**ALAN BONEBRAKE, DC**, MS, FIACA, DACIT, was born in Kansas, graduated with a BA in Liberal Arts from Wichita State University in 1976, Palmer College of Chiropractic in 1980 and the University of Bridgeport with an MS in Biology, Emphasizing Human Nutrition in 1986.

He is a Fellow of the International Academy of Clinical Acupuncture (1985), a Master Herbologist with Emerson College of Herbology (1984)

He has hosted radio shows on several different stations in Oklahoma and Texas, treated over 20,000 patients from all 50 states, 92 countries, over 800 professional athletes from 12 professional sport teams, the U.S. Tennis Association, CFL, NFL, MISL, NHL and 0ver 3,000 prep, college and university athletes.

He was the first chiropractor to be listed as the Official Team Chiropractor of a professional sport team, and the first chiropractor to be asked to treat athletes for the NFL Run For Daylight and NFL Fastest Man competitions, also treating several players at a Cowboys/Raiders Training Camp, 2 Mexican National soccer Teams, and flown all over the USA and a foreign country to treat professional sport teams.

He was certified as Receptor-Tonus (Nimmo Trigger Point) instructor and appointed to the Receptor Tonus Board (1986), and refined Trigger Point Techniques to a much simpler and quicker application.

In 1982, he found much simpler, quicker and effective methods to address scar tissue trigger points than James Cyriax, MD’s friction techniques, normally taking only 1-2 treatments to clear scar trigger points existing between muscle and muscle, muscle and nerve, skin and muscle and skin and bone, thus allowing the structures to glide easily between each other.

In 1985 he pioneered the use of a blunt-tipped prod to address skin and periosteal scar trigger points, also having visceral effects.

In 1992, he co-authored a research study with a major University, documenting his approach to Carpal Tunnel Syndrome in JMPT. As a result, the lead PhD was appointed to the 3-person NIOSH (a sub-division of OSHA) committee to define and subsequently publish preventative standards for Carpal Tunnel Syndrome in the Workplace.

He subsequently wrote a follow-up synopsis of CTS treatments and their documented effectiveness in the Texas Chiropractic Journal (1995), which was subsequently picked up and published in several other State chiropractic journals and the Journal of Repetitive Motion Disorders.

He was published in a 1985 edition of Medicine and Science in Sports and Exercise (American College of Sports Medicine), has been the subject of several articles in other lay and Work-based journals and newspapers, and was mentioned in Flex Magazine several times for his work on world-class bodybuilders.

He supervised trainers and aerobic instructors for 8 ½ years for an international aerobics group.

In 2005 he noticed a certain light digital force applied to the skin had certain profound effects on the nervous system, which in turn had profound somato-somatic and somato-visceral effects, including Fibromyalgia. Refining this further, certain viscero-somatic and viscero-visceral effects were also noted from light-touch visceral manipulation.

He has given seminars on trigger point and adjusting techniques and nutritional approaches to health since the mid-1980s, hosted over 5,000 radio shows, been featured on television news programs in Kansas, Oklahoma and Texas several times since 1985, and given several hundred lay lectures.