



# PROJECT KILIMANJARO: THE CLIMBERS

## **Dr. Jackie Doval, D.C., Human and Animal Chiropractor**

Jacqueline A. Doval is 47 years old and provides chiropractic care to dogs, horses, cats and people here in the Houston area. She holds a BS from the University of Puerto Rico, an MS from East Stroudsburg University and her D.C. from Texas Chiropractic College and became the first chiropractor in Texas to receive post-graduate certification in Animal Chiropractic from the American Veterinary Chiropractic Association. She has been in private practice since 1992.

A “military brat,” Jackie grew up primarily in Puerto Rico. She was the older of two children and recalls the pressure to be the perfect child with the best manners and top grades. She also remembers the pain of being teased and bullied because she was the chunky kid. Classmates assigned her the nickname “Jackie-the-ball.” At home, however, in a traditional Hispanic household, the culture dictated that fat kids were healthy kids; wide hips were beautiful; and the traditional high-fat, high-carb diet was good for you.

From a chunky kid to an obese adult, Jackie struggled with her weight, often eating emotionally despite her training in nutrition and sports physiology. For a few years she competed in body building; but her weight would shoot up again immediately after each competition.

One afternoon, a simple slip and fall fractured Jackie’s back. Even though the injury could have been career-ending, Jackie pushed through and used her knowledge to rehabilitate her back.

Yet, it wasn’t until a year and a half ago that Jackie finally got serious about her health and fitness when she realized that she wasn’t putting the effort into an exercise program because she was afraid she would “fail my trainer!” In her interview, she said, “Shana Ross helped me see, that in reality, the person I was failing was myself.”

More important, her now 11 year old son, “with my genetics,” is Jackie’s primary focus. “I’m the leader of my pack,” she states firmly. “I must be his example.”

As the group prepares to climb Mount Kilimanjaro, Jackie says she’s thrilled to be part of a team that may inspire other women to set a big goal and go for it. “I never thought I had a story to tell,” she says. But she does.

