

Q&A With Dr.Kelly Murphy

First let's begin with a welcome back to the clinic. You have been out of the office since December 2009. What have you been up to during this time?

I had a baby girl Mischa who is now 28 months old. As you can understand I have been very busy as a new mom. I thoroughly enjoy being a mom and I am eager to get back to my practice.

What are your hours?

I plan to eventually return to the clinic for three or four days a week, but at the beginning it will just be Monday and Thursday.

Why the Adjusted for Life Clinic?

Actually I have a long history here! I worked part time for Dr. Davidson as a clinical assistant 10 years ago when I was studying kinesiology at U of C. Then when I returned to Calgary in 2005 I treated patients here until my extended maternity break.

Obviously you think that there is a synergy with chiropractic and acupuncture treatments?

Certainly, I personally get chiropractic treatments and when I lived in California I owned a clinic which also provided chiropractic services. I am committed to providing natural drug free treatment options which fits well with the Adjusted for Life clinics approach. The Chiropractic adjustment reduces nervous system irritation and acupuncture is similar, only this is done by inserting needles at very precise acupuncture points.

How does acupuncture work?

The classical Chinese explanation is that channels of energy run in regular patterns through the body and over its surface. These energy channels, called meridians, are like rivers flowing through the body to irrigate and nourish the tissues. An obstruction in the movement of these energy rivers is like a dam that backs up in others. The acupuncture needles unblock the obstructions at the dams, and re-establish the regular flow through the meridians.

Is this how acupuncture is explained today?

The modern scientific explanation is that needling the acupuncture points stimulates the nervous system to release chemicals in the muscles, spinal cord, and brain. These chemicals will either change the experience of pain, or they will trigger the release of other chemicals and hormones which influence the body's own internal regulating system.

You were teaching acupuncture before. Is that something you are doing again?

Not at this time. I loved teaching and helping students with their internship, but I am going to focus my energies on treating patients at the Adjusted for Life Clinic.

What conditions do you treat?

Acupuncture can be used to promote health and well-being, preventing illness, digestive irritations and disorders, respiratory illnesses, neurological and muscular disorders, urinary, menstrual, reproductive problems as well as stress, tension, anxiety, depression and insomnia.

That would seem to be a broad group of symptoms.

That is true, but because of the stimulation of the nervous and hormonal systems the effects can be quite global.

Is the treatment painful?

The needles are of a very fine gauge so you feel a little pinch in sensitive areas when they are placed, but it is very slight and temporary. Even people that have a fear of needles relax quickly.

How do you begin with acupuncture treatment?

Of course it starts with a detailed history and then an exam. If someone wants to have a consultation I am always happy to meet with them for no charge to discuss how this might benefit their health.

Thank you Dr Murphy I look forward to working with you and helping to provide great patient care.

Suzanne McDougall