

# The Pettibon System™

Proven spine and posture correction

## Socrates, Andrew Carnegie, Yoda and Dr. Burl: What Do They Have In Common?

Here's a hint: Socrates and Plato; Andrew Carnegie and Napoleon Hill; Yoda and Luke Skywalker, and Dr. Burl and dozens of doctors like you!

The common link is mentoring: a developmental relationship between an experienced person (mentor) and less experienced person (mentee).

Mentor:

*noun* - One who advises another, especially officially or professionally.

*verb* - To give recommendations to (someone) about a decision or course of action.

Roget's II: *The New Thesaurus, 3rd edition*, published by the Houghton Mifflin Company

## Mentoring

Mentoring has become a common practice in business and government. Research has documented its benefits of transferring knowledge and delivering on-the-job training. Effective mentoring programs typically have the following characteristics:

1. Mentors want to impart their knowledge and skills so mentees can advance and achieve.
2. Mentees value their mentors' advice and guidance and feedback.
3. Mentors and mentees keep commitments made and confidences.
4. Mentors and mentees are open, honest, and tactful with each other.
5. Mentors and mentees amicably work out minor concerns and issues.
6. The success of the relationship benefits both mentors and mentees.

Those same characteristics describe our mentoring program.

Next year, 12 months of mentoring will be available to doctors who want to become certified Pettibon practitioners and have purchased The Pettibon Clinical Procedures Certification Package.

## Newsletter

**December 2007**

**Volume 3, Number 12**

**From Sharon Freese-Pettibon,  
President of Pettibon System, Inc.**

**Read About a Group That Gets  
Real Results Which Benefit Us  
All!**

By John Spagnola

The Citizens Commission on Human Rights along with allies including consumer activists, parents groups and whistleblowers overcame unbelievable obstacles and achieved what the media are heralding as the, "most significant drug safety legislation in more than 40 years," when the President recently signed into federal law measures to reform the FDA.

The following is some of what was achieved:

Drug ads will now carry a conspicuous notice: "You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088." Until now, over 90% of Americans didn't know that they could bypass their psychiatrist or MD to report adverse drug reactions (ADRs) to the FDA. This is an extremely important provision as psychiatrists and other doctors only report 1% to 10% of drug side effects that they are made aware of. By empowering people with the ability to report side effects themselves, the number of ADR reports could increase 100x! And \$225 million is to be allocated to ensure that the FDA does oversee the adverse reactions and acts on them!

Drug companies must now publicly post all results-the good, bad and the ugly-of their drug clinical trials on the Internet. This is HUGE. They can no longer selectively choose what they want you to know. The posting will include a glossary for technical

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### What Can Mentees Expect From Pettibon Mentors?

Questions sent via email will be answered within 24 hours. There will be monthly conference calls, one-on-one help with tough cases, and hands-on classes conducted in mentors' clinics. There will be encouragement and active listening and collegial respect.

### What Is Expected From Mentees?

Successful completion of the core curriculum of three courses—either weekend or online or a mix. [The three weekend courses are: *Fundamentals & Lordosis Correction*, *X-ray Procedures & A-P Correction*, and *Soft Tissue Clinic Protocols & Home Care*. The three online courses are: *Fundamentals*, *X-ray Procedures*, and *Clinic Protocols & Home Care*.]

Successful completion of the two, hands-on practicum weekends. [The practicum weekends are *Diagnostics & Application* and *Advanced Practicum & Case Management*.]

A commitment to providing a system of care that achieves real change as opposed to symptom relief.

### Why It Matters

For years, within the family of Pettibon practitioners, there has been informal mentoring. Those relationships have usually come about between instructors and participants in their courses or friends of Pettibon practitioners who were inspired to learn and implement The Pettibon System. By formalizing mentoring and giving it structure we are extending its reach and effectiveness. We took input from our practitioners who have informally mentored and researched what makes formal programs successful.

In every profession and trade, many of the 'stars' cite having had a mentor as a key contributor to their success. And that's what we are expecting with our mentoring program!

Oprah Winfrey believes that a new year is "another chance for us to get it right." In 2008, 'get it right' with The Pettibon System!

terms to ensure that information is not misleading or misunderstood.

If any drug maker submits false information on a clinical trial, the FDA will post a notice stating: "The entry for this clinical trial was found to be false or misleading and therefore not in compliance with the law."

The FDA must now monitor drug advertisements and if they are false or misleading, can fine drug makers up to \$10 million.

While the points above are some of the most recent accomplishments, the organization has an impressive track record of exposing abuse in the psychopharmaceutical complex and forcing government to act.

For instance, CCHR was instrumental in the passage of the Child Medication Safety Act of 2004 which prevents schools from coercing parents to place a child on certain psychiatric drugs as a condition of attending school. The passage of this legislation was accomplished in the face of enormous opposition by mental health and pharmaceutical lobbyists.

Additionally, it was CCHR that brought public awareness to the manifest dangers of SSRI anti-depressants long before the clinical trials which had been buried by the pharmaceutical industry came to light. And it was CCHR, along with others, who continued to pressure the FDA to acknowledge the dangers of these drugs. They continued to fight for the protection of children until the Black Box warnings acknowledging the increased risk of suicidal thinking and behavior were ordered in late 2004.

The group is currently working vigorously to prevent the passage of legislation in the US Senate (S1375), euphemistically called "The Mother's Act," a bill aimed at screening and labeling pregnant women and mothers of newborns with Postpartum Depression. Without question, women's bodies go through changes during pregnancy, but to label these physiological

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All of us on The Pettibon Team say “Thank You” and wish you a Merry Christmas and a New Year filled with joy, peace, health, happiness and prosperity!

changes as mental illness and channel these women onto toxic antidepressants is Orwellian in the extreme to say nothing of the damage these drugs do to both mother and fetus or mother and infant (via breast milk).

Please join us in supporting CCHR so we can help end the needless drugging of children and open the door to effective natural and alternative treatments! Contact Samantha Garcia at CCHR at 800-869-2247 or email her at [samantha@cchr.org](mailto:samantha@cchr.org). Any financial support of any amount is welcomed and will place you on their email mailing list so you can be kept updated of their activities. If anyone is in a position to donate \$50/month or more you will also be entitled to free magazines and pamphlets for your clinic. All donations are tax-deductible per the IRS code.

**Pettibon System, Inc.**  
3212 50th St CT  
Suite 103  
Gig Harbor, WA 98335  
(888) 774-6258  
[www.pettibonsystem.com](http://www.pettibonsystem.com)