



Dr. Jamie's Wellness Center

By Tom Maples

Dr. Jamie Bunis, DC, has created a comprehensive chiropractic wellness practice in Huntsville that is destined to become an influential center of healing in the Tennessee Valley. Dr. Jamie combines chiropractic care with nutrition testing and counseling, high-grade nutritional supplements, aromatherapy and essential oils, detoxification, multiple styles of massage, and educational classes offered to the public by practitioners of a wide range of healing modalities.

The first thing you notice about the center is the energy: very clear,



light, uplifting and peaceful. There are aromatherapy diffusers operating in every room, diffusing a special blend of essential oils. The staff is personable and friendly.

We got to witness Dr. Jamie in action during our interview when one of her regular patients from a nearby office came in with an acute pain in her back. She explained what had happened; she had bent down and twisted her back to pick something up. The patient gave us permission to watch the evaluation and treatment, and Dr. Jamie put her on the table and went to work, seeming to know exactly where

the areas of pain and tension were even before the patient could point them out. She used three different instruments, two of which I had never seen a chiropractor use before. These were the Activator, the Arthrostim®, and the VibraCussor®. These are all precision chiropractic tools that serve as extensions of the chiropractor's hands while significantly augmenting what those hands can do. The VibraCussor is a special vibration device that relaxes muscles and fascia around the treatment areas. The Arthrostim allows for very precise and rapid adjustments to be made comfortably at specific target points on the body. It was extremely impressive to watch Dr. Jamie work, and the patient, who had been in serious acute pain with difficulty walking, got significant relief right away.

While we were there, several more patients came in for their appointments. One of them had been undergoing treatment for a slipped disc, and he was started out on the TENS electrostimulation unit to relax the muscles in his back. Dr. Jamie also uses Ultrasound and a Cold Laser device to relax patients' muscles before an adjustment. Another patient came in for an Ionizing Detox Foot Bath. One couple were both chiropractic patients and had also undergone nutritional counseling, and they were getting some refills on their supplements.

Dr. Jamie recommends Standard Process® nutritional supplements, which must be prescribed by healthcare professionals. Standard Process are organic, whole food ingredient supplement formulations grown mostly on a single organic farm and produced with state-of-the-art quality controls to safeguard to nutrients in the ingredients. Founded in 1929 by Dr. Royal Lee, Standard Process has been a leader



Dr. Jamie with her patient, Mrs. Moore

in the field of natural whole food supplements for more than 75 years. Dr. Royal Lee believed that, "The quality of a whole food supplement is dependent on the quality of the manufacturing process." Following this philosophy, Standard Process provides the highest quality food supplements available. To help determine which supplements each person needs, along with other treatment strategies, Dr. Jamie offers Applied Nutritional Analysis Testing, or ANA. ANA is a non-invasive neurological muscle reflex test that uses the body's own feedback to signal strength or weaknesses in specific organs or tissues. Weak reflex responses indicate dysfunction in an organ or tissue that may be weak from toxins, allergies or nutritional deficiencies. ANA muscle reflex testing is very effective and has many patient testimonials to attest to its benefits. One of the most famous is professional tennis player Novak Djokovic, who is currently ranked #1 in the world in men's singles tennis. He writes in his book *Serve to Win* that a muscle reflex test uncovered a wheat intolerance that was the source of his allergies, which had negatively affected his breathing, focus and performance in playing tennis. He changed his diet as a result of the test and credits this with improving his game to the point where he could become World Tennis Champion.

Many of us have the same sort of hidden allergies, intolerances and imbalances that are suppressing our health and vitality every day. Muscle reflex testing can help identify these issues and point practitioners like Dr. Jamie to the

solutions that will fix these problems that are holding us back from full and vibrant health.

Another key component of the wellness center is Massage Therapist Michelle Riviere, LMT, of Inner Harmony Massage. Michelle offers several styles of massage, including Swedish, Deep Tissue, Trigger Point Therapy, Muscle Energy, Pre-natal, and Reflexology techniques. "Massage therapy offers many benefits, especially to those who suffer from chronic pain," she says. "My focus is to provide you with a customized treatment plan that addresses your specific needs rather than simply performing a 'cookie cutter' massage that only offers temporary relief."

One new and very promising modality that Michelle now offers is called Qi-ssage, which combines the principles of Qi-Gong with therapeutic massage. Qi-ssage stimulates key nerve centers in the body in order to relieve stress and tension, relax the entire body, energize both body and mind, as well as enhance and balance the flow of energy in the body. Qi-ssage sessions can be combined with a standard bodywork session or enjoyed as a separate service.

A final cornerstone of Dr. Jamie's Wellness Center are the educational classes offered to the public. So far there have been classes offered on essential oils taught by Dr. Jamie and guest speaker Kim Erickson on how to restore health and well-being with essential oils and on how to use essential oils for pets. An Introduction of Crystals class was taught by Melissa Posey. There was a class on the healing power of Music Therapy taught by Stephanie Bolton. Dr. Jamie wants to offer regular classes on a wide range of healing modalities. "If I can't teach it myself, I want to bring in someone who can," says Dr. Jamie, explaining the basic vision she has for establishing her center

as an educational resource for the community. "My mission is to permanently and significantly change people's lives for the better," says Dr. Jamie.

Dr. Jamie's Chiropractic Wellness Center is located behind the new Whole Foods at 917 Merchants Walk, Ste A, Huntsville. For appointments, call 256-434-7977. DrJamiesWellnessCenter.com. See ad, page 15.



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