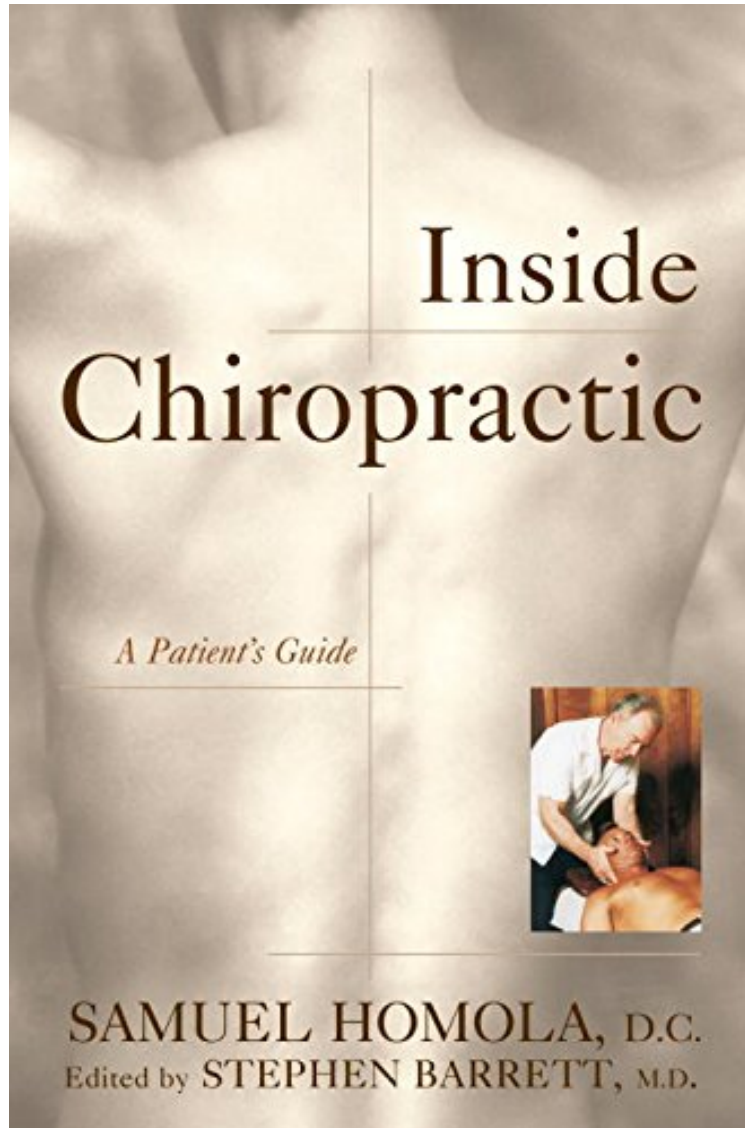


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Inside Chiropractic: A Patient's Guide (Consumer Health Library)

Samuel Homola, Stephen Barrett MD
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Samuel Homola, Stephen Barrett MD : Inside Chiropractic: A Patient's Guide (Consumer Health Library)
before purchasing it in order to gage whether or not it would be worth my time, and all praised Inside Chiropractic: A Patient's Guide (Consumer Health Library):

6 of 7 people found the following review helpful. Nice, eye-opener book about mostly dubious profession. A must-read for anyone considering going to a Chiropractor!By DCI like the honesty of the author. He is a chiropractor

himself but he had enough "balls" to come out and say that many people in his profession are utter charlatans and con artists. It was very helpful for me to basically verify what I was suspecting all along. BUT, if you're not scientifically/skeptically minded, you will hate this book. So take my word for it. I have a chiropractor in the family that is constantly bragging about how many people he helps every time I run into him. He may be helping some, I'm not denying it entirely, but at the same time the guy seems to be "pushing" all kinds of weird woo-woo ways that he does so. He also seems to believe himself in all kinds of weird un-scientific stuff. Still, as he is a good bread-winner in the family we all seemed to have been bathed in his BS. But I, as being a somewhat skeptical person, was also questioning his techniques. For instance, when he introduced acupuncture to his clinic, I was very skeptical to how sticking needles into someone's skin can help with their health, etc. It's just one example to spare you all the details. So thanks to the author for sharing all the details. The book can be somewhat dry at times, but I appreciate reading all the nuances and the history of the chiropractic "profession." I would've given it 5-stars only if it was available in the audio-book version. It would've saved me some time.

59 of 84 people found the following review helpful. A Must-Read for Those Contemplating Chiropractic

By Lauren E. Pomerantz

This book is a well reasoned and rational discussion of the origin of chiropractic, its belief system, its practices, where it is irrational, where it is contraindicated, and where it can actually do some good. The use of case studies is particularly well thought out. People like to read case studies. The application of theories is always more interesting than the theories themselves. Examples of instances where chiropractic manipulation was able to provide real relief for people suffering from cramped muscles, the effects of poor posture, and locked joints was useful. The cases where Dr. Homola did not treat were also useful. For example, one woman came to him for manipulation for pain. In taking her history he discovered she had had cancer. He referred her to her physician who passed her along to an oncologist, who confirmed that her cancer had metastasized. How a competent chiropractor can help when he recognizes the limits of his ability and what is within and outside his scope of practice will be useful to those contemplating chiropractic.

Dr. Homola spent his life trying to reform chiropractic from the inside out. He suffered greatly for it. Besides the disparaging comments from his colleagues and the isolation he must have felt, I'm sure he suffered financially. (Frankly, I'm sick of hearing how the medical community is trying to keep alternative medicine out because they are greedily hogging the people's money. Dr. Homola is an example of how true the reverse is. It is almost always easier to earn money dishonestly than honestly.)

Dr. Homola has integrity, though, and his book should be required reading for those contemplating a visit to a chiropractor and especially anyone considering becoming a chiropractor.

26 of 43 people found the following review helpful. Inside Chiropractic: A must read text

By A Customer

I have just finished reading Dr. Homola's recent book Inside Chiropractic. Dr. Homola has once again adequately demonstrated the current problems that exist in the profession called chiropractic. In 1963, Dr. Homola was the lone voice in identifying the problems the chiropractic profession had. His work of 1963, *Bonesetting, Chiropractic, and Cultism* has been the influence for constructive reform that is so badly needed for the chiropractic profession. It is interesting to note that many of the current problems Dr. Homola discussed in 1963 are still prevalent 36 years later. Dr. Homola's book is a must read book for anyone contemplating either a career in chiropractic or wishing to understand the workings of the profession. Timothy A. Mirtz DC Lawrence, Kansas

While chiropractic can provide quality treatment for certain types of back and neck pains and related problems, many health-industry professionals and patients are under the impression that the practice can be used as a method for restoring and maintaining overall health. Inside Chiropractic is a clearly presented, practical guide that explores the facts and falsehoods of chiropractic from the view of a doctor with more than forty years of experience in the field—a noted authority on the safe use of chiropractic to treat physical pain. Dr. Samuel Homola unleashes a startling critique of the well-established belief that chiropractic can treat infection and disease. Citing the shaky opinions and anecdotal evidence that support chiropractic treatments for a wide range of illnesses, Dr. Homola states, "Many chiropractors believe that correction of misaligned vertebrae can restore health and that regular spinal adjustments are essential for maintaining health. There is no definitive, scientific evidence to support such a theory." Inside Chiropractic provides essential information to consumers, physicians, insurance carriers, and all concerned with the field on the origins of chiropractic, doctor education, choosing a good chiropractor, "sense and nonsense" in the practice, alternative healing, problems and questions that remain in chiropractic, and more.

About the Author Samuel Homola (Panama City, FL), a practicing chiropractor for forty-three years, is the author of eleven other medical books including *Backache: Home Treatment and Prevention*. In addition, he has written for *Cosmopolitan*, *Consumer's Digest*, *Scholastic Coach*, *Chiropractic Technique*, *Chiropractic History*, *Archives of Family Medicine*, and many other publications.