

# **‘I left him twice, but never again’**

**BY DR. CHRISTOPHER CIANCI**

Special to Healthwise

On two occasions, over the course of almost two decades, sprightly and spunky Ann Tomlinson, thinking she was finally “better,” had stopped her regular visits to the office of Easton chiropractor Dr. Christopher Cianci,

Today, she declares firmly, “I won’t ever do that again.”

Ann and her husband, Richard, come to Talbot County 30 years ago from Baltimore County where they owned and operated the Everlasting Vault Co., now known as EVCO and now under the ownership of a son, Kenneth.

The company manufactures, interestingly, concrete septic tanks and burial vaults.

Ann said, with a somewhat impish smile, that she had proposed, at one point, a company slogan to encompass both products but it didn’t fly. It was, “When you gotta go, you gotta go.”

Although Richard persisted in arranging frequent visits across the Bay, Ann said she was not initially taken with the Eastern Shore. That is, until one day, Richard drove to Black Walnut Point and Ann witnessed a huge flock of geese rise and wing to the east.

“It was something special,” she said, “I was sold.”

The couple bought a lot on Harris Creek at McDaniel, on it erected a log cabin, and next to the cabin parked a 34-foot RV which in the intervening years, has taken them “all over the U.S.”

None of that, it should be noted, was without persistent back problems for Ann. She has ridden horses for most of her life and now and then has been “slammed to the ground.”

Familiar with chiropractic care – she had an uncle who was a chiropractor -- she has sought care, when needed -- once when her back “went out” in Show Low, Ariz. – but always with a chiropractor trained at Palmer University.

Then, in October, 1993, her back “went out” again while she was making a bed at home on Harris Creek. Dr. Cianci had opened an office on Dutchman’s Lane in Easton in 1991. He was trained at the Palmer University. Ann sought him out.

Years earlier, a young Chris Cianci was attending his first day at Palmer University in search of a degree of doctor of chiropractic. He recalls being introduced to all of his professors as they, one after one, came to the podium and said, in one way or another but presenting a general theme, that patients would seek you out because you were “Palmer trained.”

“We (he and his fellow students) debated that comment,” he recalled, “and set it aside as the school boasting of its own reputation.

“However,” he added, “looking back, the school was right.”

Now, 21 years later, Dr. Cianci notes that many of his patients have sought his care in search of what he called “the tried and true Palmer methods” which he practices.

The Palmer method begins with a thorough one-on-one consultation with the patient. Thereupon follows full spinal x-rays and, the use of diagnostic instruments to measure, document and assess the function of nerves that exit the spinal cord.

‘The Palmer approach, the Palmer philosophy,’ Dr. Cianci said, “is to take the patient from crisis care to stabilization care – where spinal correction takes place – to wellness care where we keep the patient healthy, mobile and active.”

Ann Tomlinson, Dr. Cianci said, “is an example of a patient who has proven the effectiveness of the Palmer method.

“She is living proof that keeping your nervous system free of interference leads to a long, active and healthy life.”

Oh yes, Ann readily admits that she has taken two wrong turns on the path to wellness. “Twice I left him,” she said, “and twice I made a mistake.”

“You think you’re okay,” Ann said, adding that eventually you find out that a chronically troublesome spine needs more than hit or miss attention.

These days, Ann says she’s careful – “I’m not foolish...but I do almost anything I want.”

And at 80 years of age - she will add a one to the 80 on April 1, no foolin’ – that’s a testimony to her persistence.