

**Every Wednesday, the Sun-Times Business Section features a mystery occupation. See if you can guess the job before the end of the interview.**

**Why did you choose this work?**

My sister had terrible migraine headaches, and she saw all kinds of doctors without success. One of my neighbors suggested another option to my mom, and she pursued it. That was in April 1981, and by the beginning of August, not only were the headaches better, they just stopped, and she had had them her whole life. I just said, 'That's it. That's what I'm doing,' and it was pretty unpopular back then. In 1981, if you went into my line of business, you were a complete nut case. I just thought if I could help one person with headaches the way he helped my sister, I would consider myself, like, I've gotten there; I've done it.



Amelia Case, DC  
(Jean Lachat/Sun-Times)

**What was on your wish list when you started?**

I wanted a group of people dedicated to offering options to surgery and drugs. I started wishing I had a massage therapist here to help me, a physical therapist. Then I started hiring those people. We have a medical doctor who does consultations. He can talk about drugs, but he doesn't do any prescribing.

**What are some other services available?**

We have a guest clinician that does this sort of interesting hands-on energy medicine. That's quite popular. He's a board certified medical doctor in family practice, internal medicine, but his background also includes a focus on how to use the hands energetically, something like an Eastern kind of Chinese energetic work, but without the needles. We have guest clinicians who practice interesting kinds of work, herbal work, nutritionists and a naturopath. We sometimes have guest foot-reflexologists.

**What's the profile of the folks you see?**

Usually it's somebody who's unsatisfied with the results that he or she has gotten elsewhere. They're real people who have to work, who have families. They want to have some fun, and they're either being held back by pain or restrictive performance, and it's affecting their productivity. They can't work, or they can't play, or they can't do both and they're sick of that.

**So pain is a major focus area?**

Yes. Neck pain, back pain, headache and then chest-related pain, everything that has to do with the knee and below the knee, everything from arthritic pain and bunion pain, digestive-related pain, sinus pain.

**So, what's been your track record on headaches?**

I've probably taken personal care of around 6,000 people, about half of them having headaches. There have only been two who didn't get better.

*Dr. Amelia Case is a licensed chiropractic physician and chief of staff of Chicago-based Universal Health Institute. The practice, which she launched in 1990, provides traditional and alternative non-drug and non-surgical health care services, including chiropractic, naturopathic medicine, nutrition, physical therapy, massage therapy, acupuncture and craniosacral therapy.*

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