

DOCTORS MAKING A DIFFERENCE

**ADHD
Wellness
Expert
Member #4**



Name: Dr. Lois Flemming

Practice: New Bern, North Carolina

Years in Practice: 20

**Identifying Marks:
Family Wellness Chiropractic**

**Claim to Fame:
Helped an autistic child attend fireworks
with his family for the first time**



Yannick Pauli: Hello, everyone I'm Dr. Yannick Pauli, I'm the founder of ADHD Wellness Expert *the place where we mentor spine-based chiropractor to become prestigious brain wellness expert in their community.* And today I have with me one of the participants in the Mentoring Experience, her name is Dr. Lois Flemming from New Bern. So Lois, thank you so much for coming on the call.

Lois Flemming: Thank you.

Yannick Pauli: So Lois, why don't you share with our listeners a little bit about yourself, how long you've been in practice and what got you interested or inspired to join the Mentoring Experience?

Lois Flemming: I have been in practice for about 20 years, I have pretty much of standard family sort of practice, and at this stage of the game a lot of my patients are more of the wellness, maintenance type of care. And I think like a lot of chiropractors by that time you lose a little bit of the original passion and excitement; things get a little routine, the hassles of the paper work get a little more prominent, and literally I wouldn't say burning out, but I was definitely beginning to question whether this was something that I wanted to continue to do until retirement. And, so I guess I was looking and happen to hear you talking on one of the CLA calls and you are so passionate about working with ADHD kids, and it hit me that this was something that chiropractic could shine in, that this was an areas where we as chiropractors are probably the only profession right now that really can see the big picture of how everything fits together, of how the human body works all together with the nervous system, and the spiritual, and the chemical and etcetera. And I got excited, so that's why I joined the program.

Yannick Pauli: Cool. So what has that done for you as far as, chiropractor, as an individual for you staff as far as reigniting some of – some of this passion?

Lois Flemming: It's definitely got, it's all fired up again I guess, taken us out of our little rut and gotten us very creative again; we weren't seeing, although we saw families, weren't seeing a lot of kids and we were a little nervous about inviting in a lot of hyperactive type of children in, but it's really it's been a lot of fun, they're great kids. We've gotten, you know, all the training, there is so much to learn and so many new things that we can – that we can provide and do and talking with even our regular patients about our new vision and our new hopes, it's really revived everything, it's made coming back into the office everyday just a joy.

Sound Bite

"It's really revived everything; it's made coming back into the office everyday just a joy."

Yannick Pauli: Cool. So, how long in the Mentoring Experience have you started seeing your first ADHD kids, or other kids, because I know that you've also been seeing some autistic kids. So how long did it take you to do feel comfortable receiving them?

Lois Flemming: Well, that's kind of an interesting question. I did actually start seeing kids about 3.5 to 4 months into the program. I have to say that that initial program was quite intense and I probably would not have seen kids at that point in time, except that you're really coaching and urging to get started and I think that was a great thing, because you have to dive in and you have to start seeing what you know and that's a great time to really start being able to ask questions. So it was about 4 months down the road that we started seeing our first children with ADHD and Autism.

Yannick Pauli: Great. What kind of confidence has the Mentoring Experience given you as a clinician to be able to really take care of this children, like you know you said you'd 20 years experience in chiropractic, obviously when you go into new field you may feel a bit not as confident, what have that done for you? Did you feel prepared to take care of these children?

Lois Flemming: I definitely have in really just a little over a year have gone from having absolutely no knowledge about how to work with ADHD or autistic children, I had no real major pediatric background other than my own kids. And have gone from there to really feeling like I do know, I have become the ADHD expert in our community, and I am constantly aware and talking to parents, and then talking to teachers, and then talking to physicians in the area of how much more knowledge I have than any of them do just because what they have heard has been, it's old and that's outdated, they just don't know any of the new information.

Sound Bite

"In really just a little over a year, I have gone from having absolutely no knowledge about how to work with ADHD ... to really feeling like I do know, I have become the ADHD expert in our community"

Yannick Pauli: Okay. You mentioned talking to teachers and physicians, what kind of opportunities has your new positioning created for you in your community, I know that you've done quite a bit of things?

Lois Flemming: Yeah, the program has really sparked I guess a lot of creativity, so and wanting to go out and share that with the professionals in the areas, so that when they are recommending things for children and recommending things to parents, they will think of our program also. So, we have done a lot of e-mailing and written types of sharing of information, but in the process of bringing kids and we've actually been talking with their physicians and with teachers in the area about what we're doing and about the program

and about how different it is; a different view of looking at what ADHD is and how it has come about and our role in it. And looking at it from a perspective of, this is something that is going to actually change that the child is going to grow and develop, and hopefully going to get to a point where they're literally not going to have ADHD problems any more. So we've been out, we've done a lot of contacting, we're going to be working more in the schools next year. And hopefully also next year I start meeting with the different physicians groups and just educating them with talks and as much information as we can give them.

Yannick Pauli: Great. Have you find that you've been well received by this group of people?

Lois Flemming: I'm getting better and better received. Initially, I think there was a lot of caution because it's such a different perspective and everyone is not thinking of chiropractic care or a chiropractor as really having much knowledge in that field. And so once I start explaining to them about chiropractic and the nervous system and also about what ADHD is about and where it comes from, the hemisphericity etcetera. It makes tremendous amount of sense to them and they have kind of an "aha" moment and then it's much easier to talk to them. But initially there is definitely a certain amount of reluctance and caution because they've been disappointed so many times with so many different things that are out there.

Yannick Pauli: That's very true. And you know most of these people they've tried so many things that they almost lost hope, and thank God to the model that we have, we can actually reignite that hope by definitely providing them with a model that make sense. Do you mind sharing some of the clinical results that you've gotten so far?

Lois Flemming: Okay. I would say – all of the children have improved in various ways, most of the kids because I am still new at it, we haven't gotten them to a place where they've actually in school have gotten to another grading period or evaluation time, so we don't really know how they're doing in school work. But in terms of behavior, the parents, the grand-parents, neighbors, teachers, etcetera all within really a very short period of time, just a few weeks start noticing major improvement in behavior, more sociable, less irritable, paying attention more. We have four children in the program right now and with inside of a few weeks the parents and I guess it's because of summer time, but the parents have taken their kids off of their medications, and are amazed how well all four of the children are doing without any of the medication. So, we're seeing great – great changes, the parents are thrilled with how much more of a family they are now because the children are -- like all their other children or like what they want to have, they're actually having a relationship with their child now.

Sound Bite

"So, we're seeing great – great changes, the parents are thrilled with how much more of a family they are now ... they're actually having a relationship with their child now"

Yannick Pauli: Yeah. And that's – I think that's really priceless for the people. Although it's priceless for them, the results they get, but they still have a price to pay for your program. Can you just give us maybe an idea of the kind of financial return that you've gotten out of the time that you start compare to your new tuition investment?

Lois Flemming: Okay. I would say of course this first year there is the tuition investment, there are some expenses of some of the equipment and because I've been in practice for a while I have the luxury really of being able to get the equipment and not hold off for down the road. So, the cost of the equipment and getting everything going, I have definitely covered all of my expenses throughout the year, I expect now to start making a profit and part of that is the fact that I don't have to do all the work, that you have brain coaches that will be doing most of the work with the children. So I'm freed up to continue working with other patients. So, I would say I'm looking at it as being profitable enough so that I'm going to start being able to cutback a little bit on my work time.

Sound Bite

"I don't have to do all the work; you have brain coaches that will be doing most of the work with the children. I'm going to start being able to cutback a little bit on my work time and still have the same income"

Yannick Pauli: Sounds great.

Lois Flemming: And still have the same income.

Yannick Pauli: Great. So and just so that everyone understand, there are different levels of material and equipment that you can invest and you know we usually recommend people to get started in the program and then reinvest in it and Lois is one of the doctors who really invested in pretty much all the equipment that we recommend right from the beginning with some of them equipment like the Interactive Metronome costing, \$3,500 and things like that. So you know she just went for the Full Monty, great.

Lois Flemming: But it didn't take long for the price to be taken care of, that's right.

Yannick Pauli: Excellent. So what do you think being part of this ADHD Wellness Mentoring Experience and having started your ADHD/ Neurobehavioral or Neurodevelopmental Disorder Program, will do for you as a chiropractor in the future or for you as an expert in your community.

Lois Flemming: Well, I think the main thing is that its – it’s going to keep me in chiropractic care for one thing, it’s brought back a sense of purpose into my life and given me a real focus and direction that I want to be going in as far as helping these kids. And, I think the people in the community are certainly going to recognize that and I expect the practice to continue to grow because we’ll be in contact with more folks, I expect to really have a unique niche in the community doing this kind of work, and I’m looking forward to seeing how the next few years go.

Sound Bite

“The main thing is that it’s going to keep me in chiropractic care for one thing, it’s brought back a sense of purpose into my life and given me a real focus and direction”

Yannick Pauli: Great. Well, we’ll be there to see you growing. So overall taking your whole experience is it something that you would recommend to other doctors?

Lois Flemming: Absolutely, absolutely it’s a great program, and I think one of things that’s right now I’m enjoying the most is once you get all that information and you come out of the program, all excited, there is the ongoing coaching that continues on, you have a chance to continue to talk with other doctors doing the same work, we certainly get your information and your experience and your knowledge all of the time. So it’s a constantly ongoing growth experience and there’s – it’s definitely worth way more than I ever put into it.

Yannick Pauli: Great. Perfect, well Lois, thank you so much first of all for you know, your engagement in the ADHD Wellness Mentoring Experience and for taking the time to share what your experience have been. Stay on the line, I’m just going to say good bye, so for everyone, thank you so much for listening. That was Dr. Yannick Pauli, Founder of ADHD Wellness Expert, *the place where we mentor spine-based chiropractors to become prestigious brain wellness expert in their community.*