



**ARE YOU
POOPED?**

**DO YOU FEEL
DRAGGY?**

**DO YOU ACHE
ALL OVER?**

**DO YOU HATE
TO GET UP?**

If your answer is yes! Come in and see us at
the Indio Health Center for a

— Complete —

PHYSICAL EXAMINATION

- ✓ Chest X-Ray
- ✓ Urinalysis
- ✓ Pap Smear
- ✓ EKG Electrocardiogram
- ✓ Complete Blood Count

— EXAMINATION ALSO INCLUDES —

- | | |
|-----------|--------------------------|
| 1. Eyes | 7. Breast |
| 2. Ears | 8. Liver |
| 3. Nose | 9. Rectal |
| 4. Throat | 10. Prostate |
| 5. Lungs | 11. Neurological Testing |
| 6. Heart | 12. Blood Pressure |

EXAMINATION \$75⁰⁰ COMPLETE

WE DO COMPANY EMPLOYEE
PHYSICAL EXAMINATIONS

GLENN C. PODELL D.C.

BY APPOINTMENT ONLY - CALL TOLL FREE
345-3434

INDIO HEALTH CENTER

81-730 Highway 111, Indio

PH: 347-2341

CUT OUT AND SAVE

DID YOU KNOW?
CHILDREN CAN BE HELPED
WITH CHIROPRACTIC CARE



Some of the cases that can be helped are:

- Colic • Croup
- Constipation
- Bed Wetting
- Many other abnormal conditions

COMPLETE X-RAY LABORATORY FACILITIES

OFFICE HOURS

Monday-Tuesday-Wednesday Friday
9 to 12 ... 1:30 to 4 ... 6 to 8 30

Thursday-Saturday-Sunday
By Special Appointment

DR. JOHN I. CAVALLO
CHIROPRACTOR

CLINIC LOCATED AT
1000 NORTHAMPTON ST., EASTON
PHONE 253-0611

MAIL TO A SICK FRIEND

Symptoms and Their Meaning with...

Dr. Burpee



Dr. Burpee is a member of Professional Chiropractic Society of America, and International Chiropractic Association.

Sneeze. . .sniffle. . .cough
What a way to go through life



**TOUCHY SKIN
THAT BREAKS OUT**



**ALLERGIC
NERVOUS ITCH**



**ALLERGIES
AFTER EATING**

If you're an allergy sufferer, it probably won't console you much to know you have lots of company—starting with the first recorded history. The Bible mentions hives, and public records show allergies and allergic reactions causing death. Julius Caesar suffered with allergies.

Why can six people sleep on the same pillow, play with the same dog, eat the same food and breathe the same air that a seventh can't? Why do some have allergies and other don't?

It can't be the object itself that causes the reaction. The answer is in the body of the sufferer. He has low resistance to irritants and isn't able to throw them off as a normal body does.

The powerful allies of the body that defend it against foreign substances, in a normal person, are in good working order. The defense mechanisms—white blood cells, the lymph system, and waste-eliminating systems—are all kept in order by the nervous system.

The nervous system starts in the brain and the nerve trunks are threaded through the vertebrae in the spine. The surrounding bones protect them unless there is even a slight dislocation of the vertebrae. The misaligned bones pinch the nerves, cutting down on the messages and nerve energy sent. When this happens the part of the body controlled by the distorted nerve impulses cannot function properly. Like a drunken driver, the nerves can get into all kinds of trouble.

The real cause of allergies, then is not the allergen itself, but due to distorted nerve impulses caused by spinal vertebra being out of its proper place. Interference of the nerve impulses causes the body to weaken.

The only real way to solve the allergy problem is to get rid of the weakness. Strengthen the body's natural defenses by restoring its ability to send nerve impulses.

AND THAT'S A JOB FOR A CHIROPRACTIC!

Insurance pays for Chiropractic Care. This includes workman's compensation for on the job injuries, automated pay for whiplash related injuries, union health and accident plans. Individual health and accident policies and Medicare. Look for our listings in the yellow pages.

Dr. A.N. Burpee

Family Chiropractic Offices

in Orange 639-0111
245 N. Glassell
in Fullerton 871-2475
159 N. Raymond

STOP Suffering the Agonies of Painful and Bothering
Conditions That May Be Due to Nerve Pressure

Asthma	Chest Pains	Neuralgia	High Blood Pressure
Back Trouble	Allergies	Stomach Disorders	Sleeplessness
Neuritis	Bed Wetting	Dizziness	Bursitis
Headaches	Skin Eruptions	Sinus Trouble	Rheumatism
Nervousness	Arthritis	Nervous Tension	Colitis
Heart Trouble	Sciatica	Menstrual Troubles	Nervous Break Down
Diabetes	Whiplash Injury	Arm & Shoulder Pain	Constipation
	Ulcers	Leg Pains	

START with Removing the cause of these Conditions thru
Chiropractic Spinal Adjustments and Removing Nerve Pressure

KRUPAR CHIROPRACTIC LIFE CENTER

Dr. Andrew C. Krupar 327 W. Pittsburgh St.
Dr. Betty O. Krupar GREENSBURG, PA.
Dr. Homer L. Bowers Phone 834-1887



Dr. Andrew C. Krupar
Chiropractor



Dr. Homer L. Bowers
Chiropractor

FREE SPINAL X-RAYS DURING MARCH UNLESS COVERED BY INSURANCE.

The Tribune Review
Greensburg
3/21/72

Is Your Condition Listed Here?

Arthritis, Rheumatism, Headaches, Sinus Trouble, Colds-Flu, Hay Fever, Eye Strain, Deafness, Dizziness, Ear Noises, Throat Conditions, Thyroid Trouble, Neck Pain, Whiplash Injury, Shortness of Breath, Skin Eruptions, Pleurisy, Asthma, Lung Trouble, Bursitis, Shoulder and Arm Pains, Tired All The Time, Weakness, Crying Spells, Ulcers, Numbness, Paralysis, Nervous Tension, Change of Life, Menstruation Trouble, Prostate Trouble, Rectal Problems, Constipation, High Blood Pressure, Poor Circulation, Gall Bladder Trouble, Colitis, Nerve Pressure.

Regardless of what your ailment is called, no matter how long you have suffered, CHIROPRACTIC care may be the answer to your health problem.

DON'T accept your condition and learn to live with it. DON'T say you have tried everything if you haven't tried CHIROPRACTIC.



DR. HOMER L. BOWERS
CHIROPRACTOR

Dr. Andrew C.
Krupar

Dr. Betty O.
Krupar

Dr. Homer L.
Bowers

327 W. Pgh. St.
Greensburg, Pa.
Phone 834-1887



ANDREW C. KRUPAR, D.C.
CHIROPRACTOR

Krupar Chiropractic Life Center

The Latrobe Bulletin
3/23/72

PAIN? TENSION? NERVES?

DON'T "Learn To Live With It"

Millions of people have received relief from these and other conditions through modern Chiropractic methods. Don't learn to live with Ill Health, CALL TODAY and learn how to defeat it.



Mon., Wed., Fri. 10-1 & 4-7
No Appointment Necessary During Regular Office Hours

FAMILY CHIROPRACTIC CTR.

Dr. B. J. DeMartino
(Chiropractor)

656 Main St., Hellertown
Phone 838-0354



Bethlehem Globe Times 4-28-75

FREE SPINAL SCREENING EXAM CALL TODAY • NEWTOWN CHIROPRACTIC CLINIC

AT 487-9999 X-Rays Not Included

- HEADACHES
- NERVOUSNESS
- STIFF NECK
- PINCHED NERVES
- WHIPLASH
- LOSS OF SLEEP
- PAIN BETWEEN SHOULDERS
- NUMBNESS IN HANDS AND FEET

Complete Therapy: Ultra Sound-Interferential—Heat Packs
Colonics—Traction—Massage—Muscle Stimulation



MANY DISEASES BEGIN IN THE COLON FREE CONSULTATION

- Gas & Indigestion
 - Fatigue
 - Bad Breath
 - Constipation
 - Headaches
- A TOXIC COLON MAY CAUSE MANY OF THE ABOVE

EUGENE KITTS, D.C., N.D.

98-1247 Kaahumanu St., #115, Newtown Sq. • Validated Parking



Dr. Margaret Anticola,
Chiropractor

Chiropractic is the *natural* approach to your health and well being.

FEEL GOOD AGAIN!

Call today and make an appointment *for you*

FREE CONSULTATION

ANTICOLA CHIROPRACTIC

6180 Transit Rd., Depew

684-BACK (684-2225)

DR. LUDGER F. POCORUS

407 Main St.,
Stroudsburg, Pa.

**SLIPPED
INTERVERTEBRAL
DISC**



The general public is hearing more and more about the slipped or herniated disc. The results obtained on this type of case under Chiropractic are very encouraging. Slipped disc cases revealed that: 54.6 per cent of the cases became well, 39.1 per cent were much improved, 3 per cent showed no change and .4 per cent became worse. Consideration of the first three groups shows that 96.7 per cent of all cases became well or showed some improvement under Chiropractic care.

There is much evidence that diagnosis of "herniated disc" is a catch-all for many low back disabilities. Most so-called "herniated disc syndroms" are nothing more than vertebral subluxations. Statistics show rapid recovery under Chiropractic care in the majority of cases, and such recovery would not be possible if extensive pathology or severe trauma had been present. Such a diagnosis can be confirmed only by surgery and diagnosed cases are later confirmed upon surgical intervention. It would seem all the more important that a person suspected of having herniated disc condition consult a Chiropractor first.

— Phone —

Office 424-5993 Home 992-6022

OFFICE HOURS BY APPOINTMENT

DR. LUDGER F. POCORUS

407 MAIN ST.
STROUDSBURG, PA. 18360

**MISALIGNMENTS OF
SPINAL VERTEBRAE
OCCUR FREQUENTLY**



The stress and strain of everyday living takes its toll. Awkward movements in our work, quick 'twists' of the neck or back; loss of sleep or poor sleeping posture; slumping posture while sitting; abnormal fatigue; and emotional upsets, are only a few of the many causes of strain on our spine and nervous system.

Physical and emotional stress and strain may result in frequent occurrence of misalignments of spinal vertebrae. Sometimes a displaced vertebrae causes an immediate pain, but more often the effects may develop slowly in the form of stiffness or ache in the neck or back; headaches; increased nervousness; indigestion; upper respiratory infections; or other physical disorders.

Through many years of study, the chiropractic profession has found that the best way to eliminate the eventual disease-causing effects of misaligned vertebrae is through regular chiropractic check-ups. By checking your health and neuro-spinal systems on a periodic basis, your doctor of chiropractic is giving you the best health assurance available today.

Phone

424-5993 Office
992-6022 Home

Office Hours
By Appointment



DR. JOHN A. HEILMAN

Chiropractic Offices

1115 WALNUT STREET

ALLENTOWN, PA. 18102

PHONE 433-8787

January, 1972

Dear Friends and Patients:

The most valuable asset a person or family can have is good health. Chiropractic therapy is the treatment chosen by millions of people throughout the world for restoring health and maintaining vitality. More and more open minded and intelligent people everywhere are realizing that good health is gained and maintained only when normal nerve energy flows from the brain, down the spinal cord, and out between important spinal vertebrae to vital body organs and tissues.

Many patients have come to our office and have been restored to health and then have not followed through in order to maintain the alignment and balance of the spine which we were able to achieve. To these people I sincerely and cordially urge a program of maintenance chiropractic care NOW. If we once correct the spine, it is relatively easy to maintain the correction. However, if you, through the same bad habits, allow the original weakness and distortion to re-accumulate, we will have to start correction all over again.

So, please, if you have never embarked on a program of maintenance, or if you have, but then got careless, NOW is the time to start again. Your most important asset is your health and feeling of well-being. Without this, life is hardly worth living.

LOW BACK AND LEG PAIN

An estimated half million people will be disabled this year by spinal defects which cause low back and leg pain. However, chiropractic research indicates that most low back and leg pains are caused by vertebral misalignments in the lower spine.

A fall, accident, back strain or chronic posture decay may cause a spinal segment to become misplaced. Nerves passing through openings between adjacent segments become pinched and pain occurs.

Remember, individuals with low back and leg pain respond extremely well to chiropractic care. Make sure that you visit your chiropractor regularly.

