United States Sports Academy Alumnus and National Faculty Member Publishes Seventh Book

By Keith Ayers

When United States Sports Academy alumnus and national faculty member Dr. John L. Stump suffered a stroke in 1999, his physicians told him that writing would be good therapy to aid his recovery.   The chiropractor, professor, writer and scholar took the advice to heart.

Today, Stump has written nine books – seven since his stroke – and more than 70 peer reviewed articles. And he still continues to write.

Stump, a long time practitioner and advocate of chiropractic, acupuncture, and alternative medicine, lives in Fairhope, Ala., where he is clinic director of the Integrative Medicine Center. At age 69, he is still writing and serving his patients.

Stump earned his bachelor's degree in biological sciences at the University of Maryland. His background in athletics and in sports medicine led him to pursue chiropractic, and he earned a Doctor of Chiropractic degree from Palmer College in Davenport, Iowa, in 1976.

After getting his chiropractic training, Stump spent extensive time in the Orient, where he earned a Ph.D. in acupuncture research. He served as staff physician with the 1986 Asian Games and the 1988 Olympic Games, where he and his staff were in charge of chiropractic care for athletes.   It was at the Olympics he met then Academy President Dr. Thomas P. Rosandich, who encouraged him to come to the Academy, where Stump would lecture and earn two degrees: the Master of Sports Science in sports medicine in 1988 and the Doctor of Sports Management in 1998.

In the late 1980s, Stump moved to Fairhope to earn his doctorate at the Academy in nearby Daphne, Ala. He then joined the Academy's national faculty and opened his Integrative Medicine Centre in Fairhope.

"The United States Sports Academy had a much stronger academic program related to sports and sports medicine than most schools and my degrees from the Academy really helped me in my career," Stump said.

Stump was young, in excellent health and had none of the traditional risk factors for a stroke -- smoking, overweight, and high blood pressure -- when in 1999 a tumor on his right adrenal gland (Pheochromocytoma) triggered a stroke.

During his long recovery, he followed the advice to his doctors to write books and articles to help rehabilitate his cognitive skills. From this came the book, "A Stroke of

Midnight," published in 2007 by Alternative Concepts, which detailed his health setback and focused attention on stroke as a public health issue.

"My stroke started a burning desire in me to help prevent stroke victims after I did research for A Stroke of Midnight." Stump found that the South and Alabama were at the top of the stroke states in the United States and he wanted to help correct that statistic.

Also in 2007, Stump authored the textbook "Electroacupuncture," published by Elsevier. He then co-authored the textbook "Energy Medicine: East and West," published by Elsevier in 2010. In 2013 he co-authored "Applied Kinesiology Essentials: The Missing Link in Healthcare," by Gangasas Press, a textbook on alternative medicine. Next came "The Evolution of Acupuncture," published by Amazon.com in 2014, which focused on gaining acceptance for alternative medicine and acupuncture.

His latest work came in 2015, when Nova Publishers of New York published "Creating Wellness: The Integrative Approach, 2015," in which Stump and his coauthors outline how preventive medicine and wellness care can be used to curb the cost of healthcare in America.

These books, along with two earlier volumes " A Handbook and Manual for Practitioners," the professionals in sports chiropractic and acupuncture had written before his stroke, bring Stump's total book production to nine.   He is currently working on a new book of what caused the tumor involved in his stroke. He said his writing is a way of contributing health to future generations.

"My writing gives me another outlet for communicating with patients and students, which is something I have always loved," Dr. Stump said.