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# MC FROM THE SIDELINES

(276) 644-4520

Issue I-Spring 2015

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Marshall Chiropractic brings you local news and health information

## What is Chiropractic and why is it important?

**Monica Marshall D.C., A.V.C.A**

*Marshall Chiropractic P.L.L.C.*

Chiropractic is a form of health care which deals with the health and wellbeing of the nervous system. The nervous system (comprised of the brain, spinal cord, spinal nerves, and peripheral nerves) controls almost everything you do daily such as digest food, breathe, move, think, heal and of course smile! It is able to do this by sending messages from the brain through the spinal cord, the spinal and peripheral nerves to every part of the body. Sounds pretty important right? It is so important that it is one of the first organs which develop in utero! It is also so important that the body encases it in bone. The brain is protected by the skull and the spinal cord is protected by 24 moveable vertebrae! Where each of these bones meet are holes which allow the nerves to exit the spine and do their job of communicating and coordinating with the rest of the body. When these nerves can do their job without interference the body works the way it is intended to work!

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## Welcome to the First Edition

**Monica Marshall D.C., A.V.C.A**

*Marshall Chiropractic P.L.L.C.*

This news letter is intended to let the community know more about what is going on not only in our practice but also with in the communities we serve. As avid equestrians and dog lovers, we wanted to give those who are like minded a place to go to find out more concerning the horse and dog community. We are also hoping that those who are not involved in the equestrian and canine community will be able to enjoy these newsletters as it may give them the opportunity to attend, support and learn from these events.

In upcoming additions you will find trainer biographies, blogs of riders and professionals, and updates from events throughout the year. We will put out this newsletter quarterly. If you have information you would like for the community to know or you don't see your farm in the index of this newsletter, please contact us so you may be added.

## The Index

The index of this newsletter is to serve as a reference point for individuals who are looking for trainers (lessons), boarding facilities or those who sell and breed horses. There is a side column which will direct you to the local shows and events in the Northeast TN and Southwest VA areas. Please be patient as this is quite a large area with equestrians of many disciplines.

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## Meet the Doc

**Monica Marshall D.C., AV.C.A**

*Marshall Chiropractic P.L.L.C.*

My husband, Chip, and I are avid equestrians competing in our respective disciplines. I own an Oldenburg gelding who is training and competing in dressage. Chip has a Saddlebred gelding who he competes in his respective classes at ASHA/USEF shows. We both have friends who compete in different disciplines including competitive trail, 3-Day Eventing, Hunter/Jumpers and various Western disciplines. It is not only fun for us to cheer on our friends at these events but to also learn at their clinics.

The chiropractic message of holistic health and the body's innate ability to heal itself has always resonated with me. It is this appreciation for health, coupled with my love of animals, which brought me to Chiropractic. At 14, I saw a horse adjusted for the first time which brought a whole new dimension of understanding about chiropractic. It was then I realized I wanted to be a Chiropractor. I studied all the different dog and horse breeds. I finally convinced my parents to let me have a horse. It was my first horse, an off the track Standardbred mare, who taught me to fall in love with dressage. My passion for horses and dressage only grew during my undergraduate studies at East Tennessee State University where I majored in Exercise Science. During my time at ETSU, I also fell in love with helping people. I developed a greater appreciation for helping people discover their potential. I volunteered my time, which led to a position, at Small Miracles Therapeutic Riding Center in Kingsport before taking a full time position managing Evermoore Farm in Bristol, TN

I graduated from East Tennessee State University in 2010 with my bachelors in Exercise Science. During my undergraduate studies, I became a certified personal trainer and helped people obtain goals from weight loss to increasing strength and performance. I completed my Doctorate of Chiropractic Degree from Sherman College of Chiropractic in 2014. While earning my doctorate I spent my spare time learning more about Chiropractic through mentors. I followed many Chiropractors; however, one in particular has had the most influence in how I practice today, Dr. Natasha Jaskiewicz. She, along with several other veterinarians and Chiropractors, encouraged and supported me to complete my post graduate studies at Options For Animals in Wellsville, Kansas. This allowed me to become certified through the American Veterinary Chiropractic Association for animal chiropractic. While a resident of Bristol, TN, my office is just over the state line on Commonwealth Ave. in Bristol, VA.

If you keep up with our Facebook page you will not only get uplifting posts but also an update as to our schedule in and out of the office. Our office hours allow us to schedule events and patients outside of the office. If you would like to schedule a time to be seen or you would like for us to attend an event not on our Facebook page, you can email or message us to make that happen. You can find us at:

[www.marshallchirocare.com](http://www.marshallchirocare.com)

or

[www.facebook.com/MarshallChiroCare](http://www.facebook.com/MarshallChiroCare)

Chip and I are both avid equestrians. Away from the office, we train and compete in our respective disciplines of dressage and saddleseat at nationally recognized shows across the country. We have many friends competing in different disciplines which we take great joy in attending. Our German Shorthaired Pointer, Dingding, is always by our side. Most of our fellow equestrians have grown accustomed to always seeing the three of us together. Since Dingding has become the center of our lives, it was only natural that she became the mascot for the office.

To find out more about Marshall Chiropractic and what Chiropractic can do for you and your family, join us at the office every second Monday of the month for a free health talk. \*\*\*



**Marshall Chiropractic**  
**(276) 644-4520**  
 820 Commonwealth Ave  
 Bristol, VA 24201

Open:  
 Monday-Wednesday  
 9-12 and 2-6  
 Thursday  
 9-12

## So what now?

Our lives can be full of stress. When our bodies can no longer adapt to the stress it causes interference in the communication between the brain and the body. There are three types of stresses put on the body: physical, emotional and chemical stress. When anyone of these stressors disrupts the normal function of the nervous system, and the bones which protects it, we call it a vertebral subluxation. These vertebral subluxations usually do not have symptoms- which means you could “feel fine” or “good enough”. When subluxations exist in the spine your “good enough” is not your potential. Subluxations not only inhibit your personal potential but they also inhibit your health potential. You are extraordinary! So, let that shine by allowing your body to express its’ entire potential!

A Chiropractor will look at the spine for tone of the muscles, motion of the joints, rhythm of breath and regularity of patterns. Just as each athlete looks slightly different in the way they perform a particular movement so does the Chiropractor when they approach the adjustment. Dr. Marshall uses low force techniques that are very specific to the joint she is looking to affect. Because these adjustments are specific and low force they are very safe.

“But I’m not in pain. Why would I need to see a chiropractor?” Pain is one of the last signals the body uses to let you know that something is amiss. Approximately 10% of the nervous system is dedicated to pain. The other 90% of the nervous system deals with the function of the body. It is because of this subluxations may exist without any symptoms at all. Chiropractic is much akin to brushing your teeth to prevent cavities, or eating wholesome foods and exercising regularly. How well you care for your body may help dictate the regularity in which you should see your Chiropractor; however, it is better to be preventative and see your Chiropractor often to ensure you are expressing your best self all the time. Talk to your Chiropractor to find out what that means for you.

## Animals need it too

So, it may be easy to see how Chiropractic care is not only important for the whole family but also for your animal companions and athletes. The animal's nervous system is just as important as their human counterparts. They may not be able to complain, as we humans can, but they need their spines checked too! This is especially important for those animals who are athletes which we call on to compete at various levels. For instance, if your dog is competing in

agility, it is imperative that he knows where his feet are as he lands from jumps, the speed of his feet and maintain a limber body to manage weave poles. The same can be said for the equestrian who is doing western timed events jumping, dressage, saddleseat, driving or pleasure riding. The horses need to not only manage its own body but also the weight of the rider as it collects in dressage or competes over jumps.

There is so much under the control and manipulation of the nervous system that it only makes sense to include chiropractic care with your already well thought out animal management plan.

Chiropractic in no way takes the place of traditional medical care from your General Physician or your Veterinarian. It is also important to note that Chiropractors are not a substitute for Physical Therapy, Occupational Therapy or Dietician.

## A Balanced Spine makes for a Balanced Seat

Your body is constantly adapting to the stresses acting upon it. As equestrians, and all athletes, we tend to put our bodies under different stresses than those who choose different avenues of exercise. We have hundreds to thousand pound animals knocking us around, pulling on our limbs and politely tossing us off onto the ground and sometimes into objects. Yet, we “cowgirl-up” (or “cowboy-up”) shake it off and continue on so long as there are no obvious signs that we should seek counsel from the E.R. We toss hay bales, saddles, manure, jump standards/poles, water buckets and troughs and much more. Needless to say we don’t think much about our bodies because we are so focused on the well being of the animals in our care. Some of us are aware that we too are a part of the team when we ride so we run, do yoga and some will lift weights. Great! You are staying in shape and eating healthy. What about the balance of your spine? You still have problems getting that right lead change clean, you notice your left leg always sneaks too far forward in front of the girth, you seem to not follow with your left elbow as well as the right, you collapse one side of your rib cage, or you constantly hear your instructor repeating one command over and over again. They may be bad habits but they may also be imbalances in your spine causing you to ride crooked. If you notice that you can’t seem to fix these habits with repetition you may need to see your Chiropractor to find out if subluxations exist that are creating the road block to your success in removing the road blocks to success. \*\*\*

## CALENDAR OF EVENTS

### MARCH 2015

- 7- RIVER GLEN SCHOOLING SHOW  
7 -TRI STATE EXHIBITION CENTER  
[HTTP://WWW.SMOKEYSHOWSERIES.COM/](http://www.smokyshowseries.com/)  
7-8 – ETHJA- PAIGE FARM, KNOXVILLE, TN  
21- STUBBEN SADDLE FITTER KATHARINE STANCLIFF  
(BRISTOL, TN/VA, TRI-C-CITIES) CONTACT THE MC  
21- INTERMONT EQUESTRIAN AT EMORY AND HENRY  
OPEN HOUSE AND AUDITIONS  
28- STONE GATE FARM (ENGLISH) SMOKEYSHOWSERIES  
29- BADGETT FIELD (WESTERN) SMOKEYSHOWSERIES  
28-29 – ETHJA- FOX HOLLOW, BRISTOL, TN

### APRIL 2015

- 4- TRI STATE EXHIBITION CENTER - SMOKEYSHOWSERIES  
11- WF STABLES FUN SHOW  
11- CDCTS SPRING SCHOOLING SHOW- WINDRUSH FARM,  
LENOIR CITY, TN  
11-12 – ETHJA- WALNUT GROVE, TALBOTT, TN  
12- OBSTACLE CLINIC- MAGNA VISTA FARM  
18- ETHJA- STONE GATE FARM, KNOXVILLE, TN  
25-26 – ETHJA- FIESTA FARM, KNOXVILLE, TN  
25-26- ETHJA- HATTERDALE FARM, PINEY FLATS, TN

### MAY 2015

- 1-3- LAKEWAY PONY CLUB CLINIC WITH 4\*EVENTER  
PETER ATKINS- RIVER GLEN EQUESTRIAN CENTER  
1-2 – ETHJA- FOX HOLLOW, BRISTOL, TN  
2- STONE GATE FARM (ENGLISH) SMOKEYSHOWSERIES  
2- WF STABLES (ENGLISH/WESTERN)  
2- SPRING CTC- MAGNA VISTA FARM (RSVP)  
3- ETHJA- NOAH'S ARK FARM, LENOIR CITY, TN  
9-BADGETT FIELD (WESTERN) SMOKEYSHOWSERIES  
9-10 – CDCTS "RIDE WITH CONFIDENCE" CLINIC –  
DR. JENNY SUSSER  
9-10- ETHJA- WALNUT GROVE, TALBOTT, TN

If you are a part of an association with quite a few shows and events every year, please contact us so that we may better represent what you have to offer for the area.

If you are a part of a non-profit group and would like to be highlighted in an upcoming newsletter please contact us with your information.

If you have sent us information and you do not see it in the newsletter, please check online to see if it is in our online addition of this newsletter. Online we will provide links which will take you to websites and Facebook pages for organizations and groups presented in the newsletter. \*\*\*

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*Don't Count the Days. Make the Days Count.*

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### Congratulations Tennessee High Viking Wrestlers!

The Tennessee High Viking Wrestlers finished one of their best years in quite some time. After placing 5<sup>th</sup> in the state Duals tournament, they ended the season at the State Individual Tournament February 14<sup>th</sup>. It was here that individuals, Corbin Hurley and Krista Martin, won 2<sup>nd</sup> place, Kaela Eades finished 4<sup>th</sup> and Dewey Pendley finished 5<sup>th</sup>. All those who wrestled at this tournament, from THS, helped propel the team to an overall team 8<sup>th</sup> place finish. This has not been accomplished by the Tennessee High School Wrestling team in over 20 years. The team looks even stronger for the next wrestling season. It will be exciting to watch next season unfold! If you would like to find out more about wrestling contact Tim Marshall

(423)340-1900

or check out their website:

<http://bristolwrestlingcl.wix.com/>

## MAY 2015 CONT.

16-17- ETHJA- SELECT SPORT HORSES, GREENBACK, TN  
16-TRI STATE EXHIBITION CENTER SMOKEYSHOWSERIES  
23-24- ETHJA- HATTERDALE FARM, PINEY FLATS, TN  
29-31- USDF DRESSAGE SHOW- RIVER GLEN EQUESTRIAN  
CENTER

## CLUB AND UNIVERSITY NEWS

This is where you will find more information about exciting achievements from local clubs and universities.

We have included links to the groups which organize the shows in the calendar. We have also included links for some of the organizations which are more nationally known. We realize this list does not represent all the organizations represented in the area but it is a start. You may find more information about the shows above including prize lists and contact information at these sites below:

<http://www.smokyshowseries.com/>

<http://www.river-glen.com/index.htm>

<http://www.ehc.edu/>

<http://www.cdcts.org/>

<http://www.ethja.org/>

<http://wfstables.com/>

<http://www.usdf.org/calendar/competitions.asp>

(TN= Region 3, VA= Region 1)

<https://www.usef.org/IFrames/competitions/calendar/calendar.aspx> - Zones/Regions change per discipline

<http://useventing.com/competitions>

## Start your day out right!

*Of course, you can have your morning H2O, A.M. workout and coffee first.*

Make everyday count by starting each day right. Wake up with a positive frame of mind. One way to do this is by starting your day with healthy habits. As soon as you wake up drink 6-8 oz of water to hydrate your body. Take 10-30 minutes to move- this can be yoga, a run, swim or lifting weights. Finish your morning with a smoothie chocked full of nutrients. A smoothie will kick start your metabolism as well as make sure that you get what you need in case your day gets too busy to eat healthy snacks and meals. You can try the recipe we drink in the morning or you can make your own. If you decide to make your own, try to make sure that it is equal parts vegetable to fruits and if at all possible heavier on the vegetable side. Before you start something new (exercise, diet, etc), it is always a good idea to ask your physician if it is right for you.

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### *Wake up with a positive frame of mind.*

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\*1 Cup of organic spinach (substitute for Kale)

\*1 small-medium organic apple

\* 1 large carrot peeled

\*1/4 of a medium organic cucumber (leave peel on for more nutrients)

\* 1 orange

\*1/4 cup Kefir

\*Add ice cubes to desired consistency

\*1 tsp of curcumin (turmeric), 1/2tsp cinnamon, 1/8 c. flax seed, 1 tbsp raw honey (We use Curost HU Pure\* and add the other ingredients.)

You can substitute any of these items depending on what you have in your refrigerator. You can add most fresh herbs to add flavor and nutrients ❖

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### **Abingdon, VA:**

**Kestner Dressage** at High Hopes Farm  
Training, Lessons, Boarding, Sales,  
Clinics  
(276)608-2176  
[www.skdressage.com](http://www.skdressage.com)

### **Blountville:**

### **Bluff City:**

### **Majestic Acres**

Boarding, Training/Breaking, Lessons,  
Foaling, Sales  
(423)646-9292  
[majesticacres@charter.net](mailto:majesticacres@charter.net)

### **Sorrows End Farm**

Boarding, Training, Lessons, Starting  
young horses  
(423)538-8427  
[www.sorrowsendfarm.com](http://www.sorrowsendfarm.com)

### **Bristol, TN:**

### **Magna Vista Farm**

Boarding, Training, Lessons, Barefoot  
Trimming  
(423)956-9386

[www.magnavistafarm.com](http://www.magnavistafarm.com)

### **McPherson Arena**

Boarding, Training  
(423)878-3801  
[www.mcphersonquarterhorses.com](http://www.mcphersonquarterhorses.com)

### **Bristol, VA:**

### **Garner**

Boarding, Training  
(573)310-3459  
[www.garnershowhorses.com](http://www.garnershowhorses.com)

### **Dandridge:**

### **Gray:**

### **Greenville:**

### **Jonesborough:**

### **Brae Mont Farm**

Boarding, Lessons, Training,  
Consignment sales  
(423)913-2765

[www.braemontfarm.weebly.com](http://www.braemontfarm.weebly.com)

### **Tri-cities Equestrian Center**

(Crispin Unlimited)  
Boarding, Lessons, Birthday parties,  
Camps, Clinics  
(423)741-8674  
[www.crispinunlimited.com](http://www.crispinunlimited.com)

### **WF Stables**

Lessons, Boarding, Trail Riding,  
Camps, parties, corporate events  
(423)753-7105  
[www.wfstables.com](http://www.wfstables.com)

### **Kingsport:**

### **Small Miracles Therapeutic Riding Center**

In need of Volunteers  
(423)349-1111

### **Kingston:**

### **Yellow Brick Road Eventing**

Boarding, Clinics, Equine Massage,  
Beginner lessons  
(865)963-9563  
[www.facebook.com/YBReventing](http://www.facebook.com/YBReventing)

### **Knoxville:**

### **Lenoir City:**

### **Limestone:**

### **Maryville:**

### **Mountain Meadow Equestrian Center**

Boarding, Training, Lessons, Showing  
(865)856-8500  
[www.ridemountainmeadow.com](http://www.ridemountainmeadow.com)

### **New Market:**

### **River Glen Equestrian Park**

Shows (English/Western)  
(865)475-1005  
[www.river-glen.com](http://www.river-glen.com)

### **Oakridge:**

### **East Tennessee Riding Club**

4-H, Boarding, Shows  
(865)483-7504  
Member- Owned/Operated

### **Tazewell, VA:**

### **Mare's Run Farm Riding School**

Lessons(English/western/therapeutic)  
Camps  
(540)230-9777  
[www.maresrunridingschool.com](http://www.maresrunridingschool.com)