



Get Rid of Your "BACK PAIN" *Faster* with *Chiropractic Care!*

Maybe you've had a "bad back" for so long it seems like you'll never feel normal again. **That's about to change!**

Yes, it is possible to get out of bed, play golf, and work out—*feeling no pain.*

Maybe all you did was bend down to tie your shoe and your back gave out on you.

The truth is...you've probably been putting a strain on your back for years, going about your daily activities.

Unless we correct the source of your structural problem, your pain will likely return.

Ongoing Chiropractic care provides a more complete healing for lasting results.

Several workers' comp studies—one involving 900,000 cases—show that **Chiropractic care gets patients with musculoskeletal injuries back to work faster and at a lower cost compared to medical care.**

We'll help you **maintain just the right amount of spinal curvature and the proper alignment** to take pressure off of your spinal nerves. That's how we keep you moving...**without drugs or surgery!**

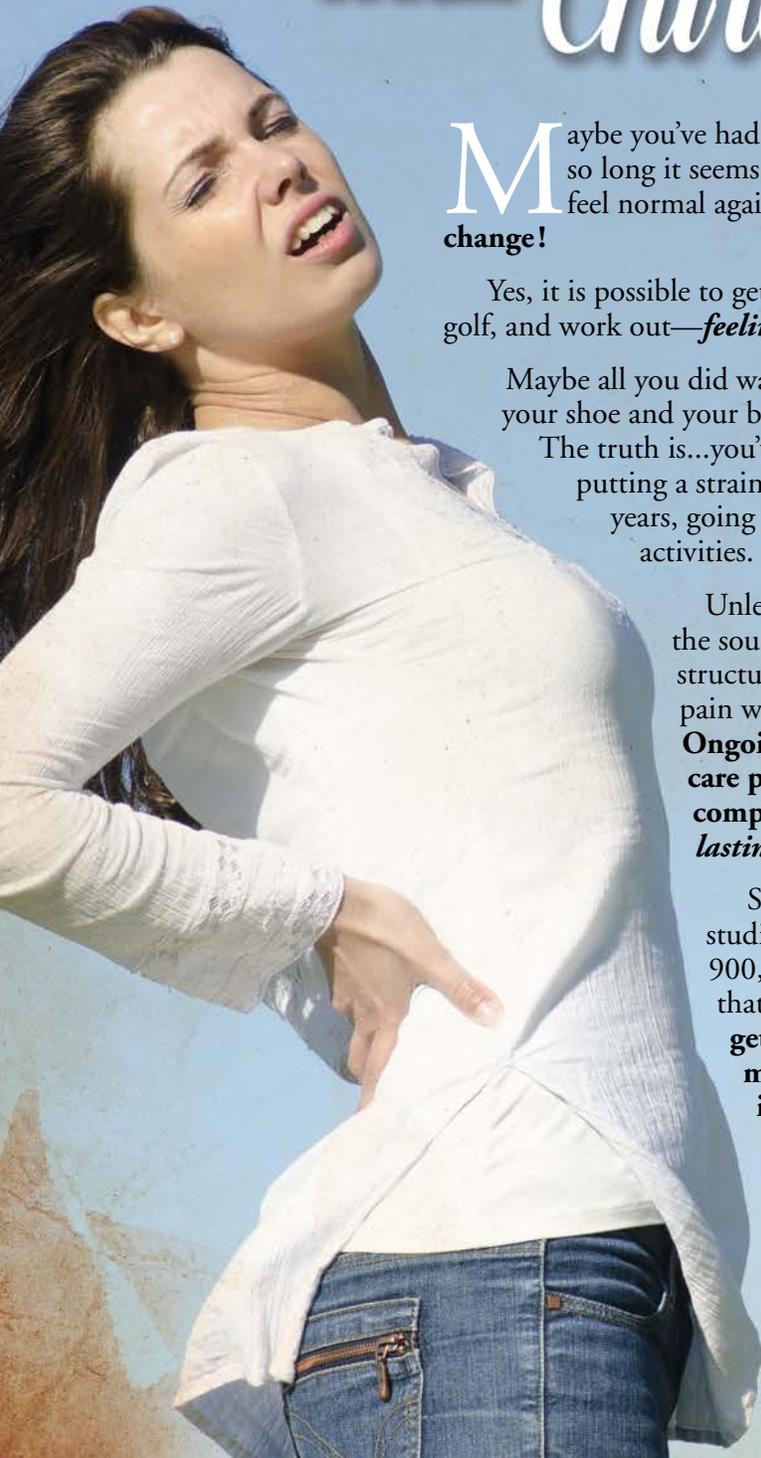
Back Injury is the #1 Cause of Disability in the U.S.!

Left untreated, your recurring back pain can become disabling!

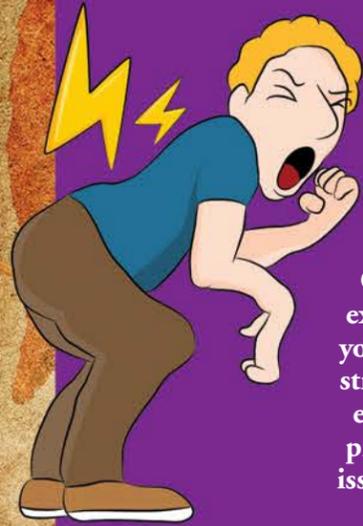
A study of 894 workers' comp cases published in the *American College of Occupational and Environmental Medicine* looked at "repeated disability episodes."

The study concluded that for work-related, low-back pain, "The use of health maintenance by a physical therapist or physician services was associated with a higher disability recurrence than in Chiropractic services or no treatment...our results...seem to suggest a benefit of Chiropractic treatment to reduce disability recurrence."

**Let us correct the problem at its source.
For life-changing and lasting NATURAL pain relief,
call and get started TODAY!**



You Must Face the Facts When It Comes to Your Back!



Chances are you're going to experience back problems—if you haven't already. You need a strong, healthy back for nearly everything you do. Let's take proactive steps to ensure back issues don't get the best of you!

- **Experts estimate that as much as 80% of the population will experience a back problem at some time in their lives.**
- **Thirty-one million Americans experience low-back pain at any given time.**
- **Low-back pain is the single leading cause of disability, worldwide.**
- **Back pain is one of the most common reasons for missed work.**
- **Back pain is the second most common reason for visits to the doctor's office, after upper-respiratory infections.**

Your Referrals are Appreciated!

REFER A FRIEND

Help for Your Family & Friends is Here!

Do you have a hairdresser that complains of shoulder pain? A running buddy contemplating back surgery? A child or friend with a sports injury? What about your neighbor who suffers from neck pain and headaches?

Chiropractic care is a proven first line of defense against pain!

Right now, people you care about are suffering from a painful musculoskeletal disorder. Unless *you* tell them, how will they know that **Chiropractic care can relieve their discomfort without potentially dangerous, addictive, and even costly drugs.**

That's why the *American Chiropractic Association (ACA)* hosts their annual

What Can Happen When You DON'T Get the Spinal Care You Need NOW:

- **Your acute pain may become chronic.**
- **You could lose precious work time.**
- **It may be painful to walk, sit, exercise or sleep comfortably.**
- **Your overall well-being can be affected.**
- **Your spine may age prematurely.**
- **"Desirable" treatment options may be limited.**
- **The quality of your life may be compromised.**

National Chiropractic Health Month

#Chiropractic1st
www.acatoday.org/NCHM

National Chiropractic Health Month (NCHM), which is held every October.

In the face of today's widely recognized opioid epidemic, this year's theme and hashtag is **#Chiropractic1st.**

We urge you to be a part of this national call to **help educate others on the value of a conservative approach to pain management.**

Please join us in helping your family and friends **experience the benefits of Chiropractic care** by sharing this newsletter today! ❖

Expect GREAT RESULTS with Regular Chiropractic Care:

- **SAVE MONEY** by lowering lifetime healthcare costs.
- **AVOID** drugs, emergency care, and surgery.
- **GET NATURAL RELIEF** from pain and inflammation.
- **ENJOY** more energy, more vitality and more restful sleep.
- **BOOST** your immune system.
- **STAY ACTIVE** longer.
- **SLOW DOWN** spinal degeneration.
- **HEAL FASTER** from musculoskeletal injury.
- **LOOK AND FEEL BETTER** with improved posture.

Get PROVEN Results to Improve Your Health & Mobility!

Our unique program of care helps your body heal itself, *naturally!*

As your Doctor of Chiropractic, we are trained to **enhance the function of your "interconnected network" of spinal muscles, nerves, bones, discs, and tendons.**

Don't Let Your "Misaligned Spine" Cause Your Whole Body to Suffer!

Vital health-giving messages flow between your brain and your body by way of your spinal nerves. **That's why spinal alignment is critical to your overall health, mobility and comfort!**

Misalignments can lead to nerve irritation and tissue inflammation. Symptoms may include pain, tenderness, swelling, tingling, numbness, or spasm around the joints of your spine, back, and neck.

Your discomfort may extend into your shoulders and arms, or into your hips and down your legs. Because of that "interconnected network," **poor spinal alignment can lead to headaches, digestive problems, and loss of overall health.** ❖

Stay well with regular Chiropractic Care!



"My Chiropractor Goes Beyond the Call of Duty!"

by James Hammer

For years, I have had severe back problems due to the typical wear and tear of life. I was sent to a neurosurgeon who wanted to do an operation. Not wanting to go that route, a friend suggested I see his Chiropractor.

My Chiropractor is great. My spinal issues were properly diagnosed and started a regimen of adjustments.

My pain and walking problems are 70% better, and I keep my maintenance visits so I can keep feeling better and better, all without surgery!

My Chiropractor and staff go above the call of duty to keep me healthy.

The friends I have referred to them are as happy as I am. Who could ask for more? ❖