

New Horizons in the Beginning of the Academic Year 2011-2012

Vertebra of Interest:

- We have started the academic year with 16 new students.
- Just when we were starting the semester, we hosted a new edition of the Gonstead Seminar
- The RCU offers for the first time the Post graduation course in Animal Chiropractic in association with the International Academy of Animal Chiropractic (AIQA). For further information please check: www.quiropracticaanimal.com and quiropracticaanimal@gmail.com

NEXT OPEN DOOR DAY

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The beginning of this academic year seems to be left so long ago. Since then, the Royal University Centre has witnessed so many events and things that we are wishing to share with all of you in this new issue of our newsletter.

We welcome all students for the Academic Year of 2011-2012 in an all school assembly on September 27th. In this occasion, both new students and veteran ones were received by the Rector Father Edelmiro Mateos in his welcome speech, followed by the Director of the Programme Professor Ricardo

Fujikawa talking about the status of the recognition of both profession and academic title in Spain and worldwide. Mrs. Alma Vazquez spoke on the infrastructure of the RCU. Last, but not least, as the Coordinator of the Programme, it was my turn to welcome all students. I have to recognise that the fact that this year we will graduate the first cohort of chiropractic students, made me lose track a little in my address to the assembly. This is not what happens to the professor Palmira Prozuolo who speaks well in public and gathered a group of students,

family, and friends in the month of October to walk through the woods. She presented the local vegetation and interesting things about plants, berries, and fruits around the woods in front of the university.

We have something important to share in this newsletter: the opening of our



new University Chiropractic Centre for outpatient care has opened its doors and the students in the Master Programme are beginning to see patients from the community under faculty supervision. These students also share their time preparing exquisite cakes and pies for bake sales in order to fundraise for their upcoming Chiropractic Humanitarian Trip to the Amazon. The trip will take students and faculty to Brazilian lands stopping over in Rio de Janeiro to recover from the jetlag, and then headed up north to the

Amazon where we will be ready to provide the indigenous population with chiropractic care. We are humanitarians and we enjoy helping others. Talking about helping others, a little hint: because friends and colleagues helped by voting for her on a social network, the student Ana Guerrero was elected to take part in an expedition led by Eurne Pasaban to climb the Aneto Peak in October. Congratulations, Ana! You did great!

During these first months of the new academic year, we were fortunate to have the visit of professionals of renown, such as Piet Seru DC and Marcelo Machado de Oliveira BChiro, ICSSD who made it quite clear that the most important thing is to hold the passion one has for its profession. Experts such as the radiologist Gary Guebert DC, DACBR from Logan College of Chiropractic and Darwin Griffeth DC who is an expert in biomechanics came to share their knowledge with us.

And this is just the beginning! So, let's see what more awaits for us in this new year. We shall be sharing it all in our next communication. Happy reading and Happy Holidays!



Arantxa Ortega

Beginning of the Academic Year and the All-School Assembly for the Chiropractic College

Greetings to everyone: Rector, Director of the Programme, Alumni and Students!

As the Course Coordinator for the Chiropractic Programme, I would like to welcome all of you on behalf of the Direction of the Royal University Centre Escorial-Maria Cristina.

I believe that in your hearts there are mixed feelings about being here: you are all excited about starting one more year but at the same time, a little bit jumpy about what it means to move up in the curriculum. To tell you the truth, I consider this duality to be healthy and it expresses balance. However, it is up to you to make the most of your time and seize the day while at the RCU Escorial Maria Cristina.

From our side, you can count on us to provide an

academic programme in which one of the main goals be that the student not only acquire knowledge in the 5 years of this programme, but also develop the competencies required for a good professional in Chiropractic.

Alongside these lines, we are certain that the upcoming graduation this year and the ones to come will fulfil

our expectations. As anything else in life, it will come as a result of hard work, excitement, and commitment. For that, you can always count on the unconditional support from the faculty that each day strives to be better and provide quality in teaching.

I will finish by citing on the best American poets, Walt Whitman:



Students of 2nd and 5th year, **Pablo Manresa** y **María Iaccopucci** respectively

“ Do not let the day end without having grown a bit, without being happy, without having risen your dreams. Do not let overcome by disappointment. Do not let anyone you remove the right to express yourself, which is almost a duty. Do not forsake the yearning to make your life something special. Be sure to believe that words and poetry it can change the world. Whatever happens, our essence is intact. We are beings full of passion. Life is desert and oasis. We breakdowns, hurts us, teaches us, makes us protagonists of our own history. Although the wind blow against the powerful work continues: You can make a stanza. Never stop dreaming, because in a dream, man is free”.

Thank you once again and welcome to the Academic Year 2011-2012.

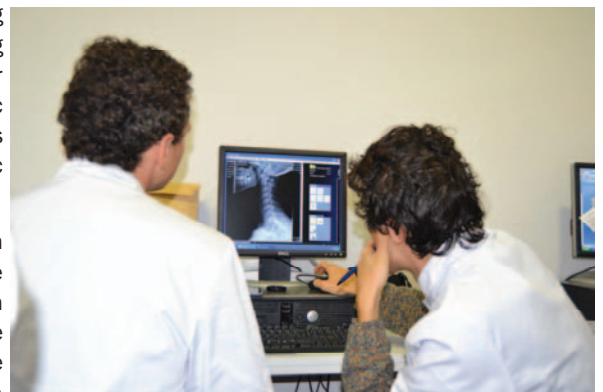
New University Chiropractic Centre



Celia Gasulla and **Jordi Gutierrez**, interns of the Master Programme in practice in the new University Chiropractic Centre, together with supervisors **Glen Heese, DC** and **Carlos Gevers, DC**.

After four years of studies and dedication, the students of the Master in Chiropractic Programme (5th year) find themselves ready to take on the responsibility to move into the clinic training programme and starting seeing outpatients under supervision of the clinic faculty in the new premises of the University Chiropractic Centre.

Beginning in October, the RCU offers the opportunity to participate in the Clinical Practice Programme, experiencing the benefits of chiropractic care improving overall health and also helping in some conditions related to the spine.



Koldo Learra (left) and **Carlos Quesada** (right), interns of the Master Programme reading an X-ray film of a patient in the new University Chiropractic Centre.

By choosing to apply as a participant in this Clinical Practice Programme, the patient will be seen by an intern under supervision of a faculty member and will be offered a special fee for the first visit and the following visits.

Botanic Excursion in the Herreria Woods to Identity Vines and Wild Bernies

The weather helped and we saddle up to go into the woods to identify plants, trees, fruits, and berries.

Still at the door of the university and waiting for the “tardies” we could recognise a few medicinal species such as the cypress and the horse-chestnut whose fruits can be used for vascular ailments such as varices and hemorrhoids. We also could see birch trees whose leaves can be used in helping depuration through the kidneys.

We formed a pretty-sized battalion composed by chiropractic, law, and business administration students, as well as friends and family members interested in Botanic.

The first official identification was the common hawthorn (*Crataegus monogyna*). We noticed how deeply lobulated the leaves are, the thorns that give the plant its name, and we attempted to find some of the fruits, the “majuelos” (in Spanish). However, due to the time of the year and the long draught in the region, we could only spot a few fruits. They are dark red, almost purple. These fruits are rich in Vitamin C and antioxidant pigments (flavonoids, carotenoids) as well as minerals and oligoelements, making up a good arsenal to stimulate our defenses against the common cold and other processes common to the cold months.

The hawthorn also offered us its beautiful white flowers in the Spring and that can be used for relaxation, hypotensive and cardiotoxic effects. The fruits also carry the same effects, but with a smaller power when compared to the flowers.

In front of the

hawthorn, we saw the “dog roses” whose fruits are called “escaramujos” in Spain, also known as “tapaculos” (butt plug) due to its high content in tannin with its astringent properties. These little fruits are deep orange in color and they have a high content of Vitamin C (even more than the citric fruits), becoming an important source of this vitamin in the cold regions of



Palmira Pozuelo, in the Herreria woods

Europe where the citric fruits do not grow so easily. A word of caution is needed when considering eating the fruit, because the only portion that is eatable is the external skin and the meat right under the skin, avoiding the internal seed surrounded by annoying hair-like filaments. The marmalade prepared with these fruits is well known, but these fruits can also be dried and used for teas rich in Vitamin C and antioxidants. The Dog Roses also defend themselves by means of thorns, and thus being said, we can understand why the rose is the symbol of love since it provides pleasant experiences, but sometimes painful ones.

In the other side, another bush: the elmleaf blackberry (*Rubus ulmifolius*) with little to no fruits due to the draught. The berries are of

a purple black, rich in Vitamin C and a dark blue pigment, the antocyanins, with antioxidant properties and believed to promote vascular integrity in cases of capillary fragility. The marmalade from its fruits is easy to prepare and quite exquisite.

We went on identifying another specie, the blackthorn (*Prunus spinosa*), a large shrub with acute thorns,

hepatobiliary ailments and to stimulate the kidneys. The fruits are also used in marmalades rich in Vitamin C and organic acids.

Another toxic berry presented itself in the form of a garland with red fruits, creeping between bushes and shrubs. It is known as Bryony or black nuts, used in homeopathy to treat pulmonary congestion and articular inflammation, also a potent purgative. It pays off to know it well so it will not be confounded with other berries.

We also spotted trees such as the White Willow (*Salix alba*), close to a creek that now is dry. From its bark, a substance similar to the aspirin is extracted.

The Ashes with their leaves now yellow due to season, provide leaves during the summer that can be used for rheumatologic conditions and situations in which depuration is needed. The Pyrenean Oak was also there, with its waved leaves, acting as an astringent agent used for oropharyngeal problems and hemorrhoids.

Finally, we caught our breates sitting over the Autumn leaves and writing down recipes for marmalades, jellies, and liqueurs. We also talked about the Seasons and the changes and myths and legends such as the one of the goddess Demeter, her daughter Persephone, and Persephone’s kidnapping, a metaphor for the cycles of renovation, death, and resurrection of the Nature.

Professor **Palmira Pozuelo**, Pharmacology and Nutrition

as its scientific name implies. With its fruits that are dark blue, a famous spirit is produced in Spain- the Pacharán. Also, these berries have other known invigorating properties used in cases of weakness, recovery, and postpartum. Their dry flavor can be smoothed by preparing a marmalade adding the pectin of apples.

All participants were astonished by the beauty of the European barberry (*Berberis vulgaris*) with its fruits in clusters or racemes. The excitement led us to taste its fruits that are acid and remind us of the taste of a lime or lemon. However, though the fruits are not poisonous, the rest of this plant is. The external layer of its roots is rich in alkaloids (berberine), and it is a compound used in homeopathic remedies for

Modules of Specialities in Chiropractic and Continuing Education

The students of the Master programme (5th year) have subjects related to clinical practice and among the subjects, they have the Module of Chiropractic Specialities, taught

during the first quarter of the academic year. Through these modules, we have been able to congregate a team of great professionals that come to teach and share their knowledge with the students of the Master Programme.

The first module started in October with the visit of Gary Guebert, DC, DACBR from Logan College of Chiropractic. Being a professional involved in education had no difficulties



Gary Guebert, D.C., DACBR faculty at Logan College of Chiropractic in one of his classes.

in transmitting his knowledge in the area of Diagnostic Imaging. Student evaluations demonstrated a great degree of satisfaction with the topics taught. Besides class hours, Dr. Guebert was also available for x-ray reading and revision of reports produced by the students seeing patients in the University Chiropractic Centre. Good news: he is coming back in January!

In the second module, we received Professor

Marcelo Machado de Oliveira, from the Feevale University-College of Chiropractic in Brazil. Professor Oliveira is a graduate of Feevale University and is specialised in Sports Chiropractic, teaching in the Sports department of his university. He also coordinates the division that provides

chiropractic care for the athletes sponsored by the university.

During the last week of November, Professor Marcelo taught students of the Master Programme, and on the weekend, he taught a course of Continuing Education for chiropractors in Myofascial Therapies and its application in the clinical practice of chiropractic.



Marcelo Machado de Oliveira, B.Chiro, ICSSD teaching a class of Continuing Education at the RCU in Myofascial Therapy and its use in chiropractic.

First Visit Protocol

On November 19th and 20th, the RCU hosted the Seminar First Visit Protocol taught by Piet Seru, DC. This seminar was organised by our students and it was a complete success. Not only students attended, but also chiropractors came to share the classroom and also their experiences. The Friday before the seminar, Piet Seru DC spoke to the RCU students in earlier years.

During the breaks, the 5th year students (Master in Chiropractic) held their bake sale to obtain funds for their humanitarian trip to Manaus, selling delicious pies and cakes. Benedetto la Rocca was the student organising this seminar and reports his impressions:

"In the beginning, organising this event was kind of complicated since it was the very first time I had this responsibility. I had no

idea on how and where to begin. The first thing I did was to contact the Sanrocco Clinic, where Dr. Seru works. What surprised me most about this first contact were the prices to be charged for professionals and students. After this first contact, we had several months of hard work: designing the flyers, organising the topics, obtaining the Continuing Education credits, running expenses, contacting prospective participants, etc. However, with great excitement, in the end it was a complete success.

About attendance, it was a record we broke in our institution. We were able to have about 100 attendants among chiropractors and students from Spain and Europe.

Dr. Seru is not only a great speaker, but also a generous man by making a donation to the RCU to be used in the Research Centre. The only condition was for the RCU to



Piet Seru, D.C. in the Seminar First Visit Protocol.

acquire a text authored by him to be added to our library collection. In conclusion, I would like to thank Professors Carlo Gevers, Arantxa Ortega, and Director Ricardo Fujikawa for their assistance and support. Without it, this event would not be possible. I would like to thank the university and our Rector Father Edelmiro for facilitating the logistic aspects of the seminar. Also, my gratitude for all the attendants and people who

made this possible. We expect this event to be the first of many more to come."

Benedetto La Rocca, a 5th year chiropractic student
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More Visitors in the RCU



Darwin Griffeth, D.C., and Pascale Bang-Rouhet, PhD.

During the past couple of months, we would like to highlight two speakers that came to visit the RCU. Darwin Griffeth, DC came to speak for two days on orthotics and the Foot Levelers, and how important are the feet concerning one's health. This was the second visit on behalf of the company Foot Levelers. Last year, Jamie Greenawalt, Interim Director of Education and Research of the Foot Levelers, came to speak on campus about the outstanding results promoted by the orthotics they provide.

On the other hand, we had the visit of Pascale Bang-Rouhet PhD, and expert on communication skills. Her presentation attracted many chiropractic students, as well as students from other courses at the RCU. She gave more than one hint on how to better communicate when speaking in public, something quite useful for most of us.

Our Student Ana Guerrero´s Outdoor Dream Comes True: Climbing The Aneto With Edurne Pasaban

Before conquering the top of the Aneto, the 4th year chiropractic student Ana Guerrero had already conquered our attention when asked us to vote for her on Facebook in a campaign promoted by a brand of sport gear.

She tells us how she has lived this outdoor experience.

"It has been an enriching experience from the start. It did surprised me the great support I had from friends, colleagues, and friends of friends on Facebook. Without expecting anything in return, they all came to help and support me. Many people told me that this adventure was made just for me and they were right. I obtained 650 votes in just one week, and it was because of those votes that I was given wings to fly to the highest peak of the Pyrenees, also the second highest in the peninsula - Aneto (3,404m).

I got to know about this event through a friend of mine that had also participated in another event promoted by Gore-tex. Once I made a decision to participate, I had to



Ana Guerrero, (right) in the Aneto with Edurne Pasaban (left).

fill out a form with questions about me, my curriculum in sports and my experience in climbing. Also, I had to write down the reasons for me to participate in this event and why it had to be me one of the chosen ones to go.

Among so many reasons, there was one that made me push forward and it was the fact that I would be doing this side by side with Edurne, someone that

motivates me a lot in the personal level. She has this will to overcome her own barriers, the fact that she is a woman in the world of sports known nationally and internationally, something that is not so easy to achieve. I

wanted to meet her because I knew she would bring much to my life and so it was. Now I know that with motivation and hard work, anything is attainable, even the Everest. I had to campaign in Facebook to get votes to participate. They would take only the 6 most voted European girls. The system was quite simple. On this social network, there was a link to the page giving all the information concerning this adventure and the picture of all candidates.

It had nothing to do with climbing the highest peak if we consider the other peaks averaging 8,000m that Edurne Pasaban is used to climb, but it had to do with the fact that climbing the Aneto is a quite technical challenge. Aneto is a glacier, and due to meteorological conditions, there would be no snow, but only ice. This complicated our climbing using crampons and piolets. It was no regular expedition. It was an

expedition formed by women. We were there for 14 hours and I was feeling fine and cool. I was motivated and this fueled my body with energy. It was fast and without any problems in ascending, and standing the pain in the quadriceps in descending. Mountaineers will notice that it was a long journey, and it was. We stood several delays. We faced a tragic accident and it forced us to change our time schedule and plans, and, of course, it affected our spirits

as we saw a 28-year old man that had arrived just five minutes before us in the glacier slipping and meeting his death as he fell on the rocks below.

Without a doubt, the most spectacular scene I lived was being tied together with the other girls and Edurne as we got to the glacier and crossed the famous Muhammad Path. The Muhammad Path is a chaos formed by rocks with an abyss of 300m on each side.

Some reporters that followed us to cover the expedition could not resist the vertigo caused by this trail and remained in that part of the mountain, never getting to the peak. When I was up there, I felt more alive than ever because it is this kind of experience that gives reasons for me to exist. I know what I like: this funny feeling of butterflies in my stomach, similar to the occasions when one falls in love. I feel this way when I challenge my body in

contact with Mother Nature. This fills me up with energy and hope to fight for what I believe. Without a doubt, this experience will not allow me to remain the same. We are the experiences we live in life, and because of that, I now carry a little of Aneto inside of me”.

Ana Guerrero. is a 4th year chiropractic student
aguerrero@rcumariacristina.com



Ana Guerrero (left), celebrating her victory.

“We are the experiences we live in life, and because of that, I now carry a little of Aneto inside of me....”