

Chiropractor aims to be a 'whole-person doctor'

By Shirlee Rose Iden
Staff writer

MARC TEREBELO'S decision to turn away from the mainstream and study chiropractic surprised some who know him since he is part of a medically oriented family.

But after 10 years as a practicing chiropractor in Southfield, Dr. Terebello, a West Bloomfield resident, believes more than ever in health care as practiced by his profession.

"Ours is a natural way toward health," the doctor said. "Chiropractors use holistic treatments, not medicine. People are born with the ability to be well, and stay well. But accidents or posture can cause misalignments of the spine, the most important part of the body, and become the source of a multitude of problems."

Back in 1895, David D. Palmer founded the profession of chiropractic. Terebello remarked there is even a biblical reference to treating the spine. Another Palmer (B.J.) once wrote: "Chiropractors work with the subtle substance of the soul."

What they don't work with are drugs and medications, not even miracle drugs. "Medical doctors work with symptoms and treat with medication," Terebello said.

HE CLAIMS that a surprising number of people die of medical side effects each week. For the most part, he believes, medication does not heal the person, only masks the problem.

"It's an uphill battle to be a chiropractor, especially in Michigan," he said. "This is one of the worst states in the country for us."

"In 1971, the right to do a number of treatments was taken away from chiropractors. Now, 20 years later, we're still trying to restore what was lost."

In his Chiropractic Wellness Center office on Southfield Road, Terebello's case-load after the recent heavy snowfall included many sore backs from wielding snow shovels and a number of "little" car accidents.

Each work day, Terebello sees about 30 patients, and using his skills in chiropractic as well as applied kinesiology — a way of monitoring the muscles with testing — he is satisfied that he is responsible for easing a significant portion of pain and suffering.



'We are different. We treat the body that has the disease rather than the disease that has the body.'

— Dr. Marc Terebello

A Detroit native, the doctor was born with allergies and also plagued with hay fever. "I wanted to know why but the medical doctors couldn't give me good answers when I asked, 'Why me?'" he said.

As a pre-medical student at Wayne State University, he met another student who was studying chiropractic. "He gave me the possible answers I was seeking," Terebello said.

"I WAS INTRIGUED by chiropractic and its logic and became very excited about it. I thought perhaps we had been looking at health care the wrong way."

Terebello studied for four years at Chiropractic school in Davenport, Iowa, taking courses similar to those taught in medical school, but with no surgery or pharmacology.

"We get significant results and those results should be better known."

Terebello said that practitioners have trouble as a profession. "A decision is pending as to whether the AMA is guilty of conspiracy against chiropractic. We are different. We treat the body that has the disease, rather than the disease that has the body."

Terebello said checking the spine

and nutrition are basic to chiropractic. "There are also mental aspects, such as how you think you are may be how you really are, and how important laughter is to well-being."

As a kinesiologist and chiropractor, he said specific work and continued learning are necessary.

"I WANT to be a whole-person doctor," said Terebello, who has studied with Dr. George Goodheart, a Michigan chiropractor, who developed applied kinesiology during the 1960s and is internationally known as the father of this field.

Terebello uses this method in his practice along with standard chiropractic practice. An examination with the doctor includes a thorough taking of personal medical history, then muscle and reflex testing and x-rays.

"We ask about energy, sleep habits, bowel function and more. Arthritis is a degenerative disease, but it happens for a reason," he said.

"It's important to take care of back pain. Neglect leads to degeneration. We adhere to no rigid schedules here."

"If a patient comes to the clinic in pain, we keep them here and repeat treatment until they are relieved of their pain."

"Legally, we cannot write prescriptions, but we get important results without medication. Chiropractors carry malpractice insurance, but not as much as a physician."

Terebello is married. He and Debra, his wife, have an infant daughter, Anna Rose.

"We've had a lot of success with patients," he said. "As a nation, we're not getting healthier and that may be because medical people are not schooled in prevention."



Irish eyes

Karey McGlinch (left) of Farmington Hills will have the honor of presiding over Detroit's St. Patrick's Day Parade on Sunday, and other Irish activities throughout the year as the 1992 queen of the Court of St. Brigid. Runners-up in the Court of St. Brigid Pageant were Teresa Kuclo and Jeannette Platt. The 21-year-old McGlinch is a senior

majoring in marketing at Central Michigan University and a graduate of Livonia Franklin High School. Of Irish-Maltese descent, McGlinch will accompany her sister Jennifer to Malta in May. The Western Michigan University sophomore won the trip as winner of the 1992 Miss Malta Pageant.

OU schedules talks on history

Free public lectures on Arab women in Detroit and on Latin American women are scheduled Wednesday, March 18 and 25, as Oakland University celebrates women's history month.

The OU fete is entitled "Women's History: A Patchwork of Many Lives." The programs were set by a

university-wide committee.

The public lectures March 18 are by Barbara Aswad of Wayne State University, speaking on "Arab Women: Appearance and Reality" and March 25 with Assuncion Lavrin of Princeton University speaking on "A Visual Memory of Latin American

Women's History" with slides.

Aswad, author and president of the Middle East Studies Association of North America, will speak at noon in the School of Business Administration conference room, fourth floor, Varner Hall, on campus in Rochester Hills.

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JERRY ZOLYNSKY/staff photographer

Dr. Marc Terebello, once a pre-medical student, has found satisfaction in the chiropractic profession. The Lathrup Village practitioner does not prescribe medication or perform surgery, but believes he and his colleagues are obtaining significant results in helping patients overcome pain and disability.

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