

## Stockwell's Sundries



As a youth in school, Sarah was told that she could not comprehend anything that she had read or written. But at age 10 her tennis coach suggested she apply for junior Wimbledon due to her uncommon athletic prowess. Sarah eventually became obsessed with the physical abilities of the body and began a search for knowledge of how it all worked. When she expressed interest in studying chiropractic, her chiropractor recommended Palmer in Iowa. And when investigating Palmer's ideas of Universal and Innate Intelligence, she realized, "This is it!"



Dr. Sarah Farrant

After having her second son, "I was contemplating about not going back into practice and I asked myself, 'How is it that I can continue to serve the community chiropractically?'"

Her answer? "WRITE A BOOK."

InStrideWith

# Dr. Sarah Farrant

By Joshua Stockwell

**S**ARAH IGNORED THE PUSHING FEELING IN HER BACK and the squeezing in her hands for a long time before the feeling to pick up a pen and write became overwhelming.

She went out and bought a laptop in order to commence the writing that she had been so moved to begin. After two and a half years The Vital Truth was born. And it couldn't have come around too soon. In our nation as well as around the world there is a paradigm of health that leads the sick to the dead end street of mechanistic approaches to health that have no promise to return them or the world to a state of well-being.

Dr. Farrant focuses on health through balance in the seven areas of life experiences that we have as human beings in our modern society: Familial, social, mental, vocational, physical, financial and spiritual.

**Palmer Career**  
Campus Guides  
Anatomy TA  
Vogt leader  
Graduated cum laude  
Class 2002

### What's up now?

Lives in Queensland, Australia with her husband and 3 children  
International Speaker on vitalistic philosophy  
Visiting Palmer in Sept

area of life, it is balanced with extreme elation in another.

There are many fascinating revelations in Dr. Sarah's book that all stem from her vision, "To share the vitalistic philosophy with the world and how it relates to health for the purpose of changing the health consciousness of individuals, families, communities, cities, states, nations, and the world. To inspire a desire in others to live their lives differently and to ask different questions." Dr. Farrant's book is available for purchase in the Palmer bookstore and you can check out her website at [www.drarahfarrant.com](http://www.drarahfarrant.com)