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This newsletter is to tell you a patient's story. She is a 55 year old woman who fell while climbing rocks in the woods and has given her permission for her story to be told. Her main injury was a broken arm. She broke her radius bone down near her wrist into four pieces.

Because of the bone breaking in four parts, the emergency room orthopedic surgeon correctly suggested surgery the next day. But this patient asked if he would consider giving her ten days to do her best healing before she agreed to surgery. He asked her why she thought she could avoid surgery, her bone was in four pieces and it wasn't a young bone at that. She explained that she worked with a holistic primary care physician in Manhattan (that's me!) and wondered if together they couldn't avoid her having surgery. He reluctantly agreed with the admonition that she must have a follow-up x-ray in ten days without fail. He then reduced the fracture and applied a short-arm cast.

In ten days, to the very day, she went to an orthopedist in New York City who greeted her with threats of re-doing her cast to a full arm given the extent of her injuries that he had read in the original doctor's reports. The patient asked the New York orthopedist if he wouldn't like to take an x-ray to see how the healing was progressing before making that decision to change her cast. Mumbling something, he agreed to the x-ray, returned to the examining room and quietly said "You're very lucky. I'm not going to change a thing for now. You are healing remarkably well." The patient asked if perhaps there might not be some skill involved in the healing in addition to some luck, and never received an answer.

Four weeks later, which was five and a half weeks after the injury, another follow-up x-ray revealed healing so well that her cast was removed and a soft splint put in place. Occupational therapy was ordered with only passive range of motion exercises allowed, meaning the patient was not to move her own arm or hand for three more weeks.

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The occupational therapist was so amazed at the condition of the patient's arm that she suggested active range of motion exercises as well. The patient thought this was a great idea and started to move her hand again, a welcomed relief.

At seven and one-half weeks after the initial injury, another follow-up x-ray was made by the orthopedist. Once he read the films, he entered the examination room stating "What you've done in seven and one-half weeks is what I'd expect you to accomplish in six to eight months. Keep doing what you're doing, and I'll see you again in two more months to, presumably, close this case."

What did we do with this broken arm? Exactly what I do every day with every patient: ask the body what it needs and then give it in priority order. For this particular injury that included laser treatments, herbal support, homeopathic support, bone-health matrix support, acupuncture, and all the rest of the things I do to enhance good health. I had little experience with helping a fracture to heal, but when a doctor works holistically, specific experience isn't the end-all and be-all of a successful outcome. What can be the end-all and be-all of a successful outcome is a doctor being able to communicate with the body to find out what's wrong, what's needed, and in what priority order therapies need to be done. And that's what I did, and what I do every day with my patients.

Did it help that this patient was a long-standing, compliant, hard-working patient who was in very good health before her injury? Absolutely. But the fact remains that if the body is properly supported, it can perform healing miracles that aren't really miracles at all. In fact, it's just proper healing.

Now, let me tell you who the patient was: me. Yes, I fell and broke my arm in four places and defied surgical intervention and healed myself in seven and a half weeks to the point of where I was expected to be in six to eight months.

And I tell you this story to help you remember why you take the time and the effort and the expense to be a patient of WholeLife HealthCare . . . because it works!

Watch your step, please. That's doctor's orders!

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