

# **Dr. George Joseph Goodheart Jr.**

*August 18, 1918 - March 05, 2008*

Dr. George Joseph Goodheart died peacefully at his home on March 5, 2008. He was 89 years old. He is survived by his wife, JoAnn (Dutts), daughters Carroll Velie (Dennis) of Grand Rapids and Elizabeth Goodheart of Bend, Oregon; grandchildren Ted Velie, Brian Goodheart, and Chase Coyle, and in-laws Joseph and Eileen Dutts. He was preceded in death by his wife Catherine (Carroll), son Mark, and sister Shirley Metras.

George Goodheart will be remembered for his many contributions to Chiropractic. He possessed a brilliant mind with a holistic approach to health and medicine years ahead of his time. After attending the University of Detroit and the National College of Chiropractic, he joined his father, Dr. George Goodheart, Sr., practicing in downtown Detroit for over 30 years before moving to an office in Grosse Pointe. In 1964 he began a series of revolutionary observations about muscle function and health, which he introduced as Applied Kinesiology (AK) in a research manual, the first of over 30 he would write. Progressive chiropractic physicians around the country quickly recognized the groundbreaking nature of his work in the care and healing of their patients. The group, who called themselves "The Dirty Dozen", established what is now the International College of Applied Kinesiology, which has grown to more than 600 members in the U.S. and over 3,000 worldwide.

Dr. Goodheart and his wife JoAnn logged many miles traveling the world where he lectured to AK physicians, doctors of medicine, osteopaths, dentists and those committed to holistic healing. He received many awards for contributions to his profession but was most proud of his appointment to the U.S. Olympic Sports Medicine Committee as the first Chiropractic physician to serve the U.S. Olympic Team at the 1980 Games in Lake Placid. He was also featured in a 2001 TIME Magazine article entitled "Alternative Medicine Innovators, A New Breed of Healers."

Dr. Goodheart's intuitive ability to "listen to the body" and problem-solve patient concerns with a kind, thoughtful demeanor contributed to the success of his practice. "See with eyes that see and hear with ears that hear" was his counsel to other doctors, encouraging them to observe and listen closely to their patients before diagnosis. He was a consummate family doctor, who rarely tired of seeing patients and would often identify an abnormal gait of a stranger walking down the street.

Patients from far and wide sought his expertise, from ballet dancer Mikhail Baryshnikov, Broadway stars Carol Channing, Imogene Coco, Lorna Luff, Yul Brenner, politico Hubert Humphrey to oil magnet Adnan Khashoggi. He treated clergy at no charge, and it was not uncommon for him to receive payment in the form of vegetables or prayers from those who were unable to pay. Dr. Goodheart often remarked that he couldn't believe he was paid for doing something he so loved.

Dr. Goodheart proudly served his country during World War II as a member of the U. S. Army Air Force. He was stationed in France and England and never tired of telling stories about his day as a bomber pilot or reading the many chronicles written about the war. He was a Major at age 26 and was awarded the Bronze Star for inventing a bombing release mechanism.

Even at the end of his life, Dr. Goodheart will be remembered as a gentleman with unflappable optimism. He had a lifelong passion for tennis, and would remind opponents of his Detroit City

Parks & Rec. championships. He was still skiing in the Alps at the age of 83. His trademark Corvette and khaki suits made him recognizable throughout Grosse Pointe. He was a life member of the Grosse Pointe Hunt Club, Detroit Athletic Club and the Detroit Rotary.