

Polly Wilkie

wellness care

Anna Arsenis had a chance to interview Polly Wilkie, a registered Chiropractor and Osteopath about the many wonderful benefits of Chiropractic and holistic health care.

Polly, thank you for your time to do this interview. I believe the readers of ALFA magazine will enjoy this interview which is sure to shed some light and answer some questions they might have about chiropractic.

Tell us a little bit about you - what is your background and educational training?

Hi, My name is Polly Wilkie, I am a registered Chiropractor and Osteopath.

My qualifications include a Bachelor of Science, Masters of Chiropractic, Graduate Diploma in Exercise and Sports Sciences, and a Certificate in Acupuncture. I am also a member of several professional associations including the International College of Applied Kinesiology (ICAK) and the International Chiropractic Paediatric Association (ICPA).

What made you want to be a chiropractor?

In my teens my family started to see a Chiropractor. Jim took me under his wing and steered my interest in brain surgery into another way of working with the nervous system, which is Chiropractic.

Who would you consider your greatest mentor in Chiropractic?

There are 2: Jim Ainsley was

my guiding light, and Keith Keen, an amazing clinician who has developed a system for working with retained reflexes which has a profound influence on learning and behaviour.

How long have you been in this business?

I have been working as a Chiropractor for 17 years

What do you think is the most important quality a Chiropractor

should have?

A passion for helping people to live life to their greatest potential.

Why do you think that everyone should include chiropractic treatment into his or her health care management plan?

The nervous system is what makes your body work. When your nervous system is uncompromised, your health, focus, and happiness are optimised.

What are the benefits of chiro-



practic for those individuals who exercise regularly and are health conscious?

Chiropractic helps to keep you healthy. It sorts out the compensations that your body makes in order to continue ordinary activities, and can prevent them from causing bigger problems at a later time.

How important is spinal health?

You can't replace your spine, so you have to look after it. Your spine health has an impact on all aspects of health: your immune system, digestion, headaches, posture, sleeping, movement, just to name a few

What are the most common issues that you see at your office?

Our clientele comes with a



diverse range of conditions, I see a lot of children with learning difficulties and mild- to moderate autism spectrum disorders; I see newborns for health checks, mis-shaped heads, latching issues, colic, reflux, settling. I love to work with pre-conception care, fertility and pregnancy. Body aches and pains, injury rehabilitation, lots of emotional stress, digestion and dietary modification.

What is the most important factor in motivating patients to follow through with their care?

Patients are motivated by many factors, pain relief, better learning outcomes for their children, feeling happier and less stressed, being healthy, not getting sick as often, enhanced performance in school, work, sport and daily life.

What part of your job do you enjoy the most?

I feel very lucky to love my work. I enjoy interacting with people and seeing the amazing results that their bodies and brains are capable of making.

Some awesome experiences are pregnancies that happen when there was little hope, the

children that shine and go forward, the autistic kids who are interacting and learning, and the positive impact on family and work life of people who are able to feel happier and healthier.

You have a very professionally run practice.

What other services do you

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offer your clients and what will you be offering in the future? Are there different types of treatments that you can get in your office?

Our team of practitioners across 3 clinics are diverse and offer many treatments including: Chiropractic, Osteopathy, Applied Kinesiology, Acupuncture, Natural Therapies, NET - Neuro Emotional Technique, Biomesotherapy, Massage, Integration of Retained Neonatal Reflexes, Homeopathy, Custom-made orthotics, Dietary advice and food intolerance testing,

We also have fully stocked dispensaries of vitamins, minerals, homeopathics, herbs and nutritional supplements,

We keep up with the latest research and innovations in healthcare, so the future will bring many exciting things.

Where do you think Chiropractic might be in 20 or 30 years time.

Chiropractic in the USA is the second largest health profession, second only to Medical Doctors. I hope that Chiropractic in Australia will continue to grow in acceptance as a primary healthcare modality.

What is your greatest accomplishment?

I am a mum to 4 children, nothing can beat that!

Polly, thank you for your time. Do you have any final words?

Adding Chiropractic to your life is fundamental to getting and staying healthy, at any age.

Thank-you Anna for giving me the opportunity to introduce your readers to the many wonderful benefits of Chiropractic and holistic health care.