

If 500 fully loaded jumbo jets crashed every year, *something would be done about it*

EVERY YEAR NEARLY 100,000 PEOPLE DIE FROM MEDICAL CARE



IF 500 JUMBO JETS WENT DOWN, THE PUBLIC OUTCRY WOULD BE STAGGERING. But that many people dying every year due to organized medicine doesn't make the headlines.

The Chiropractic profession thinks it's time the carnage stopped. We've identified some solutions that can help.

1. Take responsibility for your own health.
2. Watch what you eat and your weight. Cut down on foods that contribute to heart disease, and diabetes and increase the amount of fruits and vegetables you consume. Ask your chiropractor if you should supplement with vitamins or minerals.
3. Get moving. Go easy at first if you have to and consult your chiropractor -

but get started. Exercise at least moderately every day.

4. Get some rest. No doubt you are burning the candle at both ends -try and stop. Those sleepless nights with racing thoughts are an indication that you need to slow down and enjoy life. Ask your chiropractor about natural methods to relax and get a good nights sleep.
5. Stop the "stinkin' thinkin'" Your attitude determines your destiny. It affects your relationships at home and at work. Ask your chiropractor how your mind can make you well.
6. Get your spine and nervous system checked. The nervous system controls your whole body. If you have interference to your nervous system chiropractors can find it and reduce it.

Regardless of how you eat, if you exercise, how you sleep and what your attitude is – you're not much good if you are experiencing the world through a poorly functioning nervous system.

Research shows that people undergoing chiropractic care experience better physical, mental and spiritual health. They report more vitality, more energy and less stress than those not under chiropractic care.

Its time to change the face of health care.

THAT'S CHIROPRACTIC'S STAND