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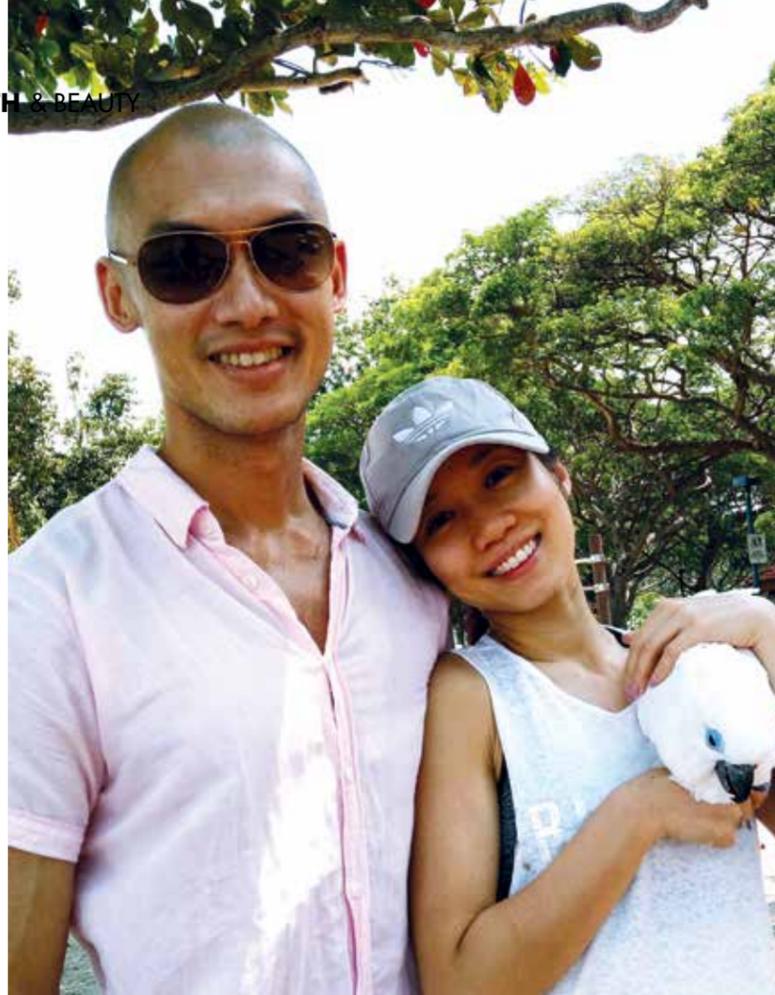
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Neck, Back & Joint Pain Relief

DR. MIKE CHIROPRACTIC (DMC) got you covered

BY HIRANMAYIL AWLI MOHANAN

DR MIKE CHAN IS THE FOUNDER OF DR MIKE CHIROPRACTIC, A CENTRE DEDICATED TO RELIEVING YOUR PAIN. WE SIT DOWN WITH THIS IMPRESSIVE DOCTOR AND DELVE DEEP INTO THE ART OF CHIROPRACTIC.

TELL US A BIT ABOUT YOURSELF.

My name is Michael Chan and I am a doctor of chiropractic. I love what I do.

WHAT INSPIRED YOU TO GET INTO CHIROPRACTIC?

I realised from very early on that I wanted to heal. I somehow knew instinctively from young, I didn't only want to get someone out of pain or to alleviate the symptoms, I wanted to get someone sound, whole and healthy again. As I grew up and got involved in sports and physical activities, I started mucking around with the cold steel in the gym, the great Arnold Schwarzenegger became my hero.

Arnold's best friend and training partner, Dr Franco Columbu is an actor, author, former champion bodybuilder and a World's Strongest Man competitor. He is also a doctor of chiropractic. When I heard about what Arnold had to say about Dr Franco, about how he is a miracle worker, that did it for me. I was hooked. I knew then and there what my calling is.

ENLIGHTEN US ABOUT CHIROPRACTIC.

Chiropractic evolved from a Greek word, meaning 'to heal by hand'. Chiropractic is the art, science and philosophy that allow me to take a person through those three variables with a natural, painless and drug-free approach by optimising the central nervous system (CNS) and its peripherals. Why the CNS? Simply put, that's the master control of the human body.

HOW DOES A LIFESTYLE CHIROPRACTOR DIFFER FROM A REGULAR CHIROPRACTOR?

I am a life extension expert. My focus is on nervous system optimisation. With a background in human anatomy and physiology, I am able to understand and reverse engineer to suppress, counter and reduce inflammatory responses to the stressors in our life. I will get you to move well, eat well, rest well, think well. Through this complete lifestyle approach, we will achieve health, performance and longevity.

WHAT MAKES DMC DISTINCT FROM OTHER CHIROPRACTIC CENTRES?

What makes us distinct is that we talk to you about your problem. First, we find out if we can help you and if you are suitable for care. If we can help you, we will do a thorough assessment. Then, we take x-rays of the involved areas. Later, we will do a comprehensive analysis of the examination findings, subsequently informing you of your

options should you qualify for care. If you like the personalised treatment plan, we begin. If you don't think the care plan is for you, we shake hands and part as friends. We want you healthy, happy, and back to normal. That's our goal at DMC.

WHAT ARE THE SERVICES YOUR CENTRE RENDERS TO YOUR CLIENTS?

Patients usually come to me for a number of issues and they are,

- joint pain relief: especially hips, knees and feet
- headache and migraine relief
- chronic pain relief
- disc conditions correction
- nerve damage care
- high-intensity laser therapy
- weight loss
- nutritional consultations
- heart health and diabetes consultations
- vibration therapy

WHAT ARE THE STEPS TAKEN TO DIAGNOSE AND TREAT YOUR PATIENT'S CONDITION?

The key to a good diagnosis starts with listening. We listen, we ask, we observe. We will then go through a complete physical, neurological, orthopaedic and chiropractic assessment. From there, we will refer you for further tests as well as to go over any relevant past medical records and findings.

WHAT IS YOUR GOAL AS A CHIROPRACTIC DOCTOR?

I realise now I am able to make the most changes to a person's life through education.



A patient getting his knee tendinitis sorted out with the High Intensity Laser before a long trip away



The Rapid Release Pro2 is fantastic for removing adhesions that can lead to trigger fingers and carpal tunnel

Throughout my interactions with my patients, I will continually educate and help them make the smallest of changes that will lead to the biggest of improvements over the longest period of time.

I want to change how we as a collective view healthcare. After decades of emphasis on the primacy of quick fixes and pain free-ness, as if this was an end in itself and driving a market of 'health' fads, food and medications, we have been misguided. Healthcare should not only be about the treatment success rate. Primary health providers should be empowered to learn, to be valiant in educating their patients, and be able to guide and advise with no fear of monetary repercussions. We should aim to prevent diseases and improve one's health from the get go.

HOW DOES CHIROPRACTIC INCREASE ONE'S QUALITY OF LIFE?

A single treatment can make you happier, sharper, and stronger. It can help you sleep, clear space in the joints for nutrient storage, and have a healthier response to food. Then you have another treatment a week later, and those benefits only increase. And with another treatment, the benefits only increase.

HOW DOES LASER THERAPY HELP IN TREATING AN INJURY?

- Melts scar tissues to allow joints to move again
- Speeds up tissue repair and growth from inside the cells

- Reduces swelling, inflammation and activates lymphatic drainage system
- Improves blood flow, bringing vital nutrients and oxygen to damaged tissues
- Accelerates nerve cell regeneration to improve nerve and brain function
- Resets chronic pain cycle from the brain and relieves pain
- Most people can feel the difference on the first visit

WHAT IS THE MOST COMMON WAY PEOPLE EXPERIENCE AN INJURY?

Every cause has an effect; every effect has a cause. Nonchalance and indifference is the most common way someone can get injured. All injuries, when unattended, will eventually lead to something downstream. There is no such thing as a minor injury that can be left alone. Things accumulate, things wear and things tear.

WHAT WOULD YOUR ADVICE BE TO PREVENT PAIN?

First, let's understand what pain is. I like pain. It means our body is telling us to do something about what is causing the pain. It is a primal mechanism designed to stop us from hurting ourselves further, to do something about it.

LASTLY, WHAT IS YOUR ADVICE TO LIVE A PRIMAL LIFESTYLE?

Fundamentally, let us work on reducing oxidative stress. There are three basics you should live by and they are, to move well (focus on mobility), think well and rest well (get your sleep) and lastly, eat well (eat proportionately and not too much sugar).