

# CAMPUS LIFE

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## Life Focuses Chiropractic Spotlight on Costa Rica

Chiropractic has gained an unprecedented level of exposure and acceptance in Central America after a visit by Dr. Sid E. Williams and other Life College officials to Costa Rica. The trip follows the signing of a multi-faceted agreement by the College which seems likely to make chiropractic a powerful force in the health care systems of the region.

During the visit Dr. Sid, Dr. Nell K. Williams and the Life team met with the president of Costa Rica, *Jose Maria Figueres*, as well as legal experts and legislators to begin the process of drafting legislation to formally recognize chiropractic.

In addition, Life's founder and president addressed an elite group of medical officials assembled by the Costa Rican Olympic Committee's medical commission. This group, which included medical educators and the top officials of the country's medical association, was given a crash course in chiropractic and its benefits.

During the visit Drs. Sid and Nell visited the governor of the state and the mayor of the city of Heredia, Marietta's sister city in Costa Rica, to exchange proclamations from local officials.

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## COVER STORY

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Dr. Sid met with Costa Rica's President

Life will send chiropractors to provide care for Costa Rican athletes not only in their home country, but at international events such as the Central American Games, Pan American Games and the 2000 Olympics in Sydney, Australia.

These doctors will soon be providing care to athletes and local citizens through a clinic in the nation's Olympic headquarters located just outside the capital city of San Jose. The College's Director of International Programs Dr. Medhat Alattar explained that student interns from Life's D.C. program will be given an opportunity to work in this clinic under the supervision of licensed doctors of chiropractic.

### LINKS TO COSTA RICA THROUGH DISTANCE LEARNING

The College also reached a preliminary agreement with the University of Costa Rica to provide distance learning programs in sports health science. Students in the country will have access to courses and instructors at Life by means of the Internet and satellite transmissions. In addition, athletes and coaches from the country will travel to the U.S. to participate in the College's Dynamic Essentials for *Lasting Peak Performance* (DELPP) program.

This program, an outgrowth of Dr. Williams' highly successful Dynamic Essentials professional development programs for chiropractors, combines the philosophy of chiropractic with high-level physical training and mental discipline, nutrition and sports health science.

Multi-national teams of athletes will be able to train using the College's world-class facilities in Marietta and receive instruction from the top experts in their field.

"We'll bring in athletes from different nations for 12 to 15 days as a group," said Mike Spino, Director of Life's International Sports Training Institute. "All of them will be in the same sport — all fencers, boxers or track and field athletes. If it's an area in which we already have expertise on campus we will use our own personnel, or we'll bring in the best experts from outside."

He added that "we will be assisting the Costa Rican Olympic Committee in putting together their bid for the Central American Games."

### DR. SID SPREADS THE MESSAGE

Dr. Williams' visit to Costa Rica at times took on almost missionary aspects.

"Everywhere we went the doors were swung wide open for chiropractic," said Dr. John Downes, Life faculty member and sports team chiropractor. "Dr. Williams was able to adjust a large number of people and these people were coming back the next day saying that problems they had for many years were gone. They didn't understand what had happened, but whatever Dr. Sid did improved their (health) situation. We saw people who were overcome with the concept of chiropractic."

### FOLLOW-UP IS THE KEY

Another team of Life D.C.s has already made a follow-up trip to the country and more trips are planned for the future, according to Dr. Alattar.

The delegation was aided by the coordination efforts of Latin American liaison Miguel Hastings, a student in Life's master's degree program, who also provided language translation for the delegation members.

During that second visit to the country, officials were invited to lecture to the Third International Symposium on Sports Science and Health. The event, which was held at the University of Costa Rica, gave the Life officials an audience of 120 graduate students, faculty and heads of Olympic Committees from a number of Latin American nations.

"This is a very strong agreement which opens up an opportunity for Life Foundation and Life College to send doctors of chiropractic to Costa Rica," said Dr. Alattar. "Our most important goal for this trip was to re-enforce the strong foundation that Dr. Williams laid during the first trip. We needed this contact with the Costa Rican officials to keep the process moving."

This initiative grows out of two earlier agreements that established an educational exchange program between Life and the University of Costa Rica. These efforts reflect Dr. Williams' vision of making chiropractic care available throughout the world.

### Cover photos From left to right

LEFT: Dr. Williams explains the concepts and benefits of chiropractic to an audience of Costa Rican medical and political officials.

MIDDLE: Dr. Williams (fourth from right) and members of the Life delegation visited the national Olympic headquarters outside the capital city of San Jose. The facility will serve as the home of Life's Chiropractic Clinic.

RIGHT: Dr. Gabriel Macaya Trejos (left), president of the University of Costa Rica, discusses distance learning agreements with Dr. Williams.



The Holiday

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