



Follow Your Dream Until Your Dream Comes True

By Elaine Odeh

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Who decides at nearly 50 years old that she needs to go back to school and fulfill her childhood dream of making people well? Dr. Cheryle Pettigrew, that's who.

Growing up, Cheryle remembers being told, "You are a girl. You can't do that." However, like so many of us, she had big dreams. At the age of just 12 she knew she wanted to be a doctor, but everyone around her told it wasn't possible – "females are teachers or nurses, if they must work at all." In high school, she was informed she should graduate, get married and have children, again thwarting her ultimate goals and dreams.

For a very long time, she bought into the messages that were impressed upon her in her formative years. She told herself the same story; she could never be a doctor because being a female made it true. Ultimately this made no sense to her and like many of us it takes years to undo limiting beliefs that have been drilled into our heads. On one hand she knew

that being a female should not keep her from her true calling. But, on the other hand she was in conflict with herself because she knew she wanted much more than just having kids and staying home and that didn't seem right thinking. Cheryle had more inside of her longing to be fulfilled. Can you relate? We can sometimes spend years letting go of the internal conversations holding us back before acknowledging our truth.

Cheryle eventually did exactly what was expected of her. She got married and had kids. While in the midst of having a family, the desire to heal people never left her. She got as close to it as she could at the time by working as a lab technician for 12 years. For her she thought, "at least I'm in the medical field." Still the nagging feeling in her gut told her there was more to do, more to discover, more for her life.

Finally, determined to follow her inner voice, Cheryle decided to go back to school to become

a physician's assistant. She believed strongly she needed to treat patients directly and felt this may be the path. Then, as often time has it, when we get what we have longed for, things did not turn out exactly as planned. Of course, Cheryle learned a lot while studying to be a physician's assistant, but as she completed her education and it came time to put what she had learned to practice, she had a feeling inside and she knew this was not right for her. Treating sick people was one thing; however, she knew 90% of them were sick because of the medications they were ingesting. She said "I knew there had to be a better way". Cheryle wanted to do something more holistic, something that considered the whole person, not just their symptoms.

The next stepping stone on her path led to Chiropractic, a discipline where she could do even more than she even imagined as a child, really heal people. To Dr. Cheryle, it means much more to

set her patients on a course of healing, rather than just having them feel a little bit better. Her goal is to facilitate her patients' whole being well, mind, body and spirit.

Dr. Cheryle's patients are everything to her. As she discusses what she does with us, her face is glowing and her devotion so clear. She spends at least an hour with each new patient, really getting to know them; beginning to uncover what is behind their pain. She works to find the root cause of their discomfort or dis-ease and she treats the root cause for true healing.

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Remarkably, Dr. Cheryle often discovers what is actually ailing the patient is not at all what they originally came in for. Sometimes people carry a lot of trapped emotion which puts the body off balance. Dr. Cheryle has seen negative emotions; the patient did not even realize existed, clear away after a single adjustment. She is able to do all of this because of the time she takes to form an intuitive connection with her patients.

Still, Dr. Cheryle's road to where she is now did not come without some obstacles. In fact, the biggest challenge she faced in starting her own practice was actually getting the funding together. When she was applying for a business loan the banker asked how much money her husband makes, "like



that had anything to do with my business," she said. It reminded Dr. Cheryle of how her parents told her it was stupid at her age to go back to school. That she should be more concerned with her grandkids. "I do love my grandkids", Cheryle says, "But I knew in my heart that this is something I needed to do." Dr. Cheryle and her patients are glad that she did not let those obstacles stop her from fulfilling her dream.

Wendy, Dr. Cheryle's friendly receptionist says, "Guys especially cannot believe how little she is. They take one look at Dr. Cheryle and ask, 'How could she possibly help me?' Without fail, on the way out their faces are lit up and she's done it again, another patient feels better."

Patient Regina says she can come in and talk to Dr. Cheryle

and after just having a simple conversation Dr. Cheryle gets to root of the problem. "She really encourages you to listen to your body, and she really listens to what you're saying. She feels it. I don't know any other doctor who does that. She is amazing.", states Regina.

It is evident from her patients that Dr. Cheryle loves what she does. It pleases her to see someone feeling good when they walk out the door. "I feel great when patients hug me after their visit, especially when they doubted my treatment would help." There was one patient who had been seeing another doctor in Dr. Cheryle's practice, and when that doctor left the patient did not even want to give her the opportunity to treat him. After a year of visiting other doctors he finally came back to give Dr. Cheryle a try. After the first visit he said, "I don't know why waited so long", gave her a hug, and has been a patient since.

Following your dream, a dream you may have had for a very long time is not for the faint of heart. It takes courage and determination and a realization that we have this one go around, this one life. Dr. Cheryle Pettigrew is an example all women and shows us to never stop, keep growing, keep learning and keep dreaming! ♥

