

# The miracle continues: John Hinwood

*‘A bloody good bloke’* Minns, 2020

31st August 1946 - 2nd October 2020

Phillip Ebrall

**H**ow do we report the transition of a valued colleague held in high regard by the global chiropractic profession? Perhaps in the same way as John lived his life; with love, passion and infectious enthusiasm for chiropractic and its people.

We will let John tell his story in a remarkable piece of historiography by Karin Engel, completed the day of his transition, Friday 2<sup>nd</sup> October 2020.

John honoured his Life Membership of the ACA through ongoing service particularly at the state level (Queensland for our international readers). He most recently served on the final CAAQLD board during the Association's restructure, and was integral in the establishment of ASRF, DG and Powerful Practices.

His unique skill was the ability to see the potential in people before they saw it themselves. He had the boldness to act on his convictions and through his mentoring helped many chiropractors understand *who* they are and *what they stand for*.

To honour John in your own way, why not do as he did, and simply give a lovely bunch of flowers to someone who needs. Should you wish to send a message of love to John's family you can do so via [John's Facebook](#) page or by emailing Judy on [judy@stresstostrength.com](mailto:judy@stresstostrength.com)

The *Journal* in particular appreciates Linda Smith and Karin Engel for their generous assistance to prepare our tribute to John, and the very many people who emailed John during his final few days on earth.

We publish a number of messages received by John and selected for inclusion as part of what is, in effect, a living celebration of which he was an active part.

We also reproduce an Editorial written by Phillip and published in the *Chiropractic Journal of Australia* in September 2013. It is a true story, recounted by John late after a conference session somewhere, but long remembered.

Quick Tap or Scan:



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## Memorable lessons

*by John Hinwood*

When you have a chance to reflect on your life you realise there are profound moments and many people who taught you great lessons that are unforgettable.

### The road of discovery

I began my studies as a physical education teacher and little did I know that I would meet Judy at a college party and our kiss would spark a lifetime of adventure. I say our path as Judy and I have been together all the way and it was actually Judy who inspired our path in Chiropractic.

Judy had acquired a chronic injury prior to starting college, when her partner did not catch her properly in a gymnastics manoeuvre, and due to the ongoing pain we visited a variety of practitioners to find a solution. I recall the various opinions about Judy's condition such as – '*by 22 you will be in a wheel chair*' to saying '*its all in your mind*! Meantime Judy being a strong fit woman soldiered on, until 1967 when camping on our honeymoon she bent down and completely collapsed. This time it was more than her back she lost control of her bladder and bowels. I called her father who suggested we see a new 'quack' in country Bega who had helped a few of his workmates. We rushed back and saw this man and for the first time a practitioner said, 'You do have a problem, I understand what the problem is, it can be helped.' After treatment she hobbled out with her arms around my shoulders but she was upright and with care her movement returned. It turns out this was our first encounter with a chiropractor named Mr John Parker. He changed Judy's life and consequently set us on our Chiropractic journey.

After teaching in Sydney and country NSW between 1967-1969, Judy and I decided to study sports medicine in Missouri USA. Unfortunately Nixon cut out foreign aid scholarships but this didn't deter us and being adventurous we turned our trip into a travelling experience. Our travels took us off the beaten track to, Asia, West Indies, South America, Russia, and to eastern and western Europe where we bought a range rover and drove to South Africa and later from Durban we emigrated to Canada. We worked when we could and lived on the smell of an oily rag and loved life. Throughout our travels Judy would seek out a chiropractor but her visits were random.

We emigrated and worked in South Africa and in 1972 whilst in Durban we were keen to look into Chiropractic studies rather than our original idea of sports medicine. Judy's chiropractor arranged for us to meet Dr Joseph Janse, President of the National College of Chiropractic in Chicago. He ended up offering us a scholarship in Chicago but we had also discovered a college in Canada. Judy was able to work in Canada and support us whilst I studied and in the end we went to Toronto. Our journey to become a chiropractor was underway.

### The early days at CMCC

My chiropractic career started in Toronto in 1973 and I got through the course with Judy's support at the Canadian Memorial Chiropractic College (CMCC) a unique institution, founded in 1945 by chiropractors for chiropractors.

Judy not only worked to support us, she was very involved even being my study buddy and soon she announced that she wanted to study too. We tried but the college stopped her initially. It was an era when women were only 5% of the intake as it was thought that women would leave the profession to have babies and all that talent would be lost, so men were the majority intake. This was also the case in general practice however, strangely enough, physiotherapists were mainly female.

As a student I was taking a strong interest in politics and became president of the student admin board. Due to my teaching qualifications I was asked to sit on the academic review board and other committees. I discovered that the Clinic Director and the Dean were writing bogus reports to the Board of Governance about the committees. I suggested to the 600 students to walk out and shut the college down and we did just that. Through negotiation we got rid of the academic Dean and six months later we got rid of the Director. Judy in the meantime started study in 1974 and we were threatened that we would not graduate from any chiropractic college anywhere in the world, but of course that didn't eventuate.

In 2007 I was meeting up with my college friends for a 30 year celebration post graduation and the CMCC President of the Board of Governance approached me to apologise, better belated than never I thought. I was told that the board had no idea of what had been going on, as the Director and Dean had been covering up. He explained that the actions of the student group in its day had actually saved the college. It was an action packed time at college and I suppose this has never stopped throughout my life. I still have many friends from those days 45 plus years later.

### College Clinic Lessons for life - 1976

In April 1976 I was a junior intern paired with a senior intern who graduated and went to Vancouver. He was a gay man and had a fantastic practice so I inherited a huge following.

I still recall my second patient for the day being called in, Tommy Latour who had been injured working as a rigger.

The CNN tower was the tallest building in the world at the time and Tommy had been working on it. At the half way mark of the build a twister came through and four riggers were caught in it, three riggers died and Tommy was blown off and fell on a pile of sand. He stayed in hospital for two years with multiple fractures and internal injuries. He came to me in a lot of pain.

Nothing happened after the first visit but he came back after the second visit and said, *'I don't know what you did to me but I have no pain, it is beautiful.'* He came back for his third visit and said, *'It is worse than it has ever been.'*

When you first start this is not a good thing to happen. I learnt something major from this. We had been taught to adjust up to 8-10 adjustments if it doesn't move and I had always struggled with this. Anyhow I carried on with Tommy and I didn't know if it was really making a difference to his life tho he said it did. At the end of my internship I started a physical pain practice. I moved from Toronto to Vancouver and I was lucky that my clients continued to see me including Tommy. I said to him, *'I don't know why you come so far.'* Tommy said, *'I don't want to see anyone else. After that second visit I don't know what you did but you gave me my manhood back, I could not get an erection before that.'*

We are taught to get rid of the pain however there are many other benefits to remember to observe. Tommy could put up with the pain if he had his - 'manhood'.

### A Belgium master from 1976

Dr Henri Gillet from Belgium was a major author and had numerous x-rays confiscated due to not having a licence for medicine so he developed Motion Palpation technique as another way to check the movement of the spine. He was the guru that all our lecturers constantly quoted.

In 1976 I wrote to see if he would speak in Toronto. To keep the costs low I thought to put it out to chiropractors in Toronto and surrounding areas. They came and it paid for all his expenses and was a great success. Gillet said to me, *'Because of what you did for me I will come to your clinic.'* So he came and saw me at work. Gillet watched me and after the first patient he said, *'The adjustment you did we must fix that up but you didn't do a mental subluxation, you didn't see the*

*most important adjustment to the ears, you must adjust the mind.* I never had heard anything like it and wondered what on earth he was talking about.

I knew about Gillet's popularity and had seen the queues in Belgium with people waiting around the block and up the stairs to the fifth floor where he worked. They would queue in the rain and snow and would see a couple of hundred people a day and he was in his late 70's. He was an unbelievable individual who got results and as people got well consequently his reputation grew.

There is a saying, 'People go where people go.' In any form of business if you get results you get the business. Dr Gillet's skills showed me this and his words on mental subluxation stuck with me.

### Starting out in Canada

When we arrived in Canada there was a cheque for \$3000 as compensation. Judy and I decided after all our travels and living like gypsies to put a deposit and buy a house. I looked around for work and I found an offer with a Chiropractor for Tuesday, Thursday and Saturday. The terms were to find your own patients and your own phone line with payment being one third of your income and x-ray film provided. I asked to modify the contract to Monday, Wednesday and Friday and work from 8pm to midnight. There were chiro's who worked 9am – 9pm. The practice location was in a place on the edge of Toronto they called the Gaza Strip where the Jewish merchants worked. I figured they would come after hours as they finished at 8pm. I added into the contract that the goodwill I create I will sell on and guarantee to find a chiropractor to replace me after my year ended. Judy also came to work with me as CA and the business just grew. We did sell the practice and our house at a good price in fact we doubled our money which would help us set up practice when we returned to Australia.

### Flair for thinking outside the square

I didn't go to business school; I grew up with a mother who had an entrepreneurial spirit and a father who was a sporting editor in one of the largest newspapers in circulation in New South Wales. I suppose I learnt about business from my mother who would buy delicatessen and card type shops that were broke and turn them around into a profitable business. My mother thought outside the square which in those days was very square indeed. She actually was entrepreneurial with food products too and way ahead of her time. There were no roast chicken shops or subway type businesses but she started these ideas back then.

She was so innovative. She worked out that the only people with a lottery licence in NSW were newsagents but she owned a card shop and thought why can't I sell lottery tickets? So she went to the lotteries board to get a lottery licence and was told that she needed to have a newsagent to get a licence. My mother asked to show her the law for this and of course there was no law. She started selling lottery tickets in her card shop and was a success.

Growing up watching my mum I suppose I got my innovative spirit from her and from my dad, well, I wanted to be the best I could. Having undiagnosed dyslexia at the time and going to a school that didn't reach high year levels, I worked extra hard to strive higher and go to college. I have been striving the same way ever since. A lasting legacy to meet a father's expectations perhaps?

### Toronto memories

In my working life in Toronto I had free days where I would go visit chiropractors and take notes of what they did that was successful. Why was someone working in a booked out practice whilst others struggled to pay rent? I took notes of both sides of the story. That was a great education in learning from reality about what it took to be successful in business.



I had a woman who came in with her baby who was not passing any urine or faeces and looked like a beach ball. No one had managed to resolve the situation. I used the Logan basic technique and well the bomb went off and it spewed out all over me. The baby went back to the normal size and went straight to sleep. We had to bring in cleaners to sanitise the smell out of the room. The mother went home and called me to say the baby was now sleeping up to 12 hours as it had never slept well before.

I recall the CEO of General Ford bringing in his young son with a paper bag over his head, as the light was too much for him. He suffered severe migraines and no others practitioners had been able to help. We resolved this for him and the boy and his family became great referrers.

We saw many patients who had no results with other types of practitioners and I saw what we could do to help, not only physically but emotionally and spiritually. This has inspired me so much in my work and life.

### A quick history lesson

I studied abroad as in 1977 there were no chiropractic colleges in Australia. It was challenging and demanded you to be highly motivated as you would be away for 4-5 years. A lot was on the line and people were so dedicated they sold their houses and left their work to do Chiropractic in the USA. Once the course was available in Australia it became easier.

It wasn't until 1979 the *International College of Chiropractic* was founded by the profession in Australia by the original ACA - *Australian Chiropractors' Association*. It then became the *Preston Institute of Chiropractic* in Victoria and later went to *RMIT University*.

In 2000 the ACA amalgamated with the United Chiropractors Association to form the CAA. The CAA went from being a state association back to being the original name ACA as a national association.

I served as Vice President in Queensland in the early 1980s and then also as Vice President of CAA National.

I also served on a lot of committees and boards being highly motivated to elevate chiropractic to its proper position in medicine. I have an incredible passion for what Chiropractic can do to help people's lives. It started way back with Judy's injury and without her I could not imagine where I would be now, I have a lot to thank Judy for. Judy was written off at the time as being a head case who should settle for a life in a wheelchair. How many others are like Judy who have been given such a swift diagnosis? This is what has made me so passionate and propelled me to be actively involved with Chiropractic my whole life.

After many years of being on the front line I realised the political way was not necessarily the best way to seek change for the profession. I could see that research was a better way for the profession to grow its profile and so I explored the ASRF. This group the profession called the *Australian Spinal Research Foundation* was founded in 1976 by the ACA, however it was an arm of the ACA and was political, it wasn't an independent body. I became a governor of ASRF and in 1978-88 I became President. My goal was to break the ASRF away from the ACA to become an independent research body.

As the ACA had just started we only had a budget of \$9,000 and you couldn't do much research with that so we needed to raise money to make a difference with our research goal. As President I did a fundraising course to learn the art of raising capital. This resulted in starting *Dynamic Growth* (DG) in 1986 which went on for decades after.

We also had a *World Chiropractic Congress* at the Sydney Opera House which was truly memorable. At this meeting in 1988 we came up with the idea for a '*Bridge to the future*' to raise \$1.5 million in six months. We did raise \$1.25 million from the contributions of 64 chiropractors.

My fundraising training was being put to good use.

During my time as President I saw opportunities everywhere. On this occasion I managed to get funding from a minister I met on a morning flight with TAA at the time. We had decided to have board meetings in different capital cities and on this 5.30am flight I saw the Minister for Health. I sat down beside him and introduced myself. I knew the government was offering funding for health promotion. There were no minders with him and as we struck up rapport I asked him if we could have a mobile spinal awareness unit to cover the country. I made that up on the spot and he agreed to support it financially. We got the money and my team went on a six month tour of Australia. We hired a Winebago with a fantastic display and went into rural communities. We did posture screening at the local councils and later in the evenings we would do a public presentation. We worked out we got \$6million worth of free advertising due to this tour. The tour we did was so helpful to raise the profile of Chiropractic and help rural Australians who work hard and can't have sickies. The rural Chiropractors noticed the difference in their practice with more people attending.

We also got some great exposure from knowing Janet Powell from the Democrats. At the time in 1991, the Democrats held the balance of power. She organised the *Spinal Awareness* display to be displayed in the new Parliament house in Canberra so all the polities at the time saw us. This was priceless.

### **Workers Compensation and the fight for Chiro's – A coincidental tale**

In 1983 we became licensed Chiropractors in Queensland which also gave us rights under the workers compensation act, a big change for Chiropractic. We then got a letter from the Workers Compensation Board telling us we were classified as physiotherapists. Chiropractic Assistants had 2 clerical categories; clerical in and clerical out. The clerical in premium was something like 23cents per \$100 dollars. The clerical out was \$1.49 per \$100. I was Vice President at the time and went to meet with Workers Compensation and told them this was out of the question. The man I was speaking with replied, 'Well just sue us. I said, 'OK we will but to make sure we sue you in every area we can, how about you get Crown Law to send us a brief of every area.' I knew this was about \$100,000 of legal work they would have to compile. This guy was so arrogant he said he would do it and prepared a massive brief by Crown Law.

We then found out that Workers Compensation couldn't take an association to court only an individual could. So I said I would be that individual. ACA Queensland said they would pay the bill and I explained that it wouldn't cost us, just watch what happens and so we went to court.

They wanted to prove that Chiropractic and Physiotherapy were the same and that was why they classed us as physios. Coincidentally we found out that they had a new main frame computer that had a problem - they could put no new practitioners on the system. This was why it was easier for chiro's to be grouped with physios.

In court we discovered they engaged Margaret Peel who for 27 years was the President of the *Physiotherapist Association* in Queensland and nationally. She was their chief witness and as she hated chiropractors the stuff she said on the stand was outrageous and libellous. My barrister was jumping out of his seat constantly objecting. The judge intervened and told Peel that if she said one more thing she would be held in contempt of court. Peel slammed the judge and got physical with the Bailiff and it took two bailiffs to carry her out. It was quite a scene.

I asked my Barrister for her testimony to be struck from the record and the judge agreed. In the meantime Workers Compensation had sent a very young barrister who approached the Judge and asked for this to be thrown out of court immediately and rattled on his reasons. I asked my Barrister to ask about who had asked for the brief to be written. The young barrister replied

Crown Law. The judge then told the guy to not come into his court with this case and scolded him to keep his mouth shut.

In a flash everything was on our side, they had thrown out Margaret Peel and they had shut down the young barrister. They then approached me with a form and asked if this was a Workers compensation form I filled out, I replied yes. They asked about the white out on the form and I replied that I had not applied whiteout. My barrister asked to call in our witness who was questioned to see if he had put the white out on the form. The witness replied, 'Yes we do this all the time.' The judge retorted this cannot be done to a legal document. In the end the judge ruled that it should be clerical in not clerical out at 23 cents but he withheld his judgement on the Chiropractic category.

Six weeks later it came through that Workers Compensation had done an audit of a new mainframe so Chiropractic could be added. It would have cost them hundreds of thousands to fix this.

Another three months went by and I am walking on George Street, Sydney past the Supreme Court and who should walk out onto my path but the judge who heard the case. I stopped put out my hand and we shook hands. It was 1983 and he was a man in his seventies. I said, '*Good afternoon I am John you heard our case for Chiropractors.*' He replied, '*Yes Doctor.*' This was different as they didn't call us doctor in those days. I stood there and he didn't let my hand go which I thought was strange. He went on to say, '*I almost disqualified myself from hearing this case and I went through all my rationale and concluded I am meant to hear it.*'

He proceeded to tell me a story that I have never forgotten. 'I was the eldest of nine children. My parents had a child each year for nine years. *When the last baby was born my mother was diagnosed with cancer and given a month to live. My father worked on the railway in Townsville and didn't know what to do. He was told to take her to Mr Ernst Kjellberg the Chiropractor. I remember walking in with my sick mother and as I was the eldest of nine I was holding the baby.*' He then starts crying outside the courthouse and all these people are walking by looking at us. He continued to say, '*I have to tell you doctor, Mr Kjellberg took my mother and treated her and she recovered. She was 29 years old at the time and died at 89 years and without chiropractic we would have lost 60 years.*' Well I was crying now and here we were hugging each other in the street. We were there for about five minutes when he said, '*You chiropractors need all the recognition you can get.*' As I recall this story I am crying again, it was so poignant.

### The Parker Seminars

We went to the *Parker Seminars* regularly on weekends when we lived in Canada and from Australia we went at least once per year whenever time and money permitted. At the Parker seminars I met so many interesting people whom I learnt from. I recall this one *Parker Seminar* in Dallas where I sat next to Neil Davies who became one of the most prominent people in Chiropractic Paediatrics and Karl Hamilton. He was an American practicing in Queensland who saw 500 people a week and was another one of my great teachers. They were the first two people I met from 3,000 people who attended this seminar.

*Parker Seminars* were so popular and it was where you went to learn about being in a Chiropractic business.

Jim Parker used to say that if you don't make 10 times more than what you do now than you have failed. Well we did indeed follow his advice and made more than 10 times.

In 2003 we were asked to bring Parker to Australia. We discussed that it had to be on the same principles as *Dynamic Growth* and we needed to have speakers that connected with Australian audiences. We did this every second year and it has just stopped as recently as six years ago. There were so many great speakers and people attending so positively minded.

We were keen to learn so we frequently attended *The Living Principles* seminars in the USA which were much more philosophical and we met the best people. For me the 1970s to 1980s was a golden era when people really made things happen, an era that made a huge shift.

### Dynamic Growth Congress

Our creation of *Dynamic Growth* gave chiropractors at the time a great sense of unity and helped the Australian chiropractic community band together to share and grow as chiropractors. DG ran for 30 years until 2018 and I was a speaker with DG for 29 years.

I recall in 1995 it was the centenary of Chiropractic and we had nearly 1,000 people registered for the *Southern Cross* in Melbourne as there was nothing big enough on the Gold Coast. There were over 1,000 people for the dinner a credit to Judy's planning for this success. I got Deepak Chopra and chased him up with 30 calls as I knew he was coming to Australia. No speaker was ever paid for DG they all just gave their time. It was such a magical event and a magical time. I am sure people of this era who attended will remember the group singing we did.

Judy and I learnt a lot from Kiyosaki. He taught us a lot about singing and how singing reduces stress levels. There was actually an experiment done on a choir which showed raised oxytocin levels when singing. At the DG events oxytocin was pumping and people left the event feeling like they were flying.

### The People you meet

I have amazing experiences etched into my memory forever from the people who became my teachers and mentors. I will never regret the time I spent learning from these amazing Chiropractors. These teachers loved people and were dedicated to imparting their knowledge to improve the lives of others. We met the types of people who went the extra thousand miles and learnt from them.

### Reggie Gold

Another person I remember fondly is Reggie Gold who was right out on the edge of the profession. He would argue with any medico. He thought that if you adjusted anything other than a spinal bone you were a 'mixer'. Reggie had a lecture series and I learnt so much from him about how to speak with people, what to say and how to relay information about Chiropractic. Reggie had stamina and I would see him at seminars at the seafood buffet talking with people from 7pm until 3am.

### Dr Vern Pierce

I was told to not miss out on the presentations from Dr Vern Pierce as he was getting great results with his technique - *Pierce-Stillwagon*. At 9pm at night Dr Pierce came on. He looked like Danny DeVito and he didn't stop til 3am. He spoke about adjusting one thing and if there was any doubt to wait. That is why he always got the results that he did. He spoke of a special way to do x-rays and how to use the derma-thermo graph. We bought and marketed the derma-thermo graph in Australia and also became certified teachers of the *Pierce-Stillwagon* technique for Australia and New Zealand. He had a big impact on our practice and our lives.

Dr Pierce was outrageous and got away with things that others would never dare. Pierce didn't use to have an appointment book and people would just queue to see him and they would be out the door and down the corridor. Once a year Judy would go there for a week and this time her bag was lost. Well Pierce had a nun who worked for him and she lent Judy her gown and habit and Judy worked in this for one week. Talking about working undercover.

Another time Pierce noticed some excrement on the floor of his practice. He was so outrageous he made me go and lift everybody shoes to see who had brought in the mess. Well we found the

guy and Pierce pulled him outside where there were high banks of snow. An hour later this guy comes back and I asked him why he came back. He told me the Doc cares and described to me that last year his mother had a heart attack and the paramedics wouldn't come but the Doc came and bought her back to life and she is still alive today. Pierce would go out at night and do house calls even in a raging snow storm. He was an outstanding man who died at 64 years of age.

As Chiropractic was still new in Australia years we taught *Pierce-Stillwagon* technique for 12 years. The demand to learn was high and we were approached by chiros in Melbourne to teach and this started another business we didn't plan on. We got approached to do coaching and mentoring and in 1994 we left practice as we were doing up to 35 weekends on the road. Powerful Practices ran for 20 years it was a big part of our life.

### **The fight to use X-ray machines in Australia – Felix Bauer**

I recall a story about our fight to be licensed to operate x-ray machines in New South Wales. Felix Bauer a radiographer in Sydney developed x-ray techniques for larger people and he was highly reputable. If you remember these were the days of Bex and it was readily available in milk bars. You could send a 4 year old to buy some for you. Felix one day asked a medical board - how many Bex powders would it take to kill you? The answer was if you were given 10 it would kill you. Felix mentioned that taking a lateral cervical film 60,000 times would kill you, and to imagine how long that would take. He was a great influence and thanks to Felix, we sat the same x-ray exam the medicos did to get the licence. In the end we got an x-ray machine into a small town called Forster in Australia where we had our first practice and we were the only ones who had one in the town.

### **Meeting a great mentor – Charles ‘Tremendous’ Jones**

In 1977 we have a great friend who we met at the *Living Principles* program, Charles ‘Tremendous’ Jones. Charlie was one of the leading platform speakers in the United States. He had always wanted to come here, so we asked him and of course he agreed. There was no trouble moving ticket sales to everyone including patients and we got a large crowd. Charlie spoke about – *A Salute to Chiropractic* - at the University of Queensland.

Charlie was accustomed to speaking to large audiences of thousands. He was a 6 foot 6 larger than life character and his style of presentation was sometimes outrageous and audiences liked him due to his animated and entertaining style. My part was to introduce him and then go down the stairs at the UQ hall to a vacant seat in the front row. Five minutes into his presentation Charlie starts talking about me. He went on saying, ‘*Hinwood thinks he is a big gun.*’ He then walks off the stage and says, ‘*I am going to tell you the truth about Hinwood.*’ He grabs me by the lapels shaking me to such an extent the chair broke and collapsed and I fell on the floor, bits of chair going everywhere.

True to form Charlie goes back on stage as if nothing has happened, half of the audience is stunned and some were in laughter. He delivered the rest of his presentation - *Salute to Chiropractic* - and for the first time many people understood more about chiropractic and how it can improve your life and health. The master had completed his task for the evening - a never to forget experience for all present. Charlie returned to Australia many times.

### **Expect a Miracle**

On one of our USA visits in 2008 we went to see Charlie and his wife Gloria in Harrisburg Pennsylvania. Charlie was also a publisher and asked me if I could please write a book called – ‘*You can expect a MIRACLE ... The book to change your life.*’ The reason for his request was at that time I was personally handing out little white cards to 50,000 people with the words ‘*Expect a Miracle.*’ Those cards had nothing on the back no address, no phone or name details, however



somehow people started to find me. We had a website called - *Expect a Miracle.com*. People started sending me stories about miracles happening in their lives after they had received these cards. I gave permission for people to print these cards as much as they wanted.

Charlie became quite unwell in the first part of 2000 and he asked me to get a hurry on with the book as he had cancer and was in palliative care. The head of IBM and many corporate executives all went to visit Charlie in the last few months. He had made that much difference to their workforces. I got a hurry on and compiled the book of at least 120 pages. It came out with stories of miracles of life, miracles of sport, family etc. All the stories that people passed on to me and those I had witnessed. The book came from the printer six weeks before Charlie passed on.

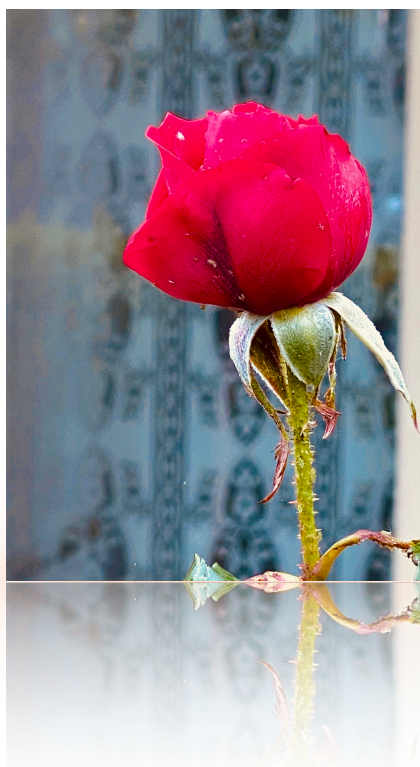
He sold his books with 1% markup as he noted: there are 2 things that make you different from today and that is the people you meet and the books you read. Chiropractors were unable to have written testimonial books on display in their practices so my idea was to hand out my book by the thousands instead. '*Expect a Miracle*' became an international best seller with 6 versions published and 4 best sellers.

Being so close to Charlie and being our mentor we spoke to him every second day of the last three months of his life. On the last day of his life we spoke to him early in the morning Australian time. In a crackly voice Charlie said, '*Are you there John?*' I replied, '*Yes.*' He continued to whisper in a low voice, '*Is Judy there? You have to remember to never let go of her. I still have Gloria, I needed a good nurse. You might need a good nurse like me one day.*'

Judy and I have travelled many roads and how we found our first home after returning from studies in the USA says a lot about my life. We landed in Adelaide and went touring around the coast knowing we would find a spot where we could start our lives again in Australia. Foster was that place and it was as if something was guiding us. Our journey has been guided by a heart feeling.

I recall this at 74 years of age at a point in my life where I am lying in the palliative care ward of *John Flynn Private Hospital* at Tugun on the southern end of Australia's famous Gold Coast. In a magnificent room with ocean views, whales breaching in the sea I am enjoying my last days of life in a serene and peaceful way with Judy by my side.

My life is ebbing and flowing, getting me ready for my next journey where ever that may be, to love care and nurture as many more people as I possibly can whether on planet Earth or in another realm.



A selection of John's books

Dr. John Hinwood AND FRIENDS  
**YOU CAN EXPECT A Miracle**  
WITH CHIROPRACTIC

"The goal of this book is to inspire. It is to remind you of your talent, innate capacity to heal. Every person waiting had a choice. They chose chiropractic with amazing results."  
— Dr. Gerard Clark, D.D., President, Life Chiropractic College and School of Graduate Chiropractic

Dr. John Hinwood AND FRIENDS  
**YOU CAN EXPECT A Miracle**  
UNEXPECTED MIRACLES

"Reading this book makes me smile over and over again. I have a well as the reason for you. Life is not a miracle. When you expect them, they come often. This book will help you make more of them in your life."  
— Dr. Robert Coleman, D.D., President, Chiropractic College of the Bible

Dr. John Hinwood AND FRIENDS  
**YOU CAN EXPECT A Miracle**  
YES, YOU CAN

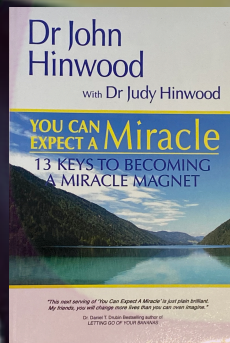
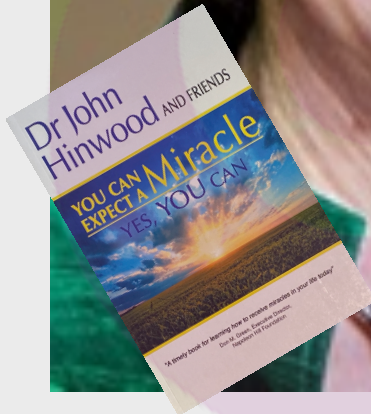
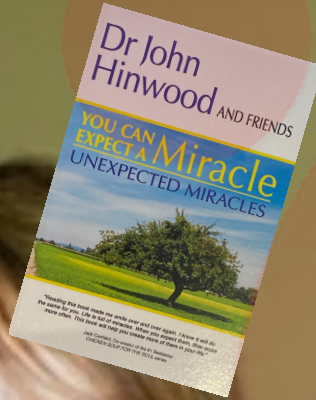
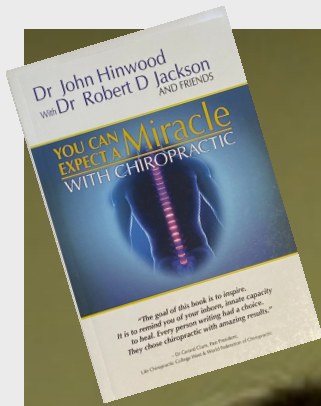
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Dr. John Hinwood  
**YOU CAN EXPECT A Miracle**  
201 MIRACLE MESSAGES FROM A TO Z

"Dr. Hinwood, please to know that when the most challenging of our patients read this book, they will be able to see the miracles in their lives. Dr. John, you are a miracle worker!"  
— Dr. James T. Dukes, D.D., President, Life Chiropractic College



## Dance in the Rubbish and you will go to Broken Hill: Karma in Pyjama

There is little as joyous as talking face to face with a colleague. In today's hyper-connected world it is easy to Twitter, SMS, email, Link, even bare one's bottom in that dreaded cesspit called Facebook. But F2F takes time and effort.

A couple of years back the words that form the title of this piece summarised an extraordinarily funny story told in F2F conversation with this writer by a chiropractor. In the true Aussie tradition the story moved through layer after layer of drama then humour to hit the punchline. This writer has struggled with finding a way to share the meaning and learning enveloped in a seemingly stupid saga. A purpose was found in a certain television program made months ago using public money but broadcast only recently.

The story above of the title seems to talk to pompous self importance, where a power-game can be played as an admonition in an attempt by an ageing traditionalist to control a young, free, spirited mind. It is these young minds that attract the Karma because they don't know or accept boundaries.

From another perspective it talks to bullying and there is no doubt in this day and age a professor experienced in one field assuming authority in another where he is so out of his depth is not only bullying, it was an embarrassment to watch on Catalyst (ABC1, broadcast 11 July 2013). The associated threats against educational institutions that may teach something he fails to personally comprehend are also classic bullying and will be seen as such by universities and government.

Interestingly his opinion was delivered in a vacuum of evidence. Perhaps this was a wise move as the one thing worse than pretending to have evidence is to actually have it but to have not read or understood it. The chuckling neurosurgeon who grasped at a paper written, incidentally, by a team that included a noted chiropractic academic from a reputable chiropractic educational institution, failed to mention that the first adverse event listed, a fatality, was associated with treatment from a physical therapist, and that another, a neurologic deficit, with a medical practitioner. And we've not even noted that

some supposed adverse effects from chiropractors were simple discomfort after treatment, nor have we spoken of how long ago those very few events occurred that were reported in that paper.

However if there is one thing worse than bullying from ill-informed fringe dwellers with the crystal clear agenda of self-preservation and empire building at public expense, it is bullying from within one's family. A current example could be that of a Canadian-based body of sports chiropractors where integrity and respect for the sovereign right of the national association in Japan, where there is fully-accredited chiropractic education, does not seem to be the guiding principle.

Eclectic self-empowered groups from the Far-West should not think they can gain commercial advantage in advanced, balanced societies such as those in the East Asia region, the world's most populous and prosperous. Only bullies would walk over the well-structured systems of learning that exist in these countries. We are fortunate in Australia that our sports chiropractic interests are led by competent individuals of the highest integrity and repute.

Another example could be found in the the United Kingdom where a certain group of elitists embarrassed itself by digressing on an ill-informed tangent. Given that the peak global body, the WFC invested in a responsible process to determine and describe the Identity of Chiropractic, work that is quite rightly endorsed and supported by many associations and institutions around the world, it seemed inconceivable that one of our family would attempt to deny chiropractic's ownership of the central premise of our discipline by suggesting subluxation is merely an historical concept.

The danger of this kind of thinking has nothing to do with the concepts themselves and whether or not they exist. It is about closing down intellectual discussion and exploration. And to every scientist, this is the untenable attitude of the Crusades.

If everyone accepted the world was flat because the church said so, or that the world-wide market for computers was two or three because IBM said so,



then we wouldn't be traveling in space today and this writer would be using quill and ink instead of iPad to write this. One excuse for the UK returning to the dark side of intellectual reasoning could have been their tattered economy and decaying society. Thankfully the rest of the chiropractic world continued to move forward and viewed such an anti-intellectual position as dunderheaded irrelevance.

However these behaviours of political rudeness, cultural vandalism and anti-intellectual thinking beg the question, can we really achieve unity with disunity?

We can start with the care of children. We would like to think the current emergence of experts in the field of paediatrics and peri-natal care is the expected signal of professional growth, perhaps secondary to critical mass. Given the evidence it is hard to understand why one of our own family could be critical of those who do the extra work to become expert in this field. Thankfully, the CAA now has a Clinical Interest Group to bring the experts together and establish a definitive professional pathway.

The same may be asked about functional neurology; why aren't the concepts a fundamental learning element within pre-professional chiropractic education? How can some of our family possibly

think of chiropractic as being only for back pain? Again, your association now has a Clinical Interest Group to bring the experts in neurology together to create a stronger clinical presence for the profession.

As a profession we have come to learn so much more yet most educational institutions appear reluctant to embrace new directions and content. Is this a bad dream or have our educators been asleep on this question?

What does the chiropractor next to you think? And what did the young mind associated with the title of this piece do? Danced in the rubbish of course and yes, he was exiled to teach at Broken Hill.

It is a wonderful thing to share the stories of our country's pioneers, and of course, to sit with a colleague in their clinic and share their stories of today. This writer is blessed to be able to do this in a variety of countries. It is a wonderful way to take the pulse of the profession and to learn of new things your colleagues feel should be done by its educational institutions and its elected leaders.

Who will you have dinner with tonight? What will you learn about them? What stories will you both tell?

More important, who will you laugh with?

**Phillip Ebrall**  
Assistant Editor



A love letter from a colleague

30/9/2020

Hey John! I heard that the flame is flickering! Thinking of you --- what a bugger of a time!

Now, THANK YOU for your humour, support and advice from way back in the Springwood days when I would observe you in practice, through DG and all of our political and professional battles. We got a lot done - thanks greatly to your enthusiasm and connections.

It's my turn to pay it forward now and I actually have a student here doing his 100 hrs as I write.

I won't miss the pale blue safari suit, but I will miss the hugs and your unwavering support.

Travel well my friend



With the writer's permission



## emails to John

compiled by John, 28 September 2020, and published on his express request

It would be remiss of the *Journal* to not preface these intimate, personal notes to John by stating that it is John's express wish these be published. In our conversations he stressed this was not about him, but about the magic of the *Miracle Mindset* and its empowerment of so many, of which the following are a very small sample, to in-turn empower others.

We all carry John in our hearts in our own way. These words are probably a poor expression of this, however they serve the valuable lesson that is to identify a purpose and live it with all the passion and energy one can muster.

phillip

Dear John,

I hope you are coping well these days.

I just wanted to write to say thank you. To me, you are and will always be a shining light for Chiropractic, having been instrumental in its growth and development in Australia. It will be all of our duties to carry on your legacy to nurture this gift for humanity that we all have had the privilege to be part of. Your dedication and commitment to remain steadfast as a protector and Governor of our institution in times of great adversity is why we have flourished against our detractors and your friends will see that the trials and tribulations you went through will be fought for to our last breath, for the truth and betterment of society.

Beyond that, there is something even more personally meaningful to me. You see, my Dad (as much as I love him) never showed that much affection to us growing up and I found it quite strange and uncomfortable the first time we met and you kissed me hello. But I felt the love and there is nothing more natural than sharing our love for each other. I have three children, Madison 13, Alexandra 11 and Nikolai 8. I make sure I kiss and hug them all, and especially my boy as often as possible, letting them know that their Dad kissing them is a symbol of my unwavering love and commitment to them and I will continue to do it all my life without hesitation. You were a part of that conscious decision and your impact on my family will hopefully last well beyond my time. You don't know how much that means to me.

I love you John, and simply can't thank you enough. Because of you, I don't wish for miracles, I have experienced them and expect them.

Marty



Hi beautiful friends John and Judy,

Sending much love and light at this time.

John, it was just last weekend that I was at a chiropractic gathering in Taupo and your name came up in appreciation and acknowledgement.

We were all reminded of the lasting positive impact you have made with so many of us and the ripple effect that continues to reach and nourish many corners of humanity.

Thank you for all you give and have given to light the path for others to shine.

Rest with ease my beautiful friend. I love you both very much.

x Vikki



Hi John

So sorry to hear that you aren't travelling well at the moment but I know that in your true style you will be doing your very best to stay positive & overcome this set back. I know that we haven't always agreed on direction for the profession but i have always enjoyed our discussions & the companionship of both yourself & Judy.

Take care & get well soon!!!

Mark



Hi John. I hear that you are being challenged at the moment. I just want to let you know that you have had a lasting effect on my life and my career. You are a great man and I have always enjoyed your company- even though you support the Wallabies. Kia Kaha( stay strong) LLL Nick Laurie



Johnnie,

Checking in to see how you are progressing. Trust you are still benefitting from being closer to the water and ion filled sea breezes.

No one I know can ride positive energy like John Hinwood. Give Judy a hug for me.

You have influenced so many for good, in and out of the profession.

I just pictured the NVP precession picture of dropping a pebble into the 'pond' creating waves 360 degrees.

Thank you for dropping a bigger purer most energetic rock into the Aussie and World ponds, creating massive waves for Chiropractic.

Your mate,

dougie

ps. Jesus loves you and so do I



Good morning john from Ireland

I hope you're not feeling too badly. I heard from Paul Pringle that you're not well. Just wanted to say I'm thinking of you and Judy and wishing for the best outcome for you, whatever that is!

Kevin



Thinking of you both. Never give up. Stay connected with the universe or god or what ever.

LOL

Jim and Therese

Hi John,

Just heard that you are laid up matey.

Now this is not like you old son so I am sending our very best wishes and our heartfelt prayers to both you and Judy at this time.

We will continue those prayers, I promise.

Good luck with your fight John and as well to your partner in the ring.

Love,

Ray and Jan



Hi Judy

Jim Ainsley notified me that John is in Palliative care as a result of Mesothelioma of all things! I am so sorry to hear this news.

Our thoughts are with you! Please pass on our love to John if he is well enough. What Hospital is he in?

Love

Doug & Lesley.



Hi John,

Paul Pringle just emailed me via Sam Pinkerton with the update.  
Thinking of you and hope things work out

Best regards

Tez



Hi John,

Sorry to hear of your struggles with your health.

You will be sorely missed by your family, friends and the profession.

Thank you for all the enthusiasm, kisses, encouragement, technical and business skills, not that I liked being kissed overly much.

When I graduated having Judy and you so close made my transition to a practicing chiropractor much easier and you taught me many things.

I wish you well and a peaceful transition to whatever the future holds

Thank you for all that you have done.

Mark



Dear John,

I have just learnt of your health battle this morning from Chris Hart.

I wanted to take this opportunity to wish you well on the road ahead. A life amazingly lived from where I'm standing! Congratulations on the contribution you have made to so many in this world. Like the pebble in the pond, your ripple has reached far and wide, and will continue to do so long after you leave us.

I both admire and aspire to such a great legacy.

Enjoy Your time with Judy, family and loved ones.

Know that I am forever grateful for the contribution you have made in my life, and for so many others in our great profession.

Much love,

David



Dear John.

I'm sending you my love and blessings. I don't know if you will get to read this, but you have left a mark on me that will last my lifetime. The blessings and contributions that you have given to chiropractic in Australia and too many thousands of chiropractors around the world can not be measured.

You are a mountain of a man. love you

Damian x



Dearest John,

I hear you have been crook? Bugger.

In all sincerity, I was deeply saddened by the news of your challenges.

But then, I started thinking of you and how you have influenced our beloved profession and me personally. I became happy again.

Your involvement as a practitioner, an entrepreneur, an ambassador, and just a bloody good bloke has transformed the profession and me.

I have you to thank for my involvement in the ASRF and that bloody Trade Exhibit - which was nearly the death of me, but I consider it one of my contributions to the profession. Did you know, the Trade Exhibit contributed more to the coffers of the Foundation than DG registration by the time I really hit my straps? Sad but true.

We had to keep that quiet as the Exhibitors (including your good self of course!) would have had me burnt at the stake! At times, I needed your wise counsel for many things but dealing with cranky Exhibitors provided me with the impetus to continue. In a particularly sensitive situation with one Exhibitor, you told me to tell them to "*Fuck off*".

So I did. "*John Hinwood told me to tell you to fuck off*". It worked perfectly.

We had some good times John and I am forever indebted to your legacy. Your memory and your teachings will be long remembered and utilised. It is not often in one's life a prophet crosses one's path. You had a message from a higher being that you passed freely onto others with joy, gratitude, and purpose.

Enjoy what is left of your time here. The messages you receive will give you strength to continue to provide your greatest legacy regardless where you are in our lives.

It has been and will continue to be, an honour knowing you John.

With love and gratitude

David



Hi John,

Sorry to hear of your struggles with your health.

You will be sorely missed by your family, friends and the profession.

Thank you for all the enthusiasm, kisses, encouragement, technical and business skills, not that I liked being kissed overly much.

When I graduated having Judy and you so close made my transition to a practicing chiropractor much easier and you taught me many things.

I wish you well and a peaceful transition to whatever the future holds

Thank you for all that you have done.

Mark



Dear Phillip

Please pass on my support for John. He continues to be an inspiration for chiropractors in Australia. I was impressed when he and Judy first exploded onto our profession, particularly as he came from CMCC. At that time they had been exposed to a high degree of medical thinking, but maintained a higher degree of a more natural way. Thank you John for all you have done. Where would we be without organizations like ASRF?

I hope that his present care keeps the spark glowing.

Hart and Liz.



Hey Johnno

Just heard from Paul Pringle that you are in hospital! Is that right? Where? Up for a visit?

Love Keith



Hi John, Judy and family

Would like to firstly thank you for your astronomical contribution to our profession. You both have taught me a lot. I continue and will continue to teach others my learnings from you both.



John I have just learnt of your tragic news. I am saddened to hear this. I am forever grateful that I had the pleasure of knowing you and learning from you.

I'm sending my love to you all.

Always in love, health and happiness ❤️

Hazel



Dear John

I heard the news of your challenges just these past few days.

Bec and I send our love and prayers to you and your family for the difference you have made to the world and the growth we will all continue to have as a result of knowing you.

Slainte and much love

Ross



Dear John,

Yes that is a most sincere dear.

You have often wondered through the forecourt of my mind.

A great fellow whom many admire and love.

Sincere best wishes

Michael

Our prayers are with you and your family at this difficult time

Marie



Hi John

I have just received an email from Phil updating me on what you are dealing with right now. You have the love and support of the entire College, its faculty, professional staff, and its students. Your contributions to our library sit in reserve and are still recognised as yours and Judy's.

As a new graduate with very little understanding of chiropractic I traveled to DG in February 1997 and saw you for the first time. I remember it clearly. It was one of the first times I had seen passion for chiropractic on a stage and it has left an indelible mark on me. Your coaching in the early 2000s pushed me to establish my first practice and I still reference my 'sticky note' values list from back then. You have been one of the masons who have built the foundations of my career. I can never thank you enough. I hope that in some way the College will give just a little to these budding chiropractors of what you gave to me

I trust we will see each other soon.

Love

Patrick



Dear John

I have just been made aware of your circumstances and I was completely taken aback by the rapid and aggressive nature of the progress of the illness. Thank you for your contribution to the Chiropractic profession in Australia, we are all better off for you having been involved. While we have not always agreed on how things should be done, I have always admired your passion and drive. God speed and please know that both Colleen and my thoughts and prayers are with you

Sincere best wishes,

Andrew



Dear John

I just wanted to let you my prayers are with you, Judy and your family.

Much love

Anthony



Dear John,

I've just received Phil's email.

Megan and I send you, Judy and the family much love.

My multiple copies of your expect a miracle card and books adorn my study space, practice space, and home.

I'd love to have a yarn - can I give you a call tomorrow am sometime?

I've just been for 9 holes of golf with my son Hugo (5), Dad (77), and Uncle G (65). Hugo is starting to whack the ball well! Uncle Nev is staying next door to Dad and Mum's in Wamuran at the moment. Family is important.

Big hugs

Matt



Dear John & Judy

Phil just told me of your situation! What a shit place to be in is an understatement! F#%\* asbestos!

FYI: Phil used to be a patient of mine in the Alice.

Not sure what to say except a most sincere thank you for your friendship, your creativity and your service to our profession and to the vitalistic health movement world wide. You most certainly have made a difference and how many people can truly say that in life??

Our thoughts & our prayers are with you both and the strong never know what life can bring, if anyone can beat this shit thing it's you! Hang in there baby!

Much love and appreciation from an old friend on this side of the pond

Paul & Maxine



Hi John and Judy,

I had no idea or awareness that John was even sick. I don't even know what to say, but having walked the journey with Glen so far I have a slight understanding of the process.

You have both contributed so much to the profession and I am in awe and appreciation for all you both have contributed. I know John was always the front man And Judy was always there in the background to support as an amazing team. I am sure that is still the case, and Judy I understand how tough that journey can be.

When you watch someone have difficulty breathing it is really traumatic to comprehend. Glen was extremely blessed to have a disease that was treatable by Transplant that has given him another three years so far of life. One thing I would take away from John's teachings is that if you have an opportunity take it As you never know whether you will get that same opportunity again. I learned a lot as a chiropractor and person from John in particular with coaching and as his friend. He somehow manage to fit everything in and I learned that if I got better at that then I could to achieve more.

John had a cracker of a sense of humour, and always a good story. I hope John you are documenting all of them to look back on and laugh through these tough times ahead.

I am sending love and good thoughts and I know there are never any appropriate words to go with that.

Love Tracy



Dear John

Thank for all the things I learnt from you early in my career. Your guidance was influential.

Thank you not only for the things I use but for exposing me to things I did not like or that I found were not ethically congruent for me.

We may not have agreed on many things over the years and our approaches to life have been different. But know that I respect you and the many positive contributions you have made.

As you may be aware I am an atheist and I believe that any afterlife is the effect you have had on those around you. Like waves in an infinite pond your influence will continue to resonate for a long time to come.

Again a simple thank you from someone who is a better man for having known you.

John



Paul, now in Ireland

I'm so sorry as John is not only a good friend but an immense presence in not only Australian Chiropractic but internationally. I wish him God speed on this journey we must all take and Judy the strength to see this through. We will all miss him and his presence in this profession.



My thoughts and prayers are with John, whose presence here in the States has meant so much through all my years contributing to the chiropractic profession. In an age when we seek inspiring figures rather than the buffoons who plague our political system, it is such a relief to think of all that John has meant to us.

Tony



Dear Mum, Uncle and Aunty,

I passed my final exam today with flying colours and am now officially a Psychotherapist.

What a journey, 4 years of study and growth. I must have been close to dropping out a dozen times and even doubted I'd get through from the start.

Hard work, trust and perseverance got me through to tea, what a wonderful cup of tea it is.

Driving to my exam today I got very teary, all the wonderful people like the 3 of you I have in my life who support me, love me and never gave up on me. Plus the fact that I knew deep inside that I'd done my best and that it was plenty good enough. Not only that but a feeling inside me which said that I'm bloody good enough as I am and that I know that I'm a very good therapist without the exam.

I would have loved to have had you all waiting for me with Laerke, Matilda and family when I got out of the exam to share this with me, yet I felt your presence, love and support.

With love and gratitude

Chris



Dear John,

I was so sorry to hear of your predicament at the moment, and I trust that it is just at the moment with one of your miracles pulling you back around.

I have fond memories of you warmly welcoming me to a conference in Canberra some years ago – one of the pleasant reminiscences over my years in the profession.

You sure made your contribution to the profession and to patients - you and Judy made a great team over the years.

Also hope the attached might give you warm positive thoughts. It is one of the most pleasing emails I have received.

I don't know what news or scuttlebutt I can pass on that you would not have heard. But I just wanted to wish you all and best as to say 'Hi'.

Warmest regards,

Peter

