

**R**andall Trester grew up right here in Vancouver's West Side. Upon graduating from UBC, he attended Western States Chiropractic College where he earned his Doctor of Chiropractic (D.C.). His Post Graduate continuing education includes a Fellowship in Pre & Post Natal Care as well as Pediatric Care. After spending 4 years building a successful practice in Seattle, Trester decided to come home to Vancouver. He knew that it was here that he ultimately wanted to be. It was in the Vancouver culture and lifestyle that he wanted to raise a family, serve his patients and become a part of the community. It's in Kitsilano where he decided to re-root himself with his newlywed wife, Shalene. They shop at Capers, watch movies at 5th Avenue Theatres and can be found on Sundays brunching at Tangerine.

Situated behind a quaint brownstone façade just off Burrard is the West 1st Chiropractic Wellness Centre in Kitsilano. Dr. Trester has seen a dramatic increase in the public distinction between health care vs. sick care. "There used to be a myth surrounding chiropractors, that we were nothing but 'back doctors' which has now been debunked. Rather than treating the side effects of their problems, we work towards resolving the root cause of the issue helping bring people to their optimal state of physical, mental and social well being."

Quite often, small traumas to the body trigger a chain reaction starting with an irritation that is hardly noticeable, but a lack of pain does not equate to health. That irritation can occasionally result in a fully debilitating situation. When one or more vertebrae (bones in your spine) move out of line and create pressure on spinal nerves, this is called a subluxation. Pressure on the spinal nerves can cause interference with the signals traveling through them leading to numerous health related issues. The reduced mobility of the joint causes pain and the pinching of the nerve(s) causing



## GETTING TO THE ROOT OF THE PROBLEM

surrounding muscle tissue to swell up at the same time giving the illusion of strained muscles rather than the subluxation.

It has been shown that the weight of a dime, resting on a spinal nerve will impede nerve impulses by 60%. This is like having an 8 cylinder car and 3 cylinders stop pumping, it will get down the road but it just won't work properly. Without a proper diagnosis of the situation, no amount of pain killers, anti-swelling medication, bed rest, massage or chicken soup will fix the obvious side effects that will recur over and over so long as the real problem exists.

Problems like this can happen at any juncture of bone and nerve in your body and not just along the vertebra. Dr Trester takes a detailed physical assessment of every new patient in order to pinpoint these problems that the patient might not even know exists. Take James B. for example; a car backed into him at a stop sign in 1994 with no apparent physical damage. Feeling fine he goes to play tennis that evening and then out with friends only to wake up the next morning with his upper back completely seized up and unable to turn his head without excruciating pain. After trying medications and massage for 10 years, he came to see Dr. Trester in 2004 on an unrelated issue only to have the problem diagnosed as a pinched nerve. Dr. Trester laid out a plan of treatment and for less than the cost of a new set of brakes on his car, James now lives pain free.

The testimonials book in the waiting room is filled with similar stories of men and women going from broken to roadworthy or even racecars, people canceling their weekly prescriptions to pain killers and headache medicine or finally getting a good night's sleep and living pain free. As you read them, one theme continues to come up as well, patient education. There's comfort in know-

ing the mechanics of both the problem as well as the solution. In today's day of the information super-highway, we have become spoiled in making informed decisions and are no longer accepting of blind faith solutions that may only mask the symptoms.

We are more proactive with our health today than at any time in history. We try to eat better and workout regularly and can do so without making excuses for ourselves or being seen as a health and fitness fanatic. At the same time, natural holistic methods of health care are coming to the forefront as making sense to those who are willing to think outside the box and more and more people are turning to a chiropractic physician for their health care advice.

**The West 1st Chiropractic Wellness Centre** is located at #3 – 1864 West 1st Avenue, [www.drRANDALLTRESTER.COM](http://www.drRANDALLTRESTER.COM) and can be reached at 604.736.8353.



**James Law** | writer

James Law has traveled extensively and written for several different magazines and e-zines. He has a background as an entrepreneur and graphic designer ([www.epgdesigns.com](http://www.epgdesigns.com)) and is an award winning knitter. [james@kitsilanoview.ca](mailto:james@kitsilanoview.ca)

