

# Natural Health Center, PC

## "Nebraska's Most Progressive Holistic Health Care Center"

### "Twelve Years, A One Legged Man and a Fig Tree"

By Dr. Shawn M. Schmidt

July—August  
2002

August 15, 1990 has three significant memories for me. First, Natural Health Center PC, formally known as Family Chiropractic PC was formed. It would be the start of a very long twelve-year learning process on many different levels.

Over the last twelve years I have had the fortunate opportunity to assist thousands of people who were sick, tired and in pain, back to health. With the help of Mother Nature, a little diagnostic evaluation and a lot of intuition, the

vast majority of people who have come to the 76 Cass Court location have

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found relief.

In all, helping an individual rediscover their health has been an extremely

personally rewarding to me. The skills and experience I have gained over the years at this clinic has allowed me the rare opportunity to provide chiropractic health care at Ground Zero over the recent Christmas holidays.

Chiropractic has been desperately needed for the firefighters, police officers and ironworkers who were dedicated to finding the human remains at that tragedy. I 'am proud to say I was one of many seasoned chiropractors that have been present at

*(Continued on page 2)*

#### Inside this issue:

"Twelve Years, A One Legged.."(Con't)	2
"Where's Dr. Jeff Going?" (Con't)	3
"Say Hello to Dana Kinsel "	3
"Twelve Years, A One Legged.." (Con't)	4

### "CLINIC'S MOVING, WHERE'S DR. JEFF MEYERS GOING?"

By Dr. Jeff Meyers

That's a good question. The answer is nowhere. I will have my own practice at the same location (7643 Cass Street). I will be keeping all of my patient files, which will allow for a smooth transition for those who will be staying with me at the current location.

Services that I will be offering include: Chiropractic, physiotherapy, Acupuncture, spinal rehabilitation, massage, nutrition and weight loss. At this time, I will not have BioMeridian testing available, however I will be referring to Jim Jensen for that testing and to

Jeanne Longenecker for those who need more detailed nutritional workups and analysis. I look forward to this new opportunity and change. My new office name and number will be:

*(Continued on page 3)*

#### Points of Interest

- Low back pain affects 60 to 80 percent of U.S. adults at some time during their lives.
- Back symptoms are among the ten leading reasons for a person to visit an emergency room.
- Back symptoms are the most common cause of disability for persons under age 45.
- The back is more vulnerable to injury during the first hour after waking and any time after prolonged periods of sitting or sleeping.

## “Twelve Years, A One Legged Man and a Fig Tree” (Con’t) By Dr. Shawn M. Schmidt

*(Continued from page 1)*

Ground Zero since September 11, 2001. 24 hours a day, seven days a week, their spirit of volunteerism continues to this day. My personal experience at Ground Zero cannot be put to words.

Second, was the delivery on August 15, 1990 of a simple but significant gift from a wise gentleman who has been supportive of my work and sometimes an advisor of sorts to my journey of life. His gift was a two-foot fichus tree also known as a fig tree.

Aside from a single episode when the fichus started to shed many of its leaves I thought it surely would finally go the way of many plants before. It chose to stay in its place and witness the many consultations and spinal adjustments that have been the backbone of this office.

That fichus tree has come to symbolize to me the endurance and perseverance of twelve years that I have dedicated to this office. No matter how many plants I have slowly disposed of in this office this one plant has continued to grow and prosper.

Third and perhaps the most significant memory that occurred on August 15, 1990 was simply a friend fulfilling a promise to repay me for what he considered “saving his life.” His name was Bob, an older gentleman somewhere in his early sixties.

Time and the hot sun from several decades of hard construction work had left Bob with a somewhat weathered and wrinkled appear-

ance. His hair had thinned to leave a remaining display on both sides and what would wrap around the back of his head.

Bob and I had become friends when I first practiced at Schmidt Chiropractic at 80<sup>th</sup> and L Street. He had built and still owned the buildings on either side of the clinic.

On one particular Saturday in 1988, I had finished treating patients and went next door to visit Bob, knowing he had recently undergone a major heart bypass surgery. A large blood vessel was removed from his right groin and leg to replenish the blood around his heart. In place of the natural blood vessel a plastic vessel was put in place to replenish the blood to his right leg.

He was prideful that he had the longest bypass surgery in Nebraska. The surgery was a success and Bob was returning to a life he had known for fifty years, hard work.

As many times before Bob was hard at work putting up new drywall for another commercial unit, by himself, and as always he had a big grin on his face. As if he knew something the rest of us mortals didn't. Bob was a perfectionist with his work and he prided himself on doing the job “the right way or not at all.”

Bob had been placed on an antibiotic pump to ward off any infection from the surgical procedure. He had just seen his primary doctor the day before and was given the okay to return to work but I don't think his doctor realized Bob's level of work was only one-way. All the way.

On this day though I noticed Bob didn't really seem himself. He was pale and somewhat lethargic and most importantly he walked with a very slight limp. I inquired and he replied that he was still a little sore from the groin surgery that removed the blood vessel.

Between hanging sheets of drywall I asked Bob if I could examine his groin incision. Reluctantly he obliged. What I felt was a golf ball size intense, inflamed and distended infection trying to burst out through his skin. Not anything a man hanging drywall should be experiencing, antibiotic pump or not.

I told Bob to stop everything he was doing, I would return after locking up the clinic and take him immediately to the hospital. Fearful of the possible seriousness Bob chose to drive himself home where his wife took him in.

Fortunately while in the hospital, the infection was lanced and out shot, as Bob would later describe, “a 12-inch geyser of blood.” The infection had eaten through the artificial artery, and only the compression of the infection under the skin had not allowed the vessel to rupture.

Bob nearly lost his life that day, but the skilled medical staff stopped the bleeding and refilled him with six pints of blood. Unfortunately, due to the lack of blood to his right leg, Bob developed gang green and lost his leg below the knee, leaving a small stump for a future prosthesis. Nealy two years later, Bob had re-

*(Continued on page 4)*

**“CLINIC’S MOVING, WHERE’S DR. JEFF MEYERS GOING?” (Con’t) By Dr. Jeff Meyers**

(Continued from page 1)



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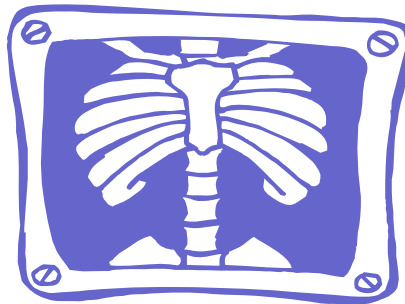
Best Of Health, *Dr. Jeff Meyers*

**“Say Hello To Our Newest Staff Member: Dana Kinsel”**

Hello, my name is Dana Kinsel and I am truly happy to be back working with Dr. Schmidt and the rest of the staff at Natural Health Center. Some of you may remember me from a few years ago when I worked for Dr. Schmidt? During the time I was gone I pursued a career as a Certified Nurse Aide. I am also currently certified as a Licensed Limited Radiographer.

My job duties here at the clinic include assisting Dr. Schmidt, taking X-Rays and developing the films, providing therapy for patients, fitting patients for custom or-

thotics, and much, much more.



I was born and raised in Omaha and have a fiancée named Kris who is a Paralegal for a top Law Firm in Omaha. You could say that Kris and I are animal lovers as we have a dog named “Shadow”, four cats, and numerous fish.

Most of my free time is spent working on remodeling our house. When I do have some free time I enjoy fishing, camping, model rocketry and gardening.

Again, let me say how pleased I am that I’m back working with everyone at Natural Center and look forward to our move to the new location. I hope to see all of you in the future.

Sincerely,

*Dana Kinsel*

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*(Continued from page 2)*

learned to walk with his ‘new friend’ the prostheses.

When I set out to put this clinic together in 1990 in an empty bay at 7643 Cass Street, Bob and his ‘new friend’ the prosthesis were there fulfilling his promise to “repay me”. Bob and I stayed up until four in the morning for two weeks, building walls, hanging drywall and doors to his perfection.

I wasn’t allowed to cut quality work to save time. Although frequently, Bob would insist “we” take a beer break (that’s what I said) so he could remove his prosthesis to massage what was once his right leg.

Bob fulfilled his promise, that he would somehow pay me back for “saving his life.” I never felt he owed me anything, but under his direction, two weeks of working until the sun arose, this clinic opened nearly twelve years ago.

As for this one legged man, I thanked him many times for fulfilling his promise. Bob died about five years ago, of heart failure, but he lived seven more years to enjoy his family his buildings and to see this clinic grow.

As for the fig tree, it will have the honors of moving first to the new clinic. It remains the only living item that has been with me from the very start. If you see a happy ficus

in my treatment room, consider it part of the clinic staff.

As I prepare to move Natural Health Center PC to its new location four blocks to the west, I look forward to seeing many of you who have been with me over the years. And I look forward to re-inventing my style of practice ‘again’ and preparing for the next twelve years and beyond. I can’t exactly promise what will be in the future but I know as always it will be exciting and as Bob said “the right way or not at all.”

Best of Health,

*Dr Shawn M. Schmidt*

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