

Questions for Dr. Andréa Brisson, Chiropractor and Naturopath



- chiropractic was going on.
- 2. I wanted to get into nutrition but I didn't want it to be a "one size fits all" approach.
- 3. I didn't want to use nutrition to treat symptoms. To me, the approach of treating symptoms is already failing our society and I didn't want to duplicate those results.

As luck would have it, I became seriously ill. I stumbled upon, or God led me to, a system of analysis and clinical protocol that determines the underlying cause of illness from a nutritional perspective. My path has morphed into what I call Clinical Nutrition.

What is the most satisfying part of your work life?

The most satisfying part of my professional life is to have the knowledge to find and fix the underlying cause of illness. In turn, this allows my patients to no longer have a need for drugs. It gives them their life back. This is a blessing unlike anything else.

I notice you teach, and give talks. What, specifically, do you most enjoy teaching other people about, with respect to their health and well-being?

I like to teach information about health care that is not typically presented in the mainstream model. This would certainly include chiropractic and clinical nutrition. The topics that are most near and dear to my heart are "Women's Health" (getting out of hormone hell), and "Vaccination: An Informed Choice".

What's a bad day for you, as a chiropractor and naturopath, professionally speaking?

Oh, that's an easy one: Insurance! Grrrrrr. If I ran my business the way most insurance companies run their businesses, I feel confident in saying I would not have a business to run. I owe a huge amount of gratitude to Brooke for doing such a fantastic job of with our insurance department.

Is there such a thing as too many chiropractic adjustments? Do some clients overdo it?

No, I do not feel there is such a thing as too many adjustments. This statement is based on the assumption that the Chiropractor delivering the adjustment has a clinical protocol for subluxation detection and correction. If an adjustment is needed, than an adjustment is delivered. If an adjustment is not needed, than an adjustment is not delivered.

What teacher or mentor has had the greatest impact on you?

Good God, that question warrants an interview all to its own! OK, I will attempt to narrow it down to my top 6...

- 1. Me. I hope that doesn't sound arrogant, but ultimately, it's true. This, of course, includes God, who resides within.
- 2. My Dad. He was, and still is, my greatest hero.
- 3. My Mom. She is so strong in so many ways.
- 4. My Aunt Joanne. She is my living Mother Theresa.
- 5. Dr. Donald Epstein. He was the first to introduce me to body, mind, spirit, Chiropractic, health, healing, energy, life, love and so much more from a clinical perspective.
- 6. "My Girls". Ask any woman and I am sure she will agree. There is *nothing* like girlfriends. They have seen me through it all.

Will you take a spring vacation?

I just returned from spring holiday. I spent a perfect week in a cute little beach community on the panhandle of Florida called SeaSide. (It is where *The Truman Show* was filmed). I read two great books (*The Shack* and *Three Cups of Tea*), slept in later than I care to mention, exercised daily and ate lots of fresh seafood. It was sunny and 78 every day! This is my perfect way to fill up the gas tank!

Where would you love to travel to, that you haven't been to?

So many places, so little time! OK, top 3...

- 1. Alaska. Specifically, Kodiak Island.
- 2. Camping in places too numerous to mention. Anywhere that is off the beaten path is my ideal.
- 3. Spain.

What's your idea of a pleasurable summertime Saturday in Michigan?

Bike (the peddling kind, not the motor kind...) into Ann Arbor (I live on Ford Lake). Stop by Angelo's for brunch. (They have the BEST Eggs Benedict...) Head over to the Ann Arbor Farmer's Market. Wind through the old neighborhoods to admire the beautiful architecture and charming gardens. Head home to cook said purchases from the Farmer's Market. Enjoy dinner with friends, a great bottle of red and a beautiful sunset over the lake. This is a perfect ending to a perfect day.

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Dr. Andréa Brisson's website is at: www.andreabrisson.com

When you were a girl, what did you want to be when you grew up?

My aspirations began as a Physical Therapist. This career choice started the summer I turned 16. I spent time with my grandparents helping my grandmother nurse my grandfather from a double leg amputee. My grandmother didn't drive so the family took turns taking my grandfather to physical therapy. This was the beginning of my long and winding road.

Do you have doctors, healers and/or chiropractors in your family?

I believe that in some way we are all healers. But formally, no, I am the only one in my family. I do have an Aunt who is an amazing nurse. Does that count?

Yes, I think that definitely counts! Do you think some people are born healers?

Speaking from experience: I know that in my career I have answered a calling. Is that the same thing as being a born healer? I am not sure. I do know I have put a lot of energy and focus into knowing what I know. Does that mean the gift was there or I had to cultivate it? I think that for me it was a bit of both. From my perspective, that makes me a born healer with an intention to cultivate it.

Did you study chiropractic care before or after you studied naturopathy? And why in that order?

I first studied Physical Therapy. I became restless with that profession because it was in a model that treated symptoms. I knew this was not how I wanted to spend my life. I quit Physical Therapy in search of something more holistic.

That is when I was led to Chiropractic School. Chiropractic gave me everything I was looking for, and then some!

After 14 years in practice I started to feel a bit restless. Here were a few of my observations:

- 1. My patients would complete my chiropractic recommendations and still report a serious illness. Obviously, something other than