

Remembering the Integrative Health Community and September 11, 2001

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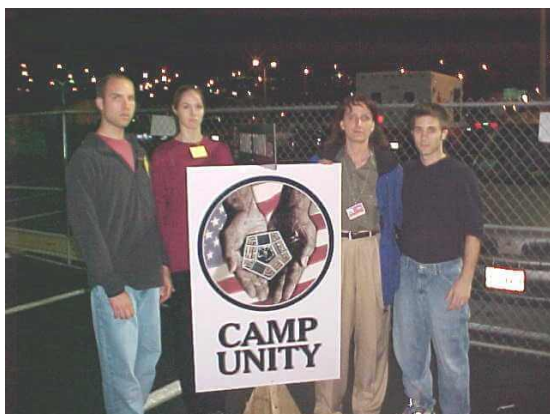
Twenty-three years later, the month of September remains a time of reflection on the attacks of September 11, 2001. In Washington, DC, it was a beautiful, sunny, crisp day that showed so much promise. I worked for Congress at the time and was driving into the Rayburn House Building parking garage as the radio announced the initial plane hitting the World Trade Center. The presumption at the time was that it was a small plane. By the time I went up to my office and turned on the television, the second plane hit and I knew our lives were changed forever. I called the Congressman who chaired the committee I worked with and informed him. As it would be the Chairman and both Chief and Deputy Chief of Staff were all in the Capitol that was immediately locked down.



In the days that followed, which also included the delivery of envelopes containing anthrax to several legislator offices, everyone was in high stress mode around the clock. At the White House, the White House Complex, which includes the Old Executive Office Building (OEO) was the subject of repeated alerts in which everyone was evacuated numerous times. Many of the new staff in the OEO were young women, some pregnant and the stress took a huge toll, causing some to resign. Hearing of this, the homeopathy

community stepped up and delivered small red kits with homeopathic remedies to the White House Physician. My sources have shared that they were indeed given out. I was also among those who received one the Hill – and have kept this special kit for history's sake.

The Chiropractic community played a Significant Role at both the Pentagon and Ground Zero



The attacks on the Twin Towers in New York City and the Pentagon in Northern Virginia are among the most horrific attacks in history. As grim and horrific as the images of the World Trade Center buildings on fire and falling and the Pentagon on fire, there are images of good

that developed over the days and weeks that followed. The mirror images of the horrors of this time are those in our community of doctors of chiropractic. The efforts were organized by the International Chiropractors Association (ICA) Director of Programs at the time, Dr. Coralee Van Egmond, and included a care tent alongside chaplain services established and staffed by chiropractors from the ICA and other organizations. In New York, the same thing took place. A make shift space near Ground Zero was used for many weeks. Chiropractic care was provided at no cost to recovery workers at both the Pentagon and the World Trade Center sites.

I am sure there are hundreds if not thousands of other stories and photos from our community about helping in the aftermath of the September 11 attacks. I hope that we as a community can gather and preserve these through IHPC for future reflections.

In those 23 years, recognition of the value of integrative health approaches to help restore the balance in the fight or flight response as been realized and contributed significantly to the VA Whole Health program for veterans and caregivers.

We resolved to 'never forget' in 2001. Part of that remembering is celebrating the tremendous acts of kindness from our community.

Additional photos below

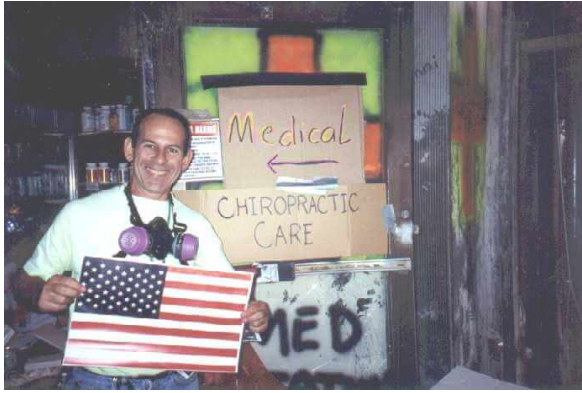
Dr. Coralee Van Egmond and volunteers to the Pentagon

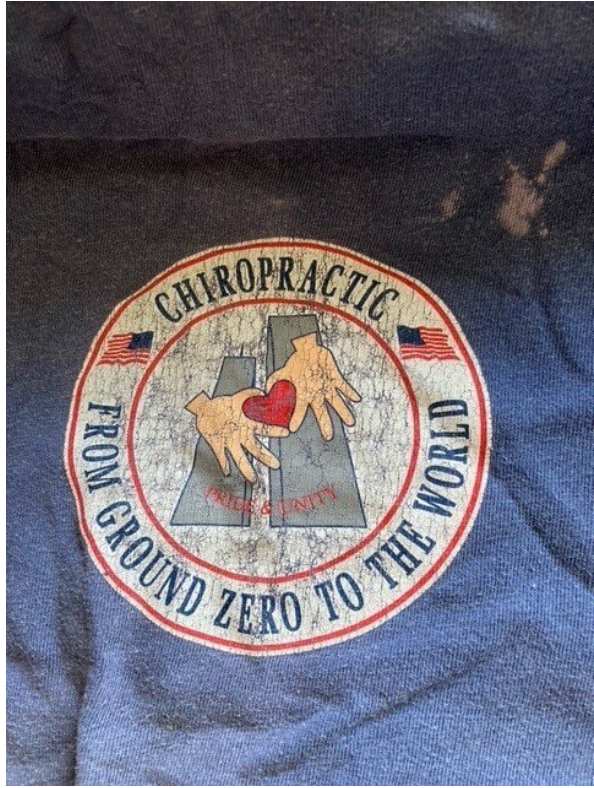


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The Pentagon Memorial – <https://www.pentagonmemorial.org/>



A US Army Soldier Visits the Pentagon Memorial.
The Flight 93 National Memorial at Shanksville, Pennsylvania Memorial – <https://www.nps.gov/flni/index.htm>





National September 11 Memorial & Museum – <https://www.911memorial.org/>







NO DAY SHALL ERASE YOU FROM THE MEMORY OF TIME
Virgil