SICK???

NO MATTER how long you have suffered,
NO MATTER what your condition,
NO MATTER what type of treatments you have had

It May Be You Are A Chiropractic Case

Over 10,000 of your friends and neighbors in Mid-Jersey will experience new and vibrant health this year, because they had the foresight to switch to chiropractic!

THROW OFF THE SHACKLES OF CONFORMITY and switch to the healing art that works. Chiropractic was practiced by the ancient Chinese over 4,000 years ago and is still practiced today in China.

DON'T YOU THINK THIS IS ENOUGH TIME TO PROVE THE WORTH OF A SCIENCE?

One of a series of articles published in the public interest to explain and illustrate scientific chiropractic

Dr. George Blum Chiropractor

Blum Chiropractic Clinic
(Opposite Brunswick Shopping Center)

731 Georges Road • PHONE: 828-3200
NORTH BRUNSWICK, N. J. 24-HOUR TELEPHONE SERVICE
Blum Chiropractic Clinic

announces the opening of completely new offices

at

731 GEORGES ROAD
(Opposite Brunswick Shopping Center)
NORTH BRUNSWICK, N.J.

EMERGENCY 24-HOUR TELEPHONE SERVICE
Phone 828-3200

Dr. George Blum, D.C. is a graduate of the Chiropractic Institute of New York and has done post graduate work at the National College of Chiropractic—Chicago, Illinois where he has been given advanced work in X-ray and diagnosis. Dr. Blum has been on the staff of the Spear’s Hospital—Denver, Colorado and has had experience in working at various chiropractic clinics throughout the United States. With his completely modern office, Dr. Blum has for your health the latest scientific instruments for a complete chiropractic analysis, and you may consult Dr. Blum with full confidence and assurance. Mrs. Warger and Mrs. Roshak, both of North Brunswick, will serve as his receptionists.

OFFICE HOURS: Monday, Wednesday, Friday
9 A.M. to 1 P.M. and 4 P.M. to 8 P.M.

CAN CHIROPRACTIC HELP YOU?
Very likely, if there is nerve pressure present. Call us for an appointment and we will make a complete spinal examination.

HOW LONG WILL IT TAKE?
An average of from 4 to 8 weeks. Extreme cases may take longer. Many are relieved in a few days.

HOW MUCH WILL IT COST?
This depends upon the case. The cost is nominal when compared with conventional methods. There is no charge for consultation.
DO DISEASES OF THE BLOOD RESCIP TO CHIROPRACTIC CARE?

Your body is one of the most delicate machines ever to be created. It is not a simple system composed of parts that can be disconnected, repaired, and replaced without damaging the rest of the system. Each part of the body is interrelated and dependent upon the others for proper function. When diseased tissue interferes with normal body function, it can lead to a variety of symptoms, such as pain, swelling, and restricted movement. The objective of chiropractic care is to restore normal body function and alleviate these symptoms.

The primary goal of chiropractic care is to realign the vertebrae of the spine. When the vertebrae are misaligned, it can cause pressure on nerves, which can lead to pain and other symptoms. By realigning the vertebrae, chiropractors can help relieve pressure on nerves and alleviate pain.

In addition to realigning the vertebrae, chiropractors may also use other techniques, such as massage and exercise, to help promote healing and improve overall health.

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THE DAILY HOME NEWS
NEW BRUNSWICK, N.J. TUESDAY, OCT. 11, 1967

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DO YOU NEW DRUGS WITH YOUR ADJUSTMENTS?

Dr. Blum believes that the use of drugs in chiropractic care is limited to those situations where they are absolutely necessary. For example, if a patient is experiencing severe pain due to an acute condition, the use of pain medication may be necessary to alleviate the pain and allow the patient to continue with their treatment. However, the use of drugs in chiropractic care is not a常态 practice and is generally considered to be unnecessary.

In conclusion, the use of drugs in chiropractic care is limited to those situations where they are absolutely necessary. Chiropractors believe that the use of drugs is not a常态 practice and that their approach to care focuses on natural healing and the body's ability to heal itself.
THINGS YOU SHOULD KNOW ABOUT "SLIPPED DISCS"  

By Dr. B. L. Ribe

While Chiropractors agree that surgery may be desirable in extreme "slipped disc" cases, there is a preponderance of evidence that "slipped disc" is a catch-all phrase often used to explain many back ailments that in reality are caused by vertebral subluxation. The outward symptoms of a "slipped disc" case are the same as those of a normal child's disc that has been out of place for some time. This is because the vital energy, which is the result of a vertebral subluxation slightly displaced vertebral is always the same.

The science of Chiropractic has specialized in the treatment of such spinal conditions for more than 60 years and has developed methods which have afforded relief to many "back sufferers" without resort to surgery. This fact is attested to by the results of a recent nationwide survey involving thousands of cases. If you suffer from frequent recurring lower back pain, which may extend into the legs, or if you have been told that you have a "slipped disc" consult a Chiropractor and have him examine your spine.

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24-Hour Telephone Service
PAIN IN SHOULDER

How many times have you said, "Oooh!, that pain in my shoulder!"
A dislocated spine wastes energy that creates pain. Many people fail to consider the spine as a basic source of pain to the shoulders.

A vertebra out of line causes pressure on nerves, which obstructs the flow of nerve energy to the shoulder. Hence the pain in either shoulder. Don't wait too long. Have your SPINE examined today and be on the road to recovery from PAIN tomorrow.

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THE CHIROPRACTIC QUALITY OF INEVITABILITY

The chiropractic profession is a unique profession. It is not to be classified with osteopathy, for within the very essence of osteopathic existence has always been a basic medical heritage that has made it susceptible to a reverting back to medicine. Chiropractic, on the other hand, was born as, and has always been, a "non-medical" approach to health. And in spite of attempts to legally classify chiropractic under the foreign heading of a "branch of medical science," Chiropractic continues to maintain its independent, separate and distinct existence. This is because of the inevitability of its very nature.

Chiropractic was conceived and has advanced as a response to the need for health answers that have not been supplied by medical science. The birth of Chiropractic, and its growth, in fulfillment of this purpose, has been inevitable.

Its future as a separate and distinct science is inevitable!

Chiropractic need have no fear there will be other than an ultimate outcome of success from its challenge of medicine. Nor need there be fear of failing to gain complete recognition under law. The security of the future of Chiropractic is a science, as guaranteed under the one quality of its existence that assures its growing future. And that one quality is "inevitability." The inevitability of Chiropractic has been established. And as its guardians, it is inevitable that we keep it alive.

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DO YOU NEED DRUGS
WITH YOUR ADJUSTMENTS?

By no means a properly functioning human body does not require medication to stimulate or inhibit its various tissues, organs and members.

In some cases where illness has progressed beyond the reach of the healing arts, certain drugs may be necessary for prolongation of life. In other cases, which have spread beyond reach of human resources, drugs are used to ease the suffering. But in cases where human bodies are repairable, drugs usually are not needed and should be avoided.

Any drug you are required to use for any reason should be reported to your chiropractor and he will give specific instructions as to continuation of such a drug. Patients usually find that after they have started chiropractic care they can taper off the drug habit gradually as their body responds to treatment.

Chiropractic patients discover that their body functions in response to nerve energy received from the brain. This energy, transmitted via the nervous system to the many organs and parts of the body, causes the body to function in a normal manner according to requirements of the body at any particular time.

The use of drugs under ordinary conditions ultimately hinders the healing process because the drugs upset the delicate chemical nature an additional substance to fight as they seek to return the body chemistry to normal.

In too many instances drugs have undesired side effects apart from creating a habit that demands their continued use. It is also interesting to note that about 80% of drugs that were in use ten years ago are obsolete today; if drugs were the real answer to disease correction our nation would not be as it is today. Instead, the people in the U.S. today are sicker and the death rate has not improved for the past ten years.

Chiropractic heals without resorting to habit-forming drugs. If you disagree, you haven't tried it.

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Thirty-four per cent of U.S. is plagued by backache—an estimate that thirty-four per cent of the U.S. population under 65 have some kind of back pain was recently released by the American Academy of Orthopedic Surgeons. This means that one out of every three Americans are tormented by backaches.

It was reported that a quarter of a million workers sustain back injuries each year serious enough to send them home from work, and countless others who are plagued by backaches sit, squirm, suffer and slow down production.

The Academy reports that approximately ninety per cent of backaches are caused by fatigue and strain—the result of man's misuse of his body: Most are caused by improperly lifting some object, bending over and twisting at the same time in a voice-fire way to court an aching back.

The Academy suggests that following the seven maxims set forth below would save America many a backache:

1. Know and observe your physical limitations. Act your age, don't try some crazy stunt to impress others in the crowd.
2. Don't shock the spine when you sit down—come in a smooth landing.
3. When lifting something, bend your body at the knees. This way you'll let the arms, legs and hips help the back bear the burden.
4. Try and exercise all of your muscles a little instead of a few of the muscles a lot. "Warm up" before engaging in hard exercise or violent sports.
5. Make a conscious effort to improve your posture.
6. While you're on the job, get up and stretch occasionally—it will do you a world of good.
7. Workers who sit—from tractor drivers to homemakers who peel potatoes—need seats of right shape and size, or countertops and stools of the correct height.

We agree. Perhaps these tips will save some of you a trip to your chiropractor's office.

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Can accidents produce disease?

The cause of many diseases can be traced to previous accidental injury. Nerve force from the brain channeling over the spinal nerves is necessary to run the body.

If nerve force is interrupted, the affected organs fail to perform their proper function. It might be the stomach, which would be affected, the eyes, the heart, or any other organ of the body. Disrupted function can result in serious disease.

See your chiropractor, if you have had an accident lately, it will pay you to have a checkup.

Don't put it off, the longer you wait, the more damage you will suffer and the harder it will be to correct the cause of your trouble.

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