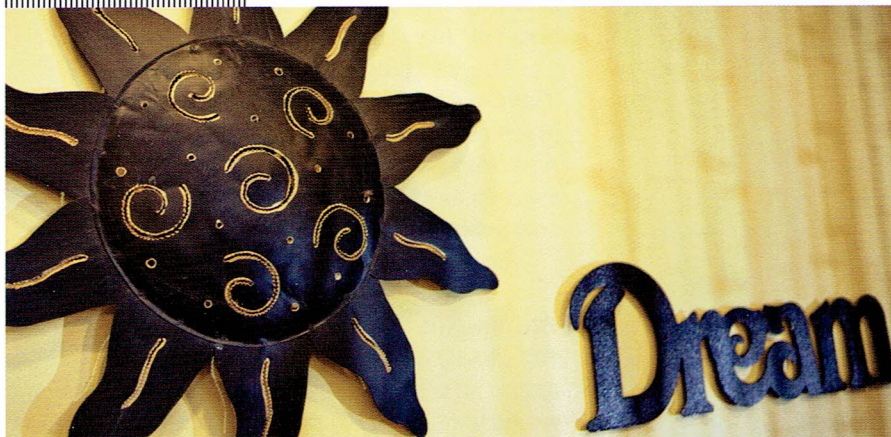


STORY BY  
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# CONNECTING *to wellness*



*Dr. Michelle Robin  
helps clients build healthier,  
happier lives*

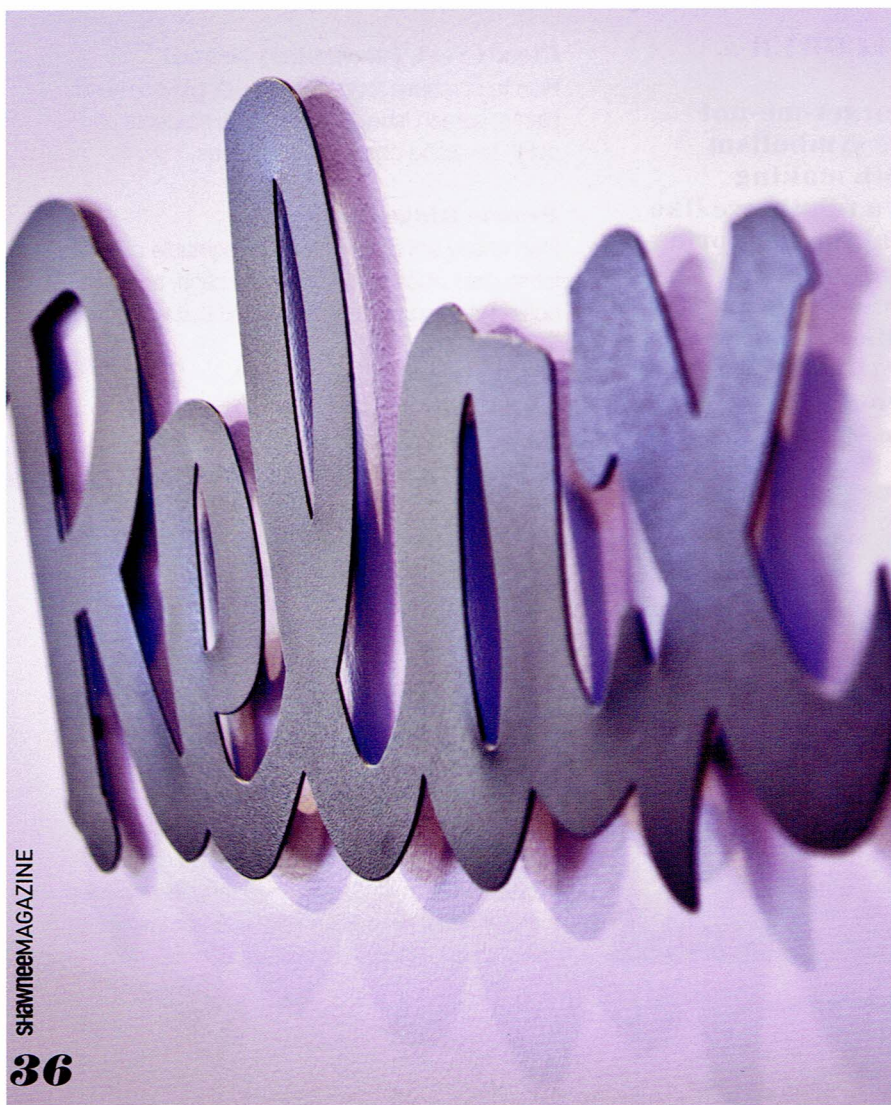
Walking into the lobby of Your Wellness Connection is like entering a church. Its warm yellow walls give it a hushed, reverent feel and display messages like "peace" and "imagine." A sign reminds clients to turn off cell phones when in this "healing zone."

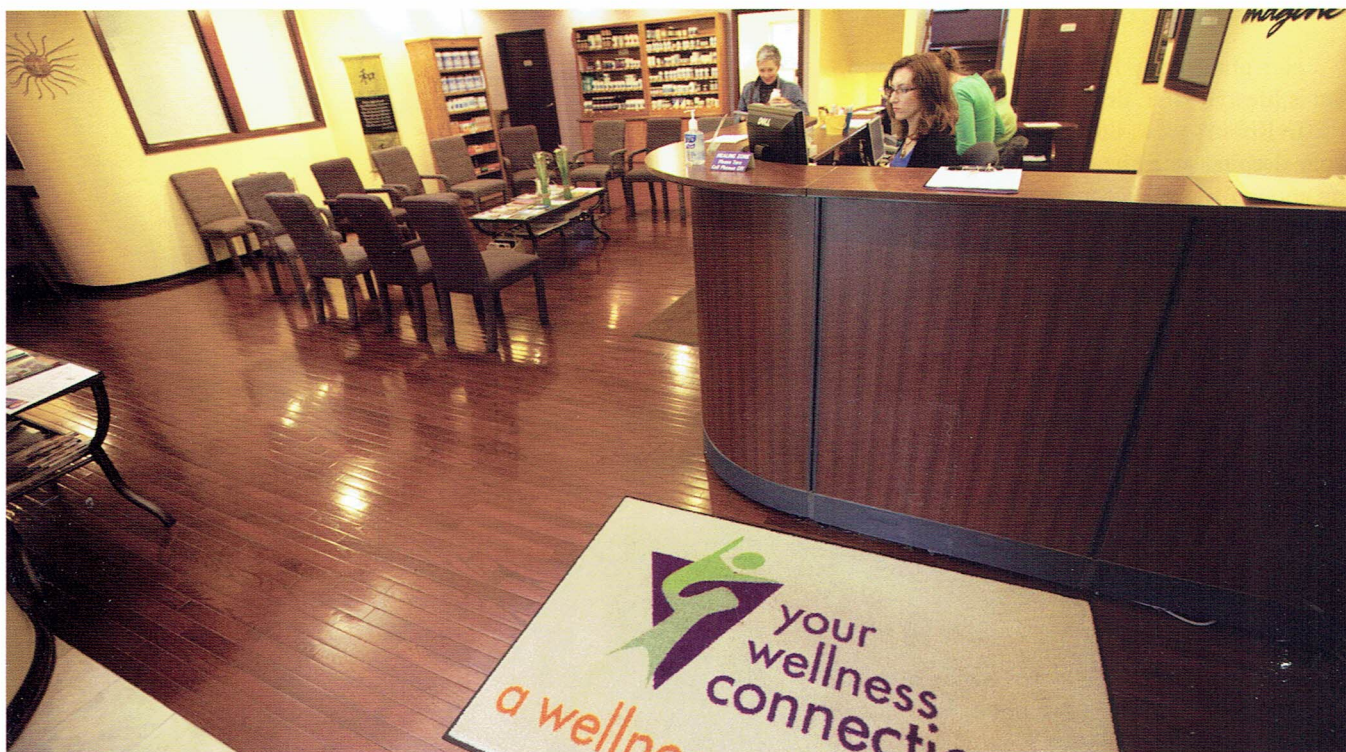
Your Wellness Connection isn't just a doctor's office; it's the brainchild of Michelle Robin, doctor of chiropractic and a certified chiropractic wellness practitioner. After opening her practice in Shawnee in 1992, Robin realized the need to consolidate an array of wellness therapies under one roof. She added other chiropractors plus acupuncturists, massage therapists, yoga instructors, a nutritionist and a counselor, then renamed the practice Your Wellness Connection (YWC), at 74<sup>th</sup> Street and Switzer Road in Shawnee.

Wellness, she admits, is her passion.

Robin's goal is to help clients put together a package of wellness techniques for optimum health. She aims "to help someone look at it holistically and not get obsessive-compulsive about one area." This is especially true for patients suffering from conditions that haven't responded to other treatments. "Chronic illness can be directly related to poor lifestyle," she says.

Robin learned about the holistic benefits of chiropractic medicine following a sports injury she suffered in her teens. She believes healing starts in the heart and says the human body is "a phenomenal machine" that requires not only care but love. "You treat it out of love





ABOVE Michelle Robin started Your Wellness Connection in Shawnee after she realized a need to consolidate an array of medical and healing services.  
INSET Robin is also the author of *Wellness on a Shoestring: Seven Habits for a Healthy Life*.

“WHEN I GET OUT OF  
BALANCES—AND I DO—  
THEN MY BODY GIVES ME  
WARNING SIGNALS, LIKE  
A COLD.”

— MICHELLE ROBIN

and out of loving yourself versus disrespect and not loving yourself,” she says.

That means working with the body, mind and spirit combined.

“I utilize exercise, eating properly, yoga, sleep, healthy self-talk, chiropractic massage and acupuncture to stay well,” she says. “When I get out of balances—and I do—then my body gives me warning signals, like a cold.”

Robin’s philosophy requires her to truly connect with patients. “If you come in and I quit hounding you about your lifestyle, please fire me, because I’ve quit caring,” she says.

## HEALING OTHERS

Clients are asked to fill out a six-page intake form that queries them about their stress levels, diet and sleep patterns along with their medical histories. Robin says it’s the best way to assess a patient’s full needs.

She describes chiropractors as neurosurgeons who don’t cut people. The body, she says, is an electrical system. “The main switch is the brain—like Kansas City Power & Light. Then you’ve got the breaker boxes—that’s where the spinal nerves are. And my job is to keep the spine realigned so you can feel divine,” she says.



Her philosophy for treatment of any problem is lifestyle first, drugs second, surgery last.

In Robin's view, lifestyle includes everything from sleeping with the correct posture to drinking enough water, getting adequate exercise and learning proper breathing techniques through yoga and meditation. She champions a diet high in dark greens, fruits, vegetables and whole grains. Her famous "green" smoothies include handfuls of nutrient-rich kale or spinach.

Dawn Brindle of Shawnee appreciates Robin's holistic approach. Brindle began seeing Robin after an immobilizing back strain in December 2010. "I wasn't just a spine to be adjusted. It really was about my overall health." Brindle's therapies also include yoga and nutrition counseling.

## BEYOND THE OFFICE

Robin now reaches a worldwide audience with her speaking tours and book, *Wellness on a Shoestring: Seven Habits for a Healthy Life*. This guide puts the power of healing in the hands of the patient.

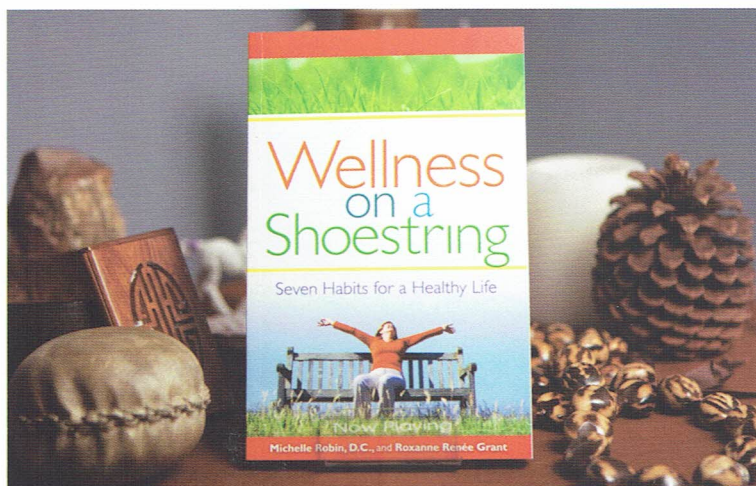
Laura Mangosing of Lee's Summit says the classes she's attended based on the book have turned her life around. "It's absolutely all connected," says Mangosing, who traded her breakfast Coca-Cola for green smoothies. "When you eat right, you feel better. When you feel better, you'll exercise. Your energy is better and you're happier." Mangosing consulted with YWC following a car accident in March 2010, and today her whole family benefits from the team's therapies.

Rachel Cooksey of Overland Park echoes Mangosing's sentiments. "My life has literally changed."

In August of 2010, Cooksey consulted Robin for back pain and realized she had other issues to address. "I was struggling with depression, but I didn't realize how angry I was," she says. Robin's team has helped her lose weight, feel better emotionally and dramatically improve her Crohn's disease.

"What I didn't understand until I met Dr. Robin is that I am in control of how I feel physically," says Mangosing. That's exactly the attitude Robin hopes to foster.

"I'm here purely to love people," says Robin. "So much that it reflects back on them, and they can witness it for themselves. And they can see their own magnificence." **ISM**



A sauna helps patients relax after a treatment.