

# CANADIAN CHIROPRACTOR

Serving Canada's Chiropractic and Naturopathic Professions

February 2005

Volume 10, N°1



Connecting with  
**NATURE**

**INSIDE:**  
Canadian Researcher in Japan

PM40065710



# Connecting People with Nature and with Themselves

*Patient day trips into the great outdoors offered by innovative Fraser Valley chiropractor*

The chiropractic profession has tended to focus on protection rather than on growth and evolution, says one British Columbia practitioner who quite literally practises what he preaches. “It’s the process that counts,” says Dr. Wilbour Kelsick, whose MaxFit sports and wellness clinic in Port Moody is the base from which healing adventures spring. “I’m living the process; I want to be involved,” says this man, a fellow of two chiropractic specialty colleges who works with high-performance athletes at nearby Simon Fraser University. He was also a member of Canada’s core medical team at the 2004 Summer Olympic Games in Athens, Greece.

An outdoor enthusiast himself, Kelsick recognizes that in our modern world we spend too much time sitting. “If you want to sit around and mope, that’s your problem,” he says. Several years ago, he decided to give his patients some positive options through his Nature Wellness Connection program. On their own weekend time, and at no charge, those who are interested are invited to accompany him on an expedition into nature. Designed “to get people out of their stresses, and to refresh their soul and spirit,” varied activities that are geared to levels of fitness, stamina, and age, are orchestrated every five or six weeks. The response borders on ecstasy, especially since few actually have the confidence, determination and skills to set out by themselves. Kelsick ensures that he is very familiar with the terrain, and he packs in the safety and first aid equipment.



*Patients of Dr. Wilbour Kelsick are given the opportunity to participate in outdoor activities that are designed to energize, de-stress, and promote good health at every level.*

A sign-up sheet quickly fills with the names of people who are keen to share in the physical, emotional, and social opportunity afforded by a walk through the woods, a picnic, running up a mountain, snowshoeing on a mountain, skiing down a mountain, swooshing along a river in a kayak or canoeing on nearby Pitt Lake. A list of required clothing and supplies is distributed, but participants don’t have to worry about bringing utensils or food. The chiropractor tour leader provides it all. Prawns cooked over a campstove in coconut milk with garlic and spices, smoked salmon, sun-dried tomato dips and guacamole, samosas and fruits are served to them in the wild.

“I love the relationships that it creates with people,” says Kelsick, who observes that some of his patients get to know each other, become friends, and go on to plan their own excursions. “I consider this therapy,” he says. But a flexible approach is necessary – he knows that not everyone who signs up will actually appear at the rendezvous, and he does not expect the same individuals to participate every time.

The Fraser Valley’s geographic and climatic menu tempts the appetite of anyone wishing to connect with nature. It is an 800-metre stone’s throw from Nature Wellness Connection to Burrard Inlet, and but 40 minutes to Mount Seymour, which towers over the urban Vancouver landscape. An hour and a half away, the Chilliwack Valley offers pristine hiking conditions.

“We (chiropractors) were the first ones to talk about holism,” says Kelsick. Moving far beyond the provision of chiropractic adjustments, the Nature Wellness Connection is a manifestation of his vision of integration.

“I’m not in practice to retire. I’m practising to live,” he says. “This is me living. This is what I do. I have to enjoy this.”

Next on the agenda? An overnight kayaking trip for 15. It’s already booked up. •