

Richard Douglas, D.O.

I have been practicing Osteopathy since 2008 and graduated from the full-time course at the I.A.O in Gent. I now live and work in Breda. Originally from the U.K. I left the U.K. at the age of 22 to go to the Netherlands to follow my dream of becoming a professional cyclist. After realizing that it wasn't meant to be, I remained in cycling by working with the Rabobank cycling team from 1998 to 2008. During my time there, I realized there was more to be achieved than just massaging tight muscles, so I went down the path called Osteopathy.

However, Osteopathy didn't make that much sense to me; admittedly, starting a full-time study at 30 years old was a struggle. I tried to be smart by reading Still's Philosophy and Mechanical Principles before I started my osteopathic training in 2002 to try to get a head start; I quickly realized that I had no clue what this book was about and that it wasn't going to help me,

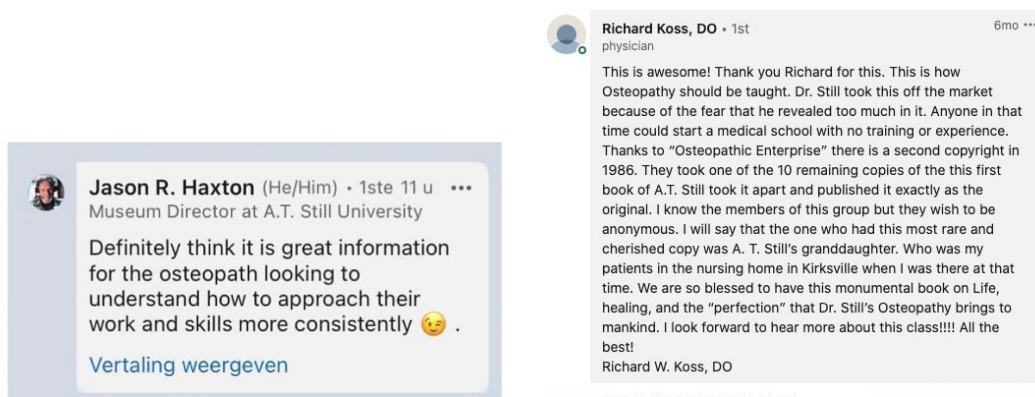
The book ended up on the shelf, where it remained for many years. In 2011, I met this young boy; he had wonky teeth, and his mother asked me if I could do anything to help her son. My only option was to say, I'll have a look and see what I can do. I saw something that gave me an idea, I changed something and something amazing happened.

I was disappointed by the explanations that modern Osteopathy was trying to give for these changes that took place between June and November 2011—changes that were clear to see. It was only in 2016 that I happened to start reading The Philosophy and Mechanical Principles of Osteopathy again. For some strange reason, it started to make sense. I began to realize that we can use Still's work every day in our practice and that we don't realize what we're missing out on.

Years of research, not into history, but words and what they mean, have opened up this world of Stills' Osteopathy.



Recommendations



Morphologicum

Maxilien R.G. Girardin D.O.m.R.O, Evost Fellow,

Prosector Anatomist Halle, Belgium, 02/02/2023

To whomever this may concern:

Letter of recommendation for Richard Douglas as a person, a colleague Osteopath and his course;
The Philosophy and Mechanical Principles of Osteopathy:
Part 1. A Nine-Year Old Boy with Wonky Teeth.

I know Richard Douglas for morethan five years, as a colleague Osteopath, a student in our post academic courses and as international speaker. I have heard and followed several times Richard Douglas in his speeches and presentations as this course was getting into its definite form, and wholeheartedly support the content as well as the conveyed message.

Richard Douglas has done a fantastic and very proficient job on this course. Within Morphologicum, we strongly recommend to the participants to place whatever they are observing or researching as a system back in its context (Spacetime). Richard Douglas has taken up the

gauntlet with this course and taken Doctor Andrew T. Still's language in the book: "Philosophy and Mechanical principles of Osteopathy" and revisited it with the only dictionary we know historically A.T. Still had and used in his personal library Webster 1828. Richard did an innovative precious exegetic work on the principles and philosophy as it was meant to be understood by the original author. This was even recognized by the Kirksville Museum director Jason Haxton.

Thus, I can only highly recommend Richard Douglas D.O. and his course.