

# She'll try to 'Beat the Blerch'

The entire world of information is at our fingertips. From this copy of *The Star Democrat* to the computers on our desks and even the phones in our pockets, every American can be a bit of a sleuth, should the need arise.

So when Rhiannon Van Bourgondien's exercise runs were straying off course, she put on her Sherlock Holmes hat, picked up her magnifying glass and started researching far and wide. The solution to her issue was found right down the street from where she and her husband, DJ, work — she discovered Cianci Chiropractic Center.

The 31-year-old runner's research six or so years earlier had led to a more healthy approach to putting 'fuel' in her tank and a noticeable increase in her performance. Two years ago, more alterations to her eating habits led to more improvement.

"That's when I really made a big difference in my mileage," said Rhiannon, as she went to more organic foods and less fast foods and sugars. "I always tell people who make faces at me because I choose to eat healthy, 'I know it costs more, but you don't put the less expensive 85 octane fuel in a Ferrari.'"

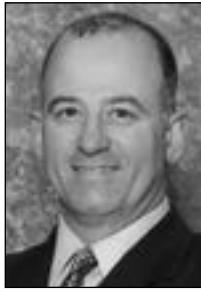
Rhiannon, who has run a handful of half-marathons (13 miles), was enjoying the new energy, but faced another obstacle. This one could have been a game changer in her quest to run a full marathon — just over the 26-mile mark.

"It felt good, it made a difference," said Rhiannon. "And then last year my running came to a halt when I started having hip issues, and I'm not a nice person to be around when I can't run."

Dr. Cianci immediately had the answer to keeping Rhiannon happy and healthy.

"Over the last 24 years, I've seen hundreds of hip problems similar to Rhiannon's. Running magazines often label it as an 'IT Band' problem," said Dr. Cianci. "Generally there's more to it than that. If there is a misalignment in the way the hips or the spine move, eventually there will be a problem.

Actually, you don't have to be a



## The Cianci Chronicles

**Dr. Christopher Cianci**  
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*(Authored by Bruce Bennett)*

runner to experience hip issues."

Rhiannon drove down the street to Cianci Chiropractic, visiting three times a week at first and then cutting back as she improved. It worked like a charm, making for a happy runner.

"I don't know what he did, but I don't have" the pain, said Rhiannon. "I have a little back pain, but I'm pretty active and tough on myself so that's expected.

"He has really made a significant difference and we decided we were going to run a marathon this year, do the whole shebang."

Dr. Cianci supports and appreciates Rhiannon's efforts to keep running, so she can make her marathon dream come true.

"Rhiannon is one example of someone who does a lot to keep herself healthy, active and mobile," said Dr. Cianci. "She runs competitively, she lifts weights, eats right and her hobbies include hiking and horseback riding, so she has an active life. Her case proves that you can't often 'exercise away' an alignment issue. Sure, it's good to exercise, but if the hips and spine aren't moving smoothly when you run, or walk for that matter, you will end up with issues."

None of this is a surprise to Rhiannon — she had done the research and she found the answer just down Brooks Drive in Easton. In fact, she discovered more than she had even hoped.

"I started coming to Dr.

Cianci because of the hip issues and I read it is often an imbalance in your hips. I thought as a chiropractor he could make certain adjustments to realign everything," said Rhiannon.

"He started doing adjustments on my back. I used to have really bad pain between my shoulder blades and I don't have that any more. It would get so bad I would have trouble breathing and he has eliminated that."

Now, Rhiannon and her husband are all set to take that next step — actually, 26 miles worth of steps. And with some research, Rhiannon has found the perfect race, in New Jersey, later this month. They hope to Beat The Blerch, ([www.beattheblerch.com](http://www.beattheblerch.com)), a race without the big race pressures.

"Rather than getting caught up in all of the over-competitive people who are there to run and win, we wanted something, that was a little more fun and laid-back for the first marathon," said Rhiannon. "This run is definitely going to be laid back; the aid stations have chocolate cake and cupcakes in addition to the Gatorade and stuff like that. But it's a fun time."

Dr. Cianci adds, "Prior to seeing us, Rhiannon had been told by other well-meaning doctors that perhaps she should give up running. It's rewarding to know she's able to continue chasing her dreams and passion now. In this respect, my office staff and I will share in her excitement when she crosses the finish line."

Now that the Ferrari is tuned up, maybe a cupcake tucked into the middle of a 26-mile marathon will be okay

Dr. Cianci will make sure everything is back on track afterwards.

*(Cianci Chiropractic Center is located at 8737 Brooks Drive in the Easton Industrial Park. You may schedule a private consultation with the doctor or attend a free bi-monthly Wednesday evening health enrichment workshop. Contact Cianci Chiropractic at 410-820-4070. You can also find Cianci Chiropractic online at [www.drcianci.com](http://www.drcianci.com).)*

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