

# KELLY'S CORNER

by Jan Kelley

The pink, full moon of April proved a damp and foggy time. The theory is that whatever the weather on the full moon, it will persist for four days. That's the mean; it can be for three or five days. It was indeed rainy on the 14th, but the 15th broke through shiny and sunny, only stratus clouds. I thought perhaps the theory side-stepped us this full moon, but no: 16th, 17th, 18th, 19th, 20th, and the 21st at this writing. Fog, mist, rain, and general dampness; spring time on Cape Cod. Only a vigilant robin singing into the grey, could let you know it is spring and that the sun will truly shine again.

Earth worms and very thin snakes emerge to begin their cycle for 1987. Salamanders have completed their mating. Thicker, hardier, and more secretive, salamanders are clever enough to use the first warm spring rains for a breeding climate. Other species can be victimized by the mercurial temperatures of a New England spring. But on the bright side, the ratio of light to darkness is fourteen hours to ten hours.

Outdoor work and exercise is uncomfortable in this weather. The devotees of aerobics mind it less, since the indoor routine allows a complete workout no matter what is happening outside the walls and windows of the studio. In the past year, Marianne Maloney has worked out so many new and effective routines; the classes have sold again. Besides Monday, Wednesday, Friday, 8:30 to 10:00 and 4:30 to 6:00, Marianne has had to inaugurate a 7th class on Saturday mornings, 10:00 to 11:30. All this takes place at the Martial Arts Building at the corner of Bradford and Winslow Streets. Stop by and see for yourself, Marianne is really working our butts off. She also has been chosen by the Norseman Athletic Club in North Eastham, as one of their aerobic instructors. The competition for that job includes teachers from all over the Cape and beyond, but our fearless leader, Marianne Maloney, shines wherever she is. We never take her for granted. Nor do we take for granted her carefully chosen and capable crew of instructors of P'Town Pulsations: Dot Sanderson, Bette White, and Donna Hensley.

The people involved in aerobics are a group

dedicated to maintaining their health. The resources of acupuncture, massage, and chiropractic are used in case of body imbalance. We are fortunate in our small town to have these alternative and preventative forms of medicine available. But Provincetown itself is considered an alternative for a lifestyle.

Chiropractic is a method of natural healing. The idea is that the body heals itself. By gentle manipulation of the spine, proper rest, nutrition, exercise, and conscientious reduction of stress, disorders of the body will right themselves. Chiropractic is not just for muscle and joint pain but also for organic disorders. Allergies, asthma, migraines, and sinus problems. Whatever problem you are having, chiropractic medicine attempts to correct it by posture and spine correction. The theory is that the spine and the nerves control the health of the body. Disorders do not set in instantly, except for accidents, and they cannot be cured instantly. Medication can mask the pain, but not eliminate it. Adjustment to normal and correct alignment of the spine is how the body will cure itself.



Diane Dussault





*Paula Sperry*

You'll be glad to know that treatment is painless.

Provincetown is fortunate to have not just one, but two chiropractors. No longer the painful and anguished rides up Cape to seek relief, but walking distance relief. Dr. Diane Dussault is at the Provincetown Chiropractic Office at 290-A Commercial Street, across from the Town House and down the lane. Dr. Diane has been practicing in Provincetown for three years. At one point in her life, Diane was quite ill. She did not have a lot of pain, but she was exhausted. Despite several medical consultations, her condition continued, exact problem unknown. Then a chiropractic doctor told her "The good news, bad news" story. "You are very sick, but I can help you." And Diane was helped and so impressed with this healing, that she decided to study and become a chiropractor herself. (Diane has a degree in Linguistics from Tufts and has worked with computers. She was involved in nutrition studies for fifteen years). For Diane, the success of this practice is the gratification she receives when she sees lives transform. People in their 20s and 30s think they are old because of the limitations their health has put on them. But once they get their nervous systems straightened out and can continue their activities or resume a beloved sport, they realize the power of the body to heal itself. Business is so good for Diane, that she is planning to add another chiropractic doctor to her staff.

Dr. Paula Sperry is at the diverse and successful Wonderful Hands at 199 Commercial Street. Paula left the professional world to enjoy a respite in Provincetown. After working the rounds as a bartender at the Town House, Pied Piper, Vorelli's, and Cellar Bar, Paula realized that bartending was not the profession she wanted, to attend to people's needs. She decided to enroll in the Life Chiropractic College in Georgia and add to her B.S. degree. Paula has been involved in chiropractic medicine for 3 years. She enjoys this work and has a steady clientele. Wonderful Hands is delighted to have her in practice as she rounds out their offerings of acupuncture with Arthur Teubner, R.Ac., Kim Rilleau with Heller Work, deep tissue bodywork, movement education; massage with Carol Pugliese and Jackie Kelly, and counseling with Yvonne Lutter.

Both Diane and Paula explained to me how people think of chiropractors as bone doctors. But chiropractic deals with the nerves. When a bone is out of place, it irritates a nerve. It is the nervous system which tells the organs how to act. The goal of treatment is to get the nervous system to function at 100 percent efficiency. If you can be rid of the underlying blockage to the nervous system, you can achieve well-being. Chiropractic looks at the whole body, not just separate parts. It has been practiced since ancient times. The Egyptians and Hippocrates eluding to it, but it has been considered a separate branch of medicine since only 1895. It is world wide and since the rise of the holistic approach to medicine, has gained prominence and is more available to an ailing public. Not *just* an ailing public, you can go to a chiropractor for a checkup and can be aware of any imbalance before it becomes a major problem. You can go to an acupuncturist for a checkup, also.

With these alternative systems of medicine working along with our standard medical doctors of the western world practice, there need not be a large population of ill human beings. Knowledge before disaster can provide us with a healthy human race. All ages can benefit from chiropractic and all of us would do well to add the experience to our lifestyle. A visit to either Dr. Diane Dussault or to Dr. Paula Sperry will give you a knowledge of your body which is hidden to you, but obvious to the trained hands and mind.

Wouldn't you like to have your body read to you?