

# DEDICATED CHIROPRACTOR WITH HAPPY PATIENTS AND HAPPY BABY

## Gene Garris Has Modern Approach and Traditional Values

By Charles Campbell Team Writer

**W**hat do you do when you have an eight month old daughter and both parents work?

There are a lot of choices; ship her off to day care; park her with the grandparents; hire a nanny; have one parent quit working and stay home with her; or you could do what Dr. Gene Garris and his wife, Angela did. He takes her to his office every day and looks after her.

"It's really great having Laurel with

Michigan who cured him of his asthma. After that he made the decision that he didn't want to play hockey anymore, he wanted to be a chiropractor and help other people," Garris concluded. "I've got a hundred more stories like that giving personal reasons as to why they went into the profession."

"I practiced in Atlanta before returning to Columbia to take over the practice of my Chiropractor who was injured

hearsay.

A doctor of chiropractic is trained in the basic medical sciences, including anatomy with human dissection, physiology, and biochemistry. This means a doctor of chiropractic can both diagnose and treat patients, which separates them from non-physician status providers, like physical therapists.

The roots of chiropractic care can be traced all the way back to the beginning of recorded history.

"Chiropractic got its real start in the United States during the late 1800s," said Garris. "Doctors of Chiropractic now practice in all 50 states and countries around the world."

According to the American Chiropractic Association (ACA), "Doctors of Chiropractic frequently treat individuals with neuromusculoskeletal complaints, such as headaches, joint pain, neck pain, low back pain and sciatica. Chiropractors also treat patients with osteoarthritis, spinal disk conditions, carpal tunnel syndrome, tendonitis, sprains, and strains."

Chiropractors have the training to treat a variety of non-neuromusculoskeletal conditions such as: allergies, asthma, digestive disorders, otitis media (non-suppurative) and other disorders as new research is developed.

"During my years of practice in Atlanta and Columbia I noticed that my patients were all asking practically the same questions," continued Garris.

"I mentioned this to a friend and he suggested that I write a book that will answer in detail the questions I've been asked and questions I should have been asked. I thought it was a great idea that would help my patients."

"The book is titled *Back to Health, Answers To Health Questions You Never Thought To Ask!* and is being published this summer. Copies will be available at local book stores, on-line and in my office."

"One of the chapters deals with a very important subject, 'Sleep.' Lack of a good night's sleep makes us a danger on the road, can cause memory problems, depression and mood swings," Garris said.

"That was true in my case," said Norma, a patient. "My hip hurt so much that I had trouble walking and sleeping. Lack of sleep sure didn't help my mood or attitude much. Dr. Garris would treat my back and hip so I felt great leaving his office. Then over the next few nights of sleepless tossing and turning I was right back where I started. This went on for a couple visits until he found out what was causing my hip problem."

I walk our two large dogs 1.5 miles every day. Our neighborhood is full of little furry creatures, cats, squirrels, rabbits and loose dogs they want to chase. They would pull and I would pull back. That caused my hip and back to go out

every time. Since he identified the problem I haven't had the pain and I sleep very well, thank you."

Dr. Garris is not only a very competent chiropractic physician and author, he is the "on-air" health expert with a long running local radio talk show.

"I really enjoy being on the radio talking to the callers and answering their questions," said Garris. "When I was at Clemson I was on the school radio station and learned how effective being on the radio can be. I have been approached by network producers who have offered me the chance to do my own one hour radio show called, what else, 'The Back To Health Show with Dr. Gene Garris.'"

"I heard Dr. Garris on the radio a couple months ago and called him because I had a bad pain in my back and neck from unloading boxes of computers for our clients," said Phil Collins, president of 4th Dimension Business Solutions, a computer solutions provider. "It was so bad I had trouble turning my head. At my visit to his office he explained what he was going to do during the examination.

He found out what was causing the problem, made an adjustment and the pain stopped and I could move my head freely again. It was covered by my medical insurance so I'm doubly happy."

"In most cases it may take several treatments to fix the problem," said



**Dr. Gene Garris in his office with daughter Laurel. He takes her to his office every day and looks after her.**

me all day long," said Gene A. Garris, D.C., a Columbia Chiropractic Physician. "We have set up a nursery for her here and she loves it. She's very healthy, happy and has not been ill at all. Not even an ear infection."

"One bonus of having her here is that a lot of my patients stop by just to chat and play with her between their scheduled visits. Laurel is very popular. Everyone calls her the, 'Happy Baby', and she is."

"I'm a local boy," said Garris. "I graduated from Spring Valley High School and Clemson University before getting my doctor of chiropractic degree at Life University in Atlanta."

"When I graduated from Clemson I had no idea that I would become a chiropractor," continued Garris. "My first job was with the Secretary of State of South Carolina as an Information Resource Coordinator. The wife of one of my co-workers was a chiropractor so I started seeing her as a patient."

"After a couple months of positive results she said, why don't you become a chiropractor," Garris said. "After several more months of her saying, why don't you become a chiropractor, I started looking into it."

"I've suffered all of my life up to that point with horrible allergies. After treatment they went almost completely away. I don't have the miracle stories that some people who went into chiropractic have. I just felt better and was able to do more things."

"One of my roommates in chiropractic school has a brother who was a professional hockey player with asthma so bad it limited him. He was a super athlete. He went to a chiropractor in

and couldn't work. When she returned to her practice, I did the same thing for another chiropractor for eight months until he was well enough to return to his practice."

"I decided that I really liked being back home in Columbia and decided to stay and open my own practice. A decision I have never regretted because I met Angela here over three years ago and we married about two years ago."

"Our honeymoon was so romantic," Angela said. "We both like hiking and the great outdoors so we decided to fly to the UK and take a hike across Scotland. We packed up our gear and headed out for nine fun days walking from one town to another. We stayed in youth hostels and B&Bs. Got to meet, up close and personal, loads of really interesting and fun people. As with all good things our honeymoon went by too quickly. We hope to make the trip again one day."

"After Laurel came I wanted to go back to work but didn't want to leave her with strangers," continued Angela. "Gene came up with the idea of putting in a nursery at his office and keeping her with him during the day. It has worked out very well for us. His patients adore her, I get to keep a job I enjoy and Laurel gets to be with her dad. Even though she is there all day I want everyone to know that her first word was, 'Mama.'"

Dr. Garris has become accustomed to changing stereotypes—as a father and as a chiropractor. While he had heard about chiropractors for most of his life, Garris came to learn in chiropractic school that most of what he had heard was either outright wrong, misleading or just



**Chiropractors have the training to treat a variety of non-neuromusculoskeletal conditions. Here, Dr. Garris makes an adjustment to a patient.**

Garris. "And, during the examination if I find that the patient needs medical attention I immediately refer them to a physician. I want the best for my patients and make sure that they get it."

Dr. Garris can be reached by calling 803-790-1815.

Charles Campbell is an award winning journalist, syndicated columnist and radio talk show host. He can be reached at:

DrCampbell@STRNetwork.com.

The American Chiropractic Association