patients are always amazed and impressed by my style which I contribute all to the SOT method. They often tell me how my style is so inclusive and expansive compared to any of the other chiropractic doctors they've been to and it makes my life meaningful and work satisfying to hear how I'm helping them with my services. As my patients improve and appreciate the care I render my allied health colleagues gain respect for what chiropractic can bring to interdisciplinary relationships.

**Indexing terms:** Chiropractic; sacro-occipital technique; SOT; integrative medicine; integrative care



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