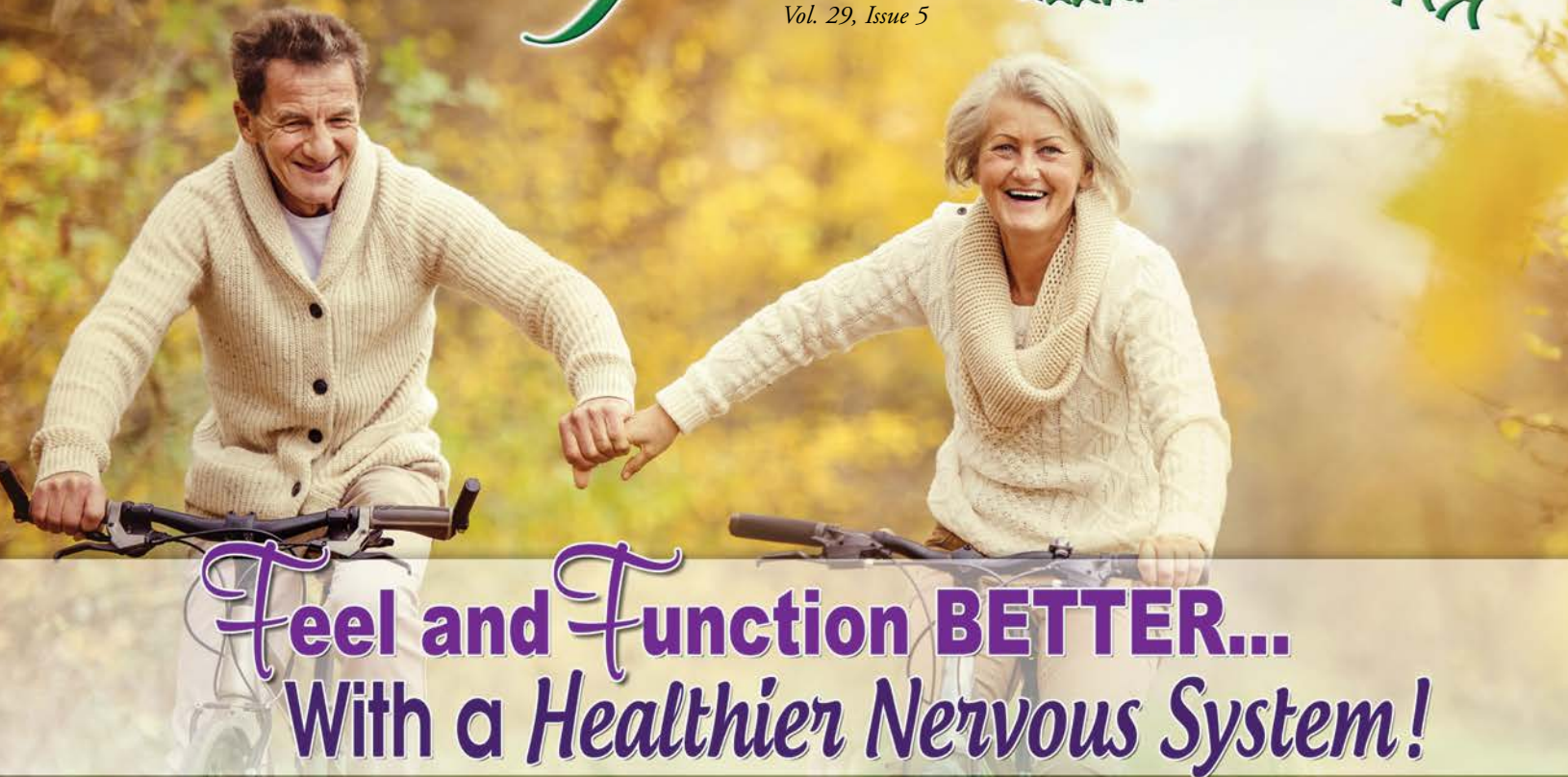


# Chiropractic

NATURAL HEALTH™

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## Feel and Function BETTER... With a Healthier Nervous System!

**R**ichard A. Deyo, M.D., M.P.H., an internist and researcher at Oregon Health and Science University, has published a wealth of compelling studies on **the vital role Chiropractic care plays in restoring “patient function”**.

Your healthier-functioning spine can mean a lot of things. Being flexible and pain-free helps you excel in your personal and professional life. It also means you're able to sleep comfortably at night and spring out of bed in the morning without moaning!

Your spine can malfunction long before you have any symptoms. **Don't wait until you have intractable pain or permanent tissue damage to call us.**

### Here's What We Do For You!

Improved spinal joint function is one of the top benefits of your Chiropractic program. We focus on **the relationship between your body's structure** (primarily the spine) **and your nervous system**.

Your body is made up of muscles, organs, and glands that are controlled by your nervous system. Your nervous system consists of your brain, spinal cord and nerves.

That delicate system is guarded by the joints of your spinal column. That's why it's so important that we help to **maintain proper spinal alignment and protect your spinal nerves from inflammation and irritation**.

During your next spinal exam, we'll identify structural abnormalities that you can't see and nerve irritation that you may not even feel yet!

### Stuff You Never Really Think About...

Signals generated within your nervous system move your muscles and joints...make your heart beat...circulate your blood...tell your lungs to breathe, your stomach to digest, your brain cells to remember...and so on.

When your joints don't move properly, the function of your nervous system, organ systems, and general health can all be compromised.

**Spinal adjustments stimulate your body's nervous system to help restore joint function and proper biomechanics**, which is how your body moves.

Anything you do to improve the function of your nervous system helps you function at a higher level.

*Call Today!*



# CHIROPRACTIC CARE Relieves PAIN LINKED TO USING MOBILE DEVICES!



We're all a lot better off because of modern electronic and mobile technology. But prolonged daily use of this technology comes at a cost: pain, poor posture, and repetitive stress injuries!

**Routine Chiropractic adjustments can relieve your pain and inflammation, naturally.** We can also provide valuable tips to reduce muscle fatigue.

Over half of smart phone users suffer from neck pain according a recent article published in the *Journal of Occupational Safety and Ergonomics*. Another study stated that 84 percent of users had pain in at least one part of their body.

## How We Can Help!

Telecommuting, working on the road or using a plane's pull-down tray to work can present some ergonomic challenges.

Laptop keyboards are flat and force your wrists into an awkward position. Tablet keyboards built into the screen are anything but ergonomically correct. Your too-low eye level adds to neck stress. Combine this with text messaging and you may have a recipe for disaster.

One study by *Harris International* looked at more than 2000 American adults. They found

that **60 percent reported a negative impact linked to their use of electronic devices**, usually involving musculoskeletal pain (see infographic below).

Fortunately, each of these conditions responds well to Chiropractic care.

Whether you're having pain, burning, or numbness and tingling from using a computer or mobile devices...or from any repetitive activity such as your favorite hobby or sport...**give us a call TODAY!** ❖

(Source: *Dynamic Chiropractic* May 2014)

## STUDY REVEALS PAIN LINKED TO USING MOBILE DEVICES

**36% Eye strain**

**20% Back pain**

**27% Neck pain**

**24% Headaches**

**21% Wrist Pain**

**11% Carpal Tunnel Syndrome**

**9% Insomnia**



# All These Leading Researchers CAN'T Be Wrong!!

As you're reading this newsletter, you may have neck pain or feel dizzy when you look down. You may experience back pain when you lift yourself out of a chair or get into your car. Maybe chronic headaches make everything you do a hardship.

Thanks to Chiropractic care, you don't have to start and end each day in misery!

That said, you may still may be wondering whether you should schedule another Chiropractic appointment. Stop wondering...the "evidence" is in!

Read what some of the U.S. and Canada's leading researchers

have to say about Chiropractic care.

### The Right Care at the Right Time...

A comprehensive review of the scientific evidence on the effectiveness of manual treatment was recently conducted by leading American and Canadian researchers.

As stated in the study, "Evidence-Based Healthcare (EBH) is about doing the right things for the right people at the right time."

Science is based on results. The team of researchers concluded that **spinal manipulation/mobilization is effective for the treatment of:**

- **Acute, subacute and chronic back pain**
- **Migraine and cervicogenic headache**
- **Cervicogenic dizziness**
- **Extremity joint conditions**
- **Acute and subacute neck pain**

### Get "Results" With Chiropractic Care!

Seeing and *feeling* is believing. When it comes to high-quality science, Chiropractic is proven hands down. Why wait another day not feeling your best or suffering in pain. **While it's fresh on your mind, pick up the phone and give us a call.** ❖



by Steve Bentall

## "I Am Finally PAIN FREE!"

I have been suffering from non-stop leg pain for 41 years, since my service in the Vietnam war.

I have seen over 30 doctors, and no one has been able to relieve my pain.

Over the years, I had to give up some of my favorite pastimes. The older I got, the worse the pain became.

Finally, in 2012, it had escalated to being entirely unbearable, and no pain medication of any kind worked on me.

I decided to try Chiropractic due to an article I read. I made an appointment and am really amazed at my results.

I started going three times a week and within five sessions, I was pain-free! **Now, I maintain my good health by visiting my Chiropractor for regular maintenance visits.**

I am immensely pleased with my Chiropractor and staff. They are dynamite. **I have referred several fellow veterans to them and will continue to do so.** ❖

“**Now, I maintain my good health by visiting my Chiropractor for regular maintenance visits.**”