

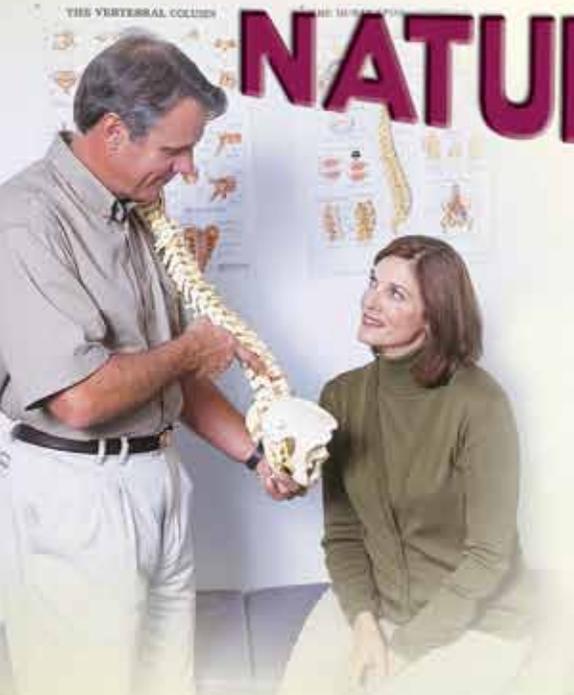
Chiropractic

NATURAL HEALTH™

Vol. 24, Issue 3

Chiropractic is “Proven”

NATURAL PAIN RELIEF!



Imagine how happy you would be if your family and your aging parents could **live pain-free, without worry over the cost, dangers or side-effects of drugs and surgery!!**

Everyone has their own definition of “happiness.” If you have ever suffered from severe, chronic or recurrent pain, your definition is obvious: **Happiness is living without pain!**

Don't Let “Pain” Take Your Joy Away!

You could have the ideal job, the perfect retirement plan—or win the lottery, but if you're in constant pain, you can't truly enjoy the fruits of your labor—or even lotto winnings, for that matter!

You might be a stellar player on your team, yet, if you're in severe

pain, you can't perform at peak levels—if you can play at all!

While you may absolutely love the great outdoors, living with pain may hold you back from camping, traveling, gardening or other hobbies that would otherwise enrich your life.

Although you may have a fantastic family life and terrific friends, when you feel miserable, you can't enjoy them!

Sadly, joint pain and stiffness can eventually leave you dependent on others to help you with daily tasks like getting dressed, showering, shopping, walking, driving or lifting.

That's a huge price to pay for unnecessary pain—especially since Chiropractic has been proven to relieve pain naturally, for tens of millions of people!!

A recent Congressional Medicare report—based on survey results of 3,646 patients—**found that 60 percent of respondents improved from Chiropractic treatments!**

The majority of the Medicare patients in this study got noticeable relief from back, neck, shoulder and hip pain. Some even experienced 100% relief!



Inside...Global survey on 136,000 people!



136,000 People Reveal the "Secret" to True Happiness!

A recent Gallop Poll sought out to determine exactly what makes people "feel" happy. And the world answered!

The scientific inquiry was led by Ed Diener, Ph.D, University of Illinois professor emeritus of psychology, long-time happiness researcher (yes, that's his official title) and noted author of several books on well-being.

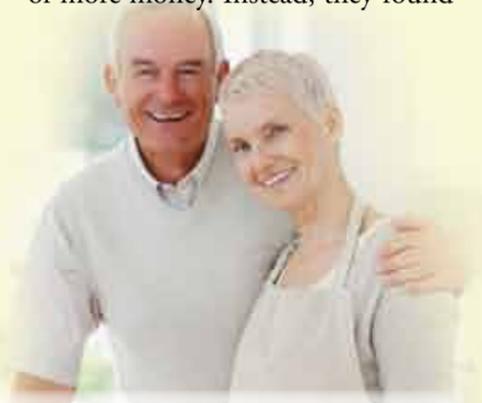
This Has NEVER Been Done Before!!!

This is the first large-scale "happiness study" of its kind!

Researchers say, what makes the new findings so relevant is the size of the study sample and the fact that it covered the entire world—136,000 people from 132 countries—representing about 96% of the world's population.

Proof Positive: Chiropractic Can Improve the Quality of Your Life...

According to the study, while "life satisfaction" usually rises with income—positive feelings don't automatically follow the acquisition of more money. Instead, they found



"...that's exactly what we aim to do—enhance your ability to perform everyday activities..."

that happiness is more strongly linked to other factors, like the feelings of "joy and contentment from doing day-to-day activities"!!

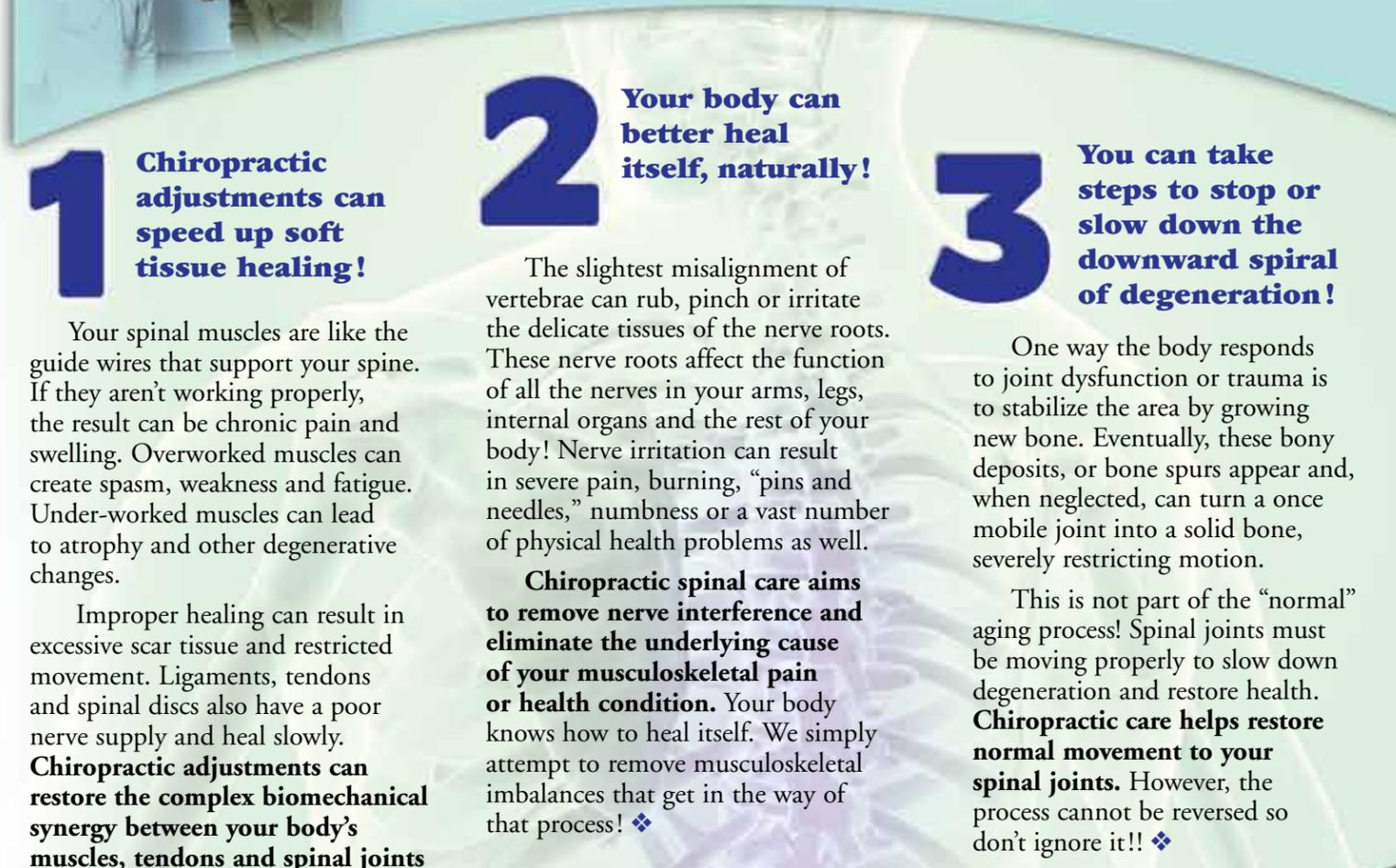
WOW! That's exactly what we aim to do—enhance your ability to perform everyday activities!!

Our goal is to keep your spine properly aligned and restore your body mechanics—so you can resume your normal routine. Of course, we can't guarantee your happiness, but **we can sure help make your life a lot more enjoyable!**

You could have more money, success and opportunities than you could ever hope for in a lifetime... **but if you suffer from daily headaches, backaches or pain in your neck, arm, wrist, shoulder, hip or leg—let's face it, you're not as happy as you could be!**

One phone call to our office can change all that!

3 "Unbelievable" Benefits of Chiropractic Care



1 Chiropractic adjustments can speed up soft tissue healing!

Your spinal muscles are like the guide wires that support your spine. If they aren't working properly, the result can be chronic pain and swelling. Overworked muscles can create spasm, weakness and fatigue. Under-worked muscles can lead to atrophy and other degenerative changes.

Improper healing can result in excessive scar tissue and restricted movement. Ligaments, tendons and spinal discs also have a poor nerve supply and heal slowly. **Chiropractic adjustments can restore the complex biomechanical synergy between your body's muscles, tendons and spinal joints** that is often disrupted after an injury. Proper motion helps shorten recovery time. ❖

2 Your body can better heal itself, naturally!

The slightest misalignment of vertebrae can rub, pinch or irritate the delicate tissues of the nerve roots. These nerve roots affect the function of all the nerves in your arms, legs, internal organs and the rest of your body! Nerve irritation can result in severe pain, burning, "pins and needles," numbness or a vast number of physical health problems as well.

Chiropractic spinal care aims to remove nerve interference and eliminate the underlying cause of your musculoskeletal pain or health condition. Your body knows how to heal itself. We simply attempt to remove musculoskeletal imbalances that get in the way of that process! ❖

3 You can take steps to stop or slow down the downward spiral of degeneration!

One way the body responds to joint dysfunction or trauma is to stabilize the area by growing new bone. Eventually, these bony deposits, or bone spurs appear and, when neglected, can turn a once mobile joint into a solid bone, severely restricting motion.

This is not part of the "normal" aging process! Spinal joints must be moving properly to slow down degeneration and restore health. **Chiropractic care helps restore normal movement to your spinal joints.** However, the process cannot be reversed so don't ignore it!! ❖

Please Schedule Your Chiropractic Spinal Exam Today!

You Can Live a Healthier, More Active Life!

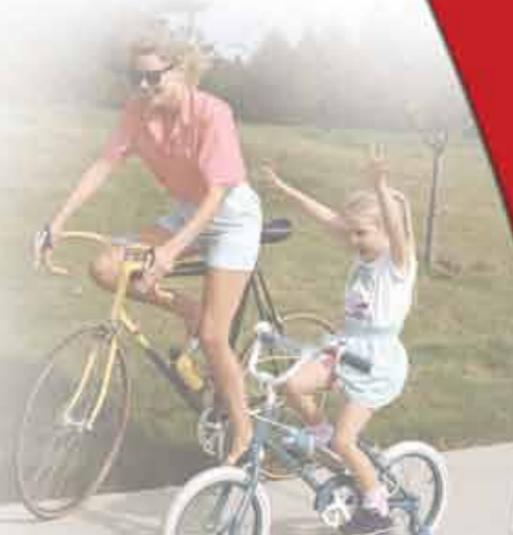


Honestly, we didn't have to survey 136,000 people around the world. We see the look of "joy and contentment" on countless patients right here in this office every day.

A big part of your personal well-being is the ability to do what you want and need to do...when you want and need to do it.

If you're in pain now, listen to your body's cry for help. If you're not in pain, listen to your body telling you to maintain your health for an active and "pain-free" future! ❖

Give us a call today!!



Relief From Sciatic Pain!

by Christina Tigert

I started having intense sciatic pain in my left hip and down my leg during my fifth month of pregnancy.

On one occasion, I was sitting for two hours and I could barely get up. I was in so much pain that it took me ten minutes to walk just a few feet away.

My hip kept locking up and every five steps and I had to force it

just to take five more steps. With four months to go, I knew I had to do something. I decided to try Chiropractic care.

I got really lucky. I found a fabulous Chiropractic doctor!

I couldn't even walk into the doctor's office for my first appointment; I could only "hobble" in. However, by the time the adjustment was done, I was able to walk out and actually sway

my hips—without any pain! **I've kept up on my treatments and I feel fantastic!**

I had a lot of concerns about whether Chiropractic was safe, especially since I was pregnant. They answered all of my questions and allayed all of my concerns. Overall, it's just been a great Chiropractic experience.

I couldn't recommend them more highly!! ❖