



## “Healthier Discs” Can Give You a “Happier Life”!

**“Sick discs” can become debilitating!**

**Don't miss out on life's pleasures,  
job opportunities, or a good night's sleep  
due to painful disc problems.**

**W**e provide **natural ways to keep your discs healthy**, so you can move with ease and comfort.

Cervical disc problems may bring on neck, shoulder or arm pain. Lumbar, or low-back disc problems, can cause low-back pain, numbness, tingling, weakness, or excruciating leg pain referred to as *sciatica*.

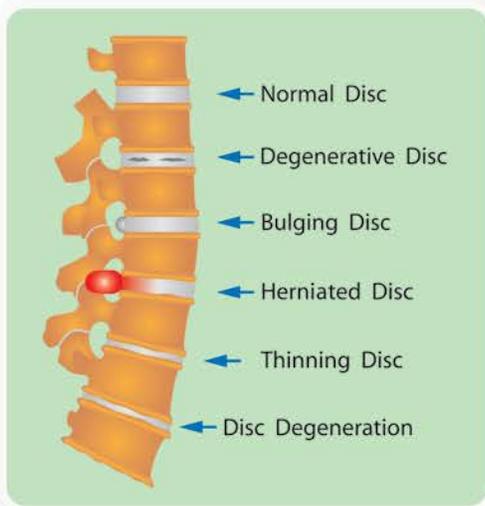
### **“Disc Problems” Respond Well to Our Care!**

Your discs act as spacers and shock absorbers between each vertebrae. This allows room for each nerve root to exit your spinal column—*without* being compressed.

By keeping your spine properly aligned, **Chiropractic care helps balance the “load” placed on your discs**. Preventing excessive wear can **help slow down disc deterioration**.

The center of your disc is mostly water. As you age, your discs lose water. Dried-out discs are vulnerable to injuries, such as tearing and herniating.

Thinning discs not only make you shorter, there is also less room for the exiting nerve root. Weight bearing is shifted to the facet joints, which can lead to more problems!



### **Proper Movement Matters!**

As the space between your vertebrae narrows, joint movement is limited. Your discs don't have a direct blood supply. They rely on motion to transport lubrication and nutrients to stay healthy and to heal.

“Sick discs” can also affect the organs that are supplied by those nerve roots. So, depending upon the disc involved, you may also experience stomach issues, urinary tract problems, sexual dysfunction, weakness, and even headaches.

**Let us help restore vital joint motion that's needed for healthier discs and a happier YOU!**

**Call Now!!**

# “Nerve Mobility” is VITAL to Your Well-Being!

**W**e have what you need to stay active and possibly even avoid back surgery!

Your body works better when your bones, muscles, tendons, nerves and ligaments move as freely as they were intended. That's why biomechanics is a big deal when it comes to your overall wellness and quality of life.

The good news is that our focus is on restoring your body's proper biomechanics!

## An Interesting “Inside” Perspective...

Your nerves need to move and stretch when you do! However, soft tissue healing involves the formation of scar tissue, which isn't as flexible as your original tissue.

Lack of proper movement can create a whole host of problems!

For one thing, nerves get stuck. And that's never a good thing...

### But Don't Just Take Our Word for It.

In his book, *Keys to An Amazing Life: Secrets of the Cervical Spine*, spinal surgeon Kenneth K. Hansraj, M.D., educates patients on **how to maintain spinal health and avoid the operating room. He is a strong proponent of Chiropractic care!**

Dr. Hansraj writes, “The longer I have my medical practice, the more I appreciate the concept of nerve mobility. Herniated discs could impinge and inflame spinal nerves. This combination of diminished

nerve mobility and inflammation leads to a very painful result. In... surgery we...come across cases of nerves being stuck by a scar and losing their mobility. When the nerve is freed, typically, the patient is better. Therefore, **nerve mobility is important to the well-being of the spine.**”

There's no mystery behind why Chiropractic gets such phenomenal results. Our goal is to “free” your nerves from irritation, pain, and inflammation—*naturally*. ❖

Make your  
appointment  
*Today!*

# How “Good Posture” Helps You Look and **FEEL Your Best!**

**S**tanding taller can *instantly* help you appear younger, slimmer, and more confident. Your posture can also affect vital body functions like breathing and digestion.

When you're feeling tired, have headaches, or neck pain and just aren't sure why, let's start with a postural exam.

Over time, your “forward head posture” can stress your joints and internal organs.

**Spinal adjustments can help reduce the strain placed on your muscles and ligaments that support good posture.** We are specifically trained to provide hands-on care that helps to align and strengthen your spine.

## Yes, Posture Problems Can Be Corrected!

Many factors contribute to poor posture, including stress, obesity, pregnancy, weak postural muscles, decreased flexibility, and improper body positioning. Regardless of the cause, we can help!

Can bad posture really be corrected? In a word, **“Yes!”** Good posture *can* be re-learned.

Naturally, long-standing postural problems take longer to address than short-lived ones. And it's important to take action *before* the damage is permanent!

Discover how a change in postural habits and improved body mechanics can **enhance your comfort, mobility and overall health.**

## Proof Positive!

Correcting spinal misalignment—or maintaining good posture—is a key contributor to healthy living.

A medical study of 752 patients published in the journal, *Spine*, determined that progressive “forward head posture” was associated with:

- **A deterioration of health status**
- **Increased pain and decreased function**

Sometimes, refraining from a harmful posture can prevent you from having surgery down the road.

Schedule your spinal exam today while you still have time to make a positive change! ❖

# Share the Gift of Health!

**Remember when you came hobbling into our office...barely able to walk...and left feeling better? How about after your whiplash injury when we relieved your headaches and stiff neck?**

**Why not let us help your family and friends the same way we've helped you! Please let them know about us today!**



# “My Sciatica Pain Disappeared!”

by Eleanor Grimm

**I**'ve had pain in my back, hip and right leg off and on for years, causing me to have a hard time walking, bending or standing.

I saw an acupuncturist for a while, and it helped, but never completely alleviated my pain. Then my friend directed me to their Chiropractor.

My Chiropractor diagnosed me with sciatica. They recommended a complete treatment program.

I went three times a week for the first couple of weeks, then twice a week for a couple of weeks after that.

The treatment plan worked and my pain totally disappeared. **Walking, bending and standing are no longer painful.**

**My Chiropractor and staff are wonderful!** They had patience with me and truly care. I recommend them to anyone with sciatic pain! ❖