

# DOCTORS MAKING A DIFFERENCE

**ADHD** ●  
**Wellness**  
**Expert**  
**Member #18**



**Name: Dr. Denis Alemi**

**Practice: Paris, France**

**Years in Practice: 17**

**Identifying Marks:**  
**Diplomate in Chiropractic Neurology**  
**since 1997**

**Claim to Fame:**  
**Helped an autistic child start reading in**  
**just a few visits**



Yannick Pauli: Hello everyone, I'm Dr. Yannick Pauli, founder of [adhdwellnessexpert.com](http://adhdwellnessexpert.com), the place where mentors spine-based chiropractors to become prestigious brain wellness expert in their community.

Today, I have with me a very special individual. He's one the doctors who went through ADHD Wellness Expert. His name is Denis Alemi. He is practicing in Paris, France. I asked Denis to come with us to share his experience on the Mentoring Experience. The first question that I have for you, first of all, welcome on the call, Denis.

Denis Alemi: Thank you. Hello, Hello everyone.

Yannick Pauli: The first question I have for you. How long have you been in practice, Denis?

Denis Alemi: I graduated in '94 in the U.S. I started practicing right away. And then I came back to France in '98. So since '94, it's been a long time.

Yannick Pauli: Long time. Yeah, we don't want to know how old we are.

Denis has the particularity that he did a Diplomate in Functional Neurology. How long have you been a Diplomate, Denis?

Denis Alemi: Since '90s. So I took the exam in '97, that's now been now 14 years.

Yannick Pauli: Okay. So basically, what's interesting with Denis is that he came into the program with already a significant knowledge about neurology and he had already taken care of children with ADHD and autism in the past. So it's interesting for us to get his perspective about what he got from the program.

The other question that I have for you is what has been part of this ADHD Wellness Mentoring Experience, what has it done for you as a chiropractor or as an individual? What are the main benefits that you got from it?

Denis Alemi: Seriously, a lot. Because again, the main thing that I see when I started this whole program was that you have done a great job being able to organize everything; meaning that lot of things that we've learned with the brain -- I was working with these kids and I was having a great result. But this was, again, something that was so much organized that actually allowed me to, again, organize all the information I had before and to be able to implement it even better, and to provide something even more for these kids. And the results, actually, have been good. Some of the kids that I've been following, which had tremendous effect before, are even doing better with the things that we implemented since the last three, four months that we have started this whole program.

### Sound Bite

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Yannick Pauli: Excellent. Cool. What kind of buzz—you know, when we start new things in the office, it always kind of create a buzz around for the patients and for the staff and in the office. What kind of buzz has that created in your office starting or presenting this program to the parents in an organized manner?

Denis Alemi: It is true that – because – I mean, I’ve always been very enthusiastic about what I’ve been doing with the patients. I’m always talking with them. So when we started implementing the program, I’ve been talking to a lot of patients and the funny thing is that patients that have been coming in for some time, they actually started telling me, “Oh, yeah. By the way, my daughter has this problem. My daughter is autistic.”

I’m like, “You have been coming here for two years and you never told me?”

And they were like, “Well, I never thought that this could have been any interest to you or you could have done anything.” One of them is actually the one that I’ve started this week doing an exam on. This is a bright kid, has huge autistic problems even though she’s been pretty fun when she was adopted and everything, a lot of problems when she was born first three years of her life and mom never thought about it; just by talking about that, just by seeing the kids coming into the office, I started having -- phone calls from people saying, “Yeah, I’ve heard that you do a lot of things with the kid.” So it definitely brought up a whole new buzz to the work that we do with these kids.

Yannick Pauli: Cool, excellent. After how long in the Mentoring Experience have you started seeing kids? I think, for you, it came pretty fast. Right? Within the structure of the program, how long did it take between the moment you started and the time you started seeing the first children within the program?

Denis Alemi: I think about three months after. I almost went till the end of the program to start because of the way it’s done; it allows you to go step by step. I’ve done that and at some point, I said, “Yeah, okay now, I can go and do the other stuff.”

So yeah, after three months, we started opening the whole thing and that was one of the other things about this program, is that everything was set up. I know that you do that in French also. It’s done in English mainly but that was also in French. So I didn’t have to do all the papers from the beginning, do the booklet in the beginning and translate everything

into French, everything was set up; just change some of the things, put my name, put my logo instead of yours, as you say we can. And I started presenting and giving to the patients, and studied the whole thing. So yeah, after three months, we were able to – I mean after three months, we started with three kids. That was great.

### Sound Bite

“The other thing about the program is that everything is set up. So I didn’t have to do all the papers, the booklet ... everything was set up; just change some of the things, put my logo on it and started. So after three months, we started with three kids. That was great.”

Yannick Pauli: That’s the objective of the course to make it as turn-key as possible for the doctors, so thank you for sharing that. Obviously, you already had tremendous clinical experience as a chiropractic neurologist, but what has the Mentoring Experience program done for you, for your confidence as a clinician to retake care of these children from A to Z?

Denis Alemi: Again, having the knowledge was already a great step ahead for working with these kids. But it’s always different from having the knowledge and putting it in practice. So, this program -- made me able to put a whole program setup for the kids, which was, again, A to Z, everything was done; so I was just going through that. I did my changes. I think that every chiropractor would be able to do their own changes on it. But to be able to implement it is a whole different thing.

You can go to 10 seminars and learn a lot of things but, as long as – you haven’t taken the time to organize it, put in a step-by-step thing and making the whole program for the kids, it’s not going to be usable. You won’t be able to use it at your office.

### Sound Bite

“It’s always different between having the knowledge and putting it into practice. You can go to 10 seminars and learn a lot of things but as long as you haven’t taken the time to organize it, put in a step-by-step, it’s not going to be usable. You won’t be able to use it at your office. ...  
With this program, from A to Z, everything was done”

This -- actually made me able to use it practically and start it, again, after three months, being able to start working with the kids, which was a big step, again, to give a lot of things at the same time. Also, I was not, I’m still probably not, very good with some of the other



aspects, nutritional and all these things and again, this program was a huge, huge, huge help for that.

When I give the booklets that you have prepared to the patients, I tell them again that this is done by this guy in Switzerland. I'm not even that good to know everything that he's talking about, but they're amazed and they really use it. They come back, "I'd never thought about all these things that could've changed this for my kids. I stopped giving him some of the things, I've started giving some of the things that I consider differently. So, yeah, it was mainly being really practical for working with the kids.

Yannick Pauli: Excellent. What kind of results have you gotten on the first kids that you have in the program?

Denis Alemi: I'll just talk about one of the kids, for example, who's an autistic kid. We have been working with him and he, again, has done tremendous -- has got really for us, tremendous results and a lot of things have changed. When he started the program, and it was like four or five weeks after, I was asking the mother, "So, has there been any changes? I know it's too early anyway. But after four or five weeks of doing this new stuff, is it any different from before?"

She was like, "Oh, it's amazing. Because he is talking really differently since he has been starting doing this program. Even the teacher has been telling us that there's few changes in the last few three weeks. I don't know what you have been doing, but now, he's the one in the class with all the other autistic kids who's starting to read the books to the other kids". So there's a huge difference for this kid with the language thing, so that really started to change on top of what we have been doing before.

Then, there's another one who's a hyperactive kid. Beginning when they started doing, for example, the Interactive Metronome, he was way off, then he was not able to do like 100 or 200 in a row. Now, the person who is doing that with him tells me like he does like 1500 in a row, no problem, without stopping, without looking or without doing things. So, he's being able to concentrate and go on for a long time without being distracted.

So yeah, I think that it's definitely a plus to all the other things we have been doing and it's changing a lot.

Yannick Pauli: Excellent. That's cool. I think, as chiropractors, we go into the field to really be able to help people. That's one of the main thing that we want, is really to be able to change the trajectories of those kids that are not pretty fun for them – if they keep struggling their whole life, so it's amazing.

On the other hand, there's the other side, the business side of it. Can you share with us a little bit; I know you've only been six months in the program. But what kind of financial return have you gotten from the payment that people make to come into your program, compared to what you had to invest to join the Mentoring Experience? And what kind of financial return you expect for the future for you?

Denis Alemi: To tell you the truth, it was not my main thing because I already had my office, which is running really good, so this is something on top. Again, the other thing is that I'm not spending that much time doing this. I'm still continuing with my patients. The only time that I take really is when I do the exam at the beginning which is that takes me about two hours to do that, actually, one hour because the other hour is being done with the person taking care of the kid, with the machine -- Interactive Metronome and tools and everything. So, it takes me one hour, and patients who come in, they have gone through so many of the other programs which kind of have helped them, and have spent so much and the price that we have set up is not too much. So they're happy and willing to do this and they're getting the results, they're happy and for the office, I would say, if I just continue like that, I will have to get those fellow doing this and that would be a huge... again, if someone is looking for income, that would be a huge income also, just doing this. I can definitely see that someone -- a chiropractor can only be doing this and having the good income, unless they do that on top of the office, and that's even more.

On that part also, I think it will be a good income for anyone who wants to do that, even though that was not my main thing, but yeah, if I really wanted to, that would be like having a second office.

Yannick Pauli: Okay, and thank you for sharing that because I think there's two important points that our listeners will need to take from what you just said. The first one is, when you get into the Mentoring Experience, you don't need to turn upside-down your whole office and only do that. It is something that you can just do and offer a specialty program, and you can still continue what you're doing as a chiropractor. It's more like an add-on to your current practice.

The second thing is that you decide how much time you want to put into it as far as the clinical practice because you have the opportunity to do, like Denis has chosen to do, and that we teach you to do, is to have what we call a Brain Coach, meaning you'd have someone that does part of the exam and that does a good portion of the brain-balancing for these children. So, thank you for bringing that up, Denis.

One of the last questions I'd like to ask you was what do you think being part of this program, what will it do for your chiropractic career in the future, especially as you go along? Do you have any plans to go into your community and position yourself as an expert on that topic? Well, what do you think it will do for your future?

Denis Alemi: Definitely. In the last few months, I've been going through this and I've been even more interested. I'd see all these programs on TV. They're just talking about people with their kids, autistic kids. It's like an urge inside me, it's like, "Oh, I have to get these tests and I'm going to say, "Hey, we can do something for you." I'm going to be setting up the whole thing first to call the associations who work with these kids, then call the doctors and specialists at the hospital who work with these kids, and even maybe set up a research program and see what we can do and show them actually what we can do because they have no clue. Obviously, they didn't know what a chiropractor did. So on top of that, they're like years away from knowing what we can do for these kids.

So yeah, that's the whole program. We're just having a change because our coach is working with kids. Actually, she's a young person, so she started working with kids and she got so interest and she's like, "Yeah, I want to become a teacher." She's starting to go to school next year, so I'm looking for a new one. I'm actually having one of their chiropractic students coming after school to do that because so that they can actually combine that and when that is set up, we'll really start to do the whole thing and going to the association, to the hospitals, doctors, and to the schools. There's so many of them. If we talk about -- how someone said, "Oh, yeah. In my kid's school, there're like five of the kids that are having problems. There are three other kids having problems." And there so many of these kids that need to be helped and the parents need to know that we can do things for them, that it's just huge, huge work to be done, and we definitely need to do that.

Yannick Pauli: Yeah. Now I think people need to realize that, that there was actually last month, a study that came out showing that 15% of the children, that's one in six, have some form of neurodevelopmental disorders. There was just another study out of South Korea that showed that one out of 32 kids had autism. So that's 2% of the population in South Korea. It's huge and we definitely have a big role to play.

Yannick Pauli: Alright. The last question I have for you, Denis. Would you recommend the Mentoring Experience to the other doctors?

Denis Alemi: Definitely. Again, one the aspects, first of all, it's extremely rewarding. Working with these kids is something that is just amazing. You always hear about how much these kids are nice, how much these kids are special and all these things and you realize that when you start working with them even more and be able to create those changes, be able to make a change for the kids and for the parents.

### Sound Bite

"It's extremely rewarding. Working with these kids is something that is just amazing. For the chiropractors, it is something to do; there's a little bit more work to do, there's little more things to learn, there's something to set up. But it is so rewarding. Again, just personally, for the office, for the things we can do. Also again, financially because there're so many of them that can be helped."

I have parents coming in. We have a meeting with some of the parents. I was telling them that you have to do exercises 15 minutes everyday, you need to do that; a lot of the parents' are like, "You can't even imagine what's going on. I have so many things to do, my work, my life, preparing the kids. I have three other kids. I don't know, you can't imagine, we can't find 15 more minutes."

There was this other mom who was there and she said something really beautiful. She said, “You know what? Before, I would spend an hour and twenty minutes with my kid,” with my 7 years old kid; it’s not like he’s a 16 years old kid; an hour and twenty minutes with a 7-year-old kid to do the homework.

And she said, “Now, we’re going through the program. We do the 15-minute exercise at home. I do the same homework. It takes me 20 minutes.” So, it is things that we really need to do. It takes more time in the beginning. But it makes me gain so much more and it makes things so much easier, that it’s worth doing those 15 minutes extra.

For the chiropractors also, it is something to do; there’s a little bit more work to do, there’s little more things to learn, there’s something to set up. But it is so rewarding. Again, just personally, for the office, for the things we can do. Also again, financially because there’re so many of them that can be helped.

So yeah, definitely, I would recommend and I have another colleague here in France who started also the program and we’ll try to combine things and try to make things move here more in France, but I know that it’s even much easier in the U.S. or other countries where chiropractors are more established.

Yannick Pauli: Great. Well, thank you so much, Denis, for taking the time and for sharing your experience so far. So, stay on the line, I’m going to say goodbye to our listeners.

Thanks everyone for listening. That was Dr. Yannick Pauli for ADHD Wellness Expert with Dr. Denis Alemi from Paris, France. Thank you for listening.