

the spill

sarah farrant dc

SARAH FARRANT – DOCTOR OF CHIROPRACTIC, MOTHER OF THREE, AUTHOR AND SPEAKER – HAS FULFILLED HER DESTINY IN THE MOST UNEXPECTED OF WAYS, AS SHE TELLS JANINE HILL.

IT'S AMAZING how my life has played out.

When I was four, I saw a television report about brain surgery. From that day on, I affirmed to myself and the world that I would be a doctor and change people's lives.

My dad came from a family of general practitioners. I was brought up in a household with a mechanistic approach to health. My parents chose to treat our symptoms rather than find the cause.

After the birth of our second son, I had the urge to pick up a pen...

One day when I was seven, Mum took me to see my uncle, a GP, because I was supposedly sick. He gave me some pills when all I wanted to do was rest. I swore I'd never tell anyone again when I was having what I now call a "health expression".

Despite his approach to health, my dad had a very vitalistic approach to other aspects of his life. He would tell me I had everything I needed within me to answer any questions in my life – I just had to listen and trust. Vitalism recognises that all living things are sustained in equilibrium by a vital life force.

At school, I had challenges with reading and writing. As I walked to and from remedial English class, I would affirm to myself again and again: "I will be a doctor and change people's lives." Although I was challenged in the classroom, I shone on the sporting field. I played tennis and was headed for Junior Wimbledon, but instead switched to hockey, touch football and rowing, and earned selection in the Australian women's rowing team.

I retired from the team in 1988 after it was decided not to send female rowers to the Olympics that year. I accepted an offer to study physical education. Upon completion of my degree, I worked at a gym training elite athletes and went on to complete a graduate diploma in psychology.

A pivotal moment in my life occurred one evening during a dinner with some chiropractors. I asked them where they would go if they could study again and their answer was Palmer College of Chiropractic, in Iowa, in the United States. I had never heard of it but jumped on the internet the next day, and discovered it was the birthplace and the founding college of the profession.

I cried as I read about increased internal communication leading to self-healing, optimal expressions of health, and the relationship between structure and function. I read about the master system, the nerve system, and how it innervates everything in our body. I'd found what I wanted to be. My husband Randall was also interested, so we headed to the US to become Doctors of Chiropractic (DC).

We returned to Australia and began practising on the Sunshine Coast. Since then, we have had three beautiful children – sons Anam, 5, and Rui, 3, and daughter Anais, nine months. After the birth of our second child, I had the urge to pick up a pen, but ignored it for three months. I then bought a laptop and within three hours, I had 3000 words. I wrote whenever I had the chance and allowed the ideas and words to flow.

The Vital Truth: Accessing The Possibilities of Unlimited Health, is now published. I have had experiences throughout my life which have taught me to trust in my body, and I talk of these experiences in my book to teach



Sarah once held a spot on the Australian women's rowing team

others about the wisdom which lies within all of us. The book redefines health and identifies where it truly comes from. It breaks down the myths and highlights the magic associated with the chiropractic profession. We are all born with unlimited potential to reach optimum levels of health.

I was named non-fiction writer of the year at this year's WARM Sunshine Coast literary awards. In a short time, the book has gone global, with sales in Canada, the US, Europe, New Zealand and Australia.

I am grateful for the four-year-old who all those years ago knew what I was destined to be and do.

Sarah Farrant DC will host Evolve Revolve, a philosophy evening for chiropractors, on September 12.

The Vital Truth: Accessing The Possibilities of Unlimited Health is available from available from Angus & Robertson, Kawana.

www.drSarahFarrant.com