

The Story of Rumph Chiropractic:

How a moral obligation became a family legacy

Crossroads. Figuratively speaking, all of us face them at some point in life. But what happens when the metaphorical and the literal coincide? For Paul Rumph, that's just what happened at the corner of Chalmers and Seven Mile, in Detroit, nearly forty years ago.

The story opens with a young Paul Rumph growing up on the east side of Detroit. One of five children, Paul faced an uphill battle for success despite a loving home. Had he been in school today, he would have been diagnosed with dyslexia, a condition where the brain processes information differently. But the belief he had in himself, from his family background and hard work, allowed him to surmount this obstacle.

Nevertheless, he grew up a healthy boy with a healthy attitude, thanks to unusually forward-looking parents. Paul's father was an avid naturalist. He kept a large garden, along with a cellar stocked with home canned foods. Focused on keeping it natural

and organic, he was ahead of his time. Together, Paul's hard-working father and nurturing mother raised their children to believe in themselves and find their own place in the world as adults.

After graduating from high school in 1965 Paul worked in the meat department of a local grocer. Happy enough for a while, in time Paul began to feel stiffness and pain in his knees and hands. Despite getting plenty of exercise moving items in and out of the store's coolers, Paul's joints began to lock up.

After reaching the point where he could barely pull his socks on in the morning, Paul went to see a physician recommended by his aunt, who was a nurse. He was diagnosed with rheumatoid arthritis and put on sixteen aspirin a day to reduce inflammation. All that aspirin would eventually cause his stomach to bleed, and then they'd have to try something else. And yes, he'd probably always have stiffness and pain. Antiquated by today's standards, that was an accepted prognosis and medical procedure in 1968.

Soon after, Paul went to a Tigers game with his boss and Dr. Jim Kraft (the boss's brother and chiropractor in the Centerline area). After hearing Paul's physical difficulties, Jim invited Paul to visit his office. Desperate for help and adventurous in his youth, Paul agreed to go.

"He checked my spine, took some x-rays, and said there was a misalignment in the spine that was interfering with my body's ability to be all that it could be, to function at its best potential," remembers Paul. "He said that what I needed to do over a period of time was retrain the misaligned vertebra to stay in a normal position. I thought the chiropractic



thing was weird. I'd had no previous experience with it through my family or friends, so I was skeptical. In any case, he gave me a book to read and started a series of adjustments. Over a period of eight weeks, the pain disappeared."

It was a miracle. Eager to relate his story to others, Paul was dismayed by a less than enthusiastic response by the physician he'd seen just one year before.

How could it be? How could moving a bone in the neck alleviate pain in a person's shoulders, elbows, hands, and fingers? Dr. Kraft explained the health come from the inside out that control of the function of the upper extremities is really controlled by the brain, impulses travel from brain tissue down the spinal cord and out over the peripheral nerves controlling all upper extremity function. If there's any interference-depending on which specific nerves are affected-different symptoms can occur, form swelling and numbness to tremors, joint reaction, or even paralysis.

Paul wanted to know more, to understand more. Reading books only raised more questions. He then visited Dr. Kraft's office in order to observe people of all ages experiencing relief from a variety of ailments simply from having their spines adjusted.

"As a young man I'd been searching for the right career path but hadn't found it yet," says Paul.

All of a sudden, chiropractic hit home.

Dyslexic through grade school and high school, Paul had to struggle and work extra hard. But it was his desire to share what he had experienced in his own life that lead him to apply to Palmer College of Chiropractic in Davenport, Iowa. Much to his surprise, he was accepted. But he didn't enter right away.

Months passed following his acceptance to Palmer, but still he couldn't decide whether or not to go. "I had already told my Dad I was thinking of becoming a chiropractor, it was one of the few times I had ever heard him laugh that hard, which hurt my feelings pretty bad," Paul recalls ruefully.

One day, while wrestling with the idea, Paul pulled his car up to a red light at the corner of Chalmers and Seven Mile. "I have a catholic background." He exclaims, "Anyway, I stopped at the light and had to make either a right or left turn. Likewise, I was thinking that I'm either going to stay at home and continue being

a meat cutter or go into chiropractic. But I couldn't decide. So at that moment I said a prayer. Here I was at this stoplight, asking the Lord for a sign. Now I had been at that location a thousand times before. But when I looked up this time, I noticed an old movie marquee that had been painted over and made it into a sign for a chiropractor named Gunderson. In BIG letters the sign read, 'G.O. Gunderson,' and underneath the name was the word 'Chiropractor.' The sign I'd asked for was as clear as day: GO CHIROPRACTOR. I felt a chill, then the sound of a car horn brought me back. The light had turned green. I made a right turn... and never looked back!"

About the same time he had attended that fateful baseball game, Paul began dating a girl named Patti Carrette. "Patti was behind me all the way" says Paul. "Her father and mother had seen chiropractors for years with very positive results. So they were also very supportive." Paul and Patti married after Paul's first year at Palmer, than moved back to Davenport so he could complete his studies.



Paul graduated magna cum laude from Palmer College of Chiropractic in December of 1974. After returning to practice with Dr. Kraft for about six month, he went out on this own.

Although he had been looking at permanent offices in Utica, Michigan, Paul decided to open up temporarily in a spot on Williams Lake Road in Waterford, Michigan. "Little did he know that this is where I was meant to be" he laughed. That was thirty years ago.

The changes since than, Paul says, have been amazing. From the beginning, he had a busy practice. After two years he hired his first associate, who went on to start

his own practice. Paul hired another. Over the years, he would train and work with many young doctors. All of them became close friends. Even now, he says not a week goes by without his talking to several of them on the phone.

Paul purchased the building in which he had rented as an office and expanded his facilities to meet ever-increasing demand. In addition to state-of-the-art tables and other equipment, Rumph Chiropractic became one of the only chiropractic clinics in the state to have its own digital x-ray machine.

But the biggest change has been the attitude and acceptance of Chiropractic in general. More individuals in our world today realize that the chiropractic approach to health care (wellness care) is to uncover the CAUSE of your health condition, not merely cover up the symptoms. The absence of symptoms (pain) does not equal good health.

The Chiropractor's job is to relieve as much nerve impingement as possible. By allowing the nerve system to freely transport the nerve impulses throughout your body, you will begin to feel like new again-free to enjoy life to its fullest! Chiropractors work to achieve the highest level of function for your body-relieving pain, eliminating symptoms, and correcting the cause of those symptoms.

The human body, being knit together in a wonderful way, will heal itself given the right opportunity and circumstances.

All types of doctors must work together. It must no longer be a case of "who is right" but rather a case of "what is right" for the ultimate benefit of the patient.

"The potential for health always lies on the inside," he says. "I'm like a human electrician: I remove interferences so that the body can increase its resistance and improve its immune system- so that virus and the bacteria don't attack weakened cells. When you have healthy cells, the bugs don't attack. What you want to do is keep the body vibrant, keep that life force traveling from the brain cells to the tissue unimpeded. Put another way, chiropractic is simply a lifestyle that keeps the body healthy."

The Family Legacy Continues. Dr. Becky Rumph is a second generation chiropractor. Her parents raised her with the premise that the body heals itself. Therefore, chiropractic first, medicine second, and surgery came

last in their household. She has been fortunate that with ONLY chiropractic care, she has been able to remain healthy her entire life without the use of any drugs or surgeries (including vaccinations and antibiotics)! Seeing how chiropractic kept her father's patients and herself healthy and happy, she always knew that she wanted to be a chiropractor when she grew up.

She was born in Davenport, Iowa while her father was finishing chiropractic college. Before she was a year old, they moved back to Michigan and her dad opened Rumph Chiropractic Clinic on her first birthday. She grew up in Clarkston area and graduated from Clarkston High School. Afterward, she went to Michigan State University. Knowing that she wanted to be a chiropractor, she majored in Physical education/exercise science to gain a better understanding of the human body. She graduated from MSU in 1996 and moved to Marietta, GA, and attended chiropractic college at Life University. In the fall of 2000, she graduated and moved back to Michigan to work with her father at Rumph Chiropractic Clinic.



Doctor B.J. Rumph was born and raised in the Waterford/Clarkston area. After high school he attended Oakland Community College, before moving to Marietta, GA in the summer of 1998, to follow in the footsteps of his father and sister to study Chiropractic. After being raised with the philosophy of Chiropractic that the power that made the body, heals the body, he took great interest in how to educate others to achieve the same wellness and health. He graduated in December 2004 from Life University and moved back to Michigan to practice with his family at Rumph Chiropractic.



