STUDY NERVE CHART CAREFULLY

Look carefully at the nerve chart below, see where the nerves go, see what the nerves do. Perhaps you are suffering needlessly. Perhaps a pinched nerve is causing your health problem. Perhaps by freeing the blocked nerve, your chiropractor can release nature's wonderful healing power.

1. A slight "pinching" of nerves at this point can cause headaches, some eye diseases, ear problems, insomnia, abnormal blood pressure, colds, hay fever, sinus trouble, nervousness, wry or stiff neck, some types of arthritis, colic in babies, glandular trouble, etc.

2. A nerve difficulty in this part of the spine can be the cause of so-called throat trouble, neuralgia, pain in the shoulder and arms, goiter, nervous prostration, etc.

3. In this part of the spine, a "pinched" nerve can cause so-called bronchitis, pain between the shoulder blades, rheumatism and neuritis of the arms, shoulder, or hands, bursitis, etc.

4. A blocked nerve at this point can cause so-called nervous heart or fast heart, asthma, difficult breathing, bronchial congestion, etc.

5. Stomach and liver trouble, pleurisy and a score of other troubles can be caused by pressure in this part of the spine.

6. Nerve pressure at this point can cause gall bladder problems, dyspepsia or gas of upper bowels, shingles, hiccups, etc.

7. Certain kidney problems or diseases, eruptions and other skin diseases can be caused by nerves being pinched in the spinal openings at this point.

8. Chiropractic adjustments here often help such troubles as so-called lumbago, constipation, colitis, etc.

9. Nerve pressure at this point can cause bladder frequency, prostate problems, lower bowel and abdominal pains.

10. A slight slippage of one or both of the hip bones or the sacrum may cause so-called sciatica, leg or knee pains, and many other leg problems.
MILLIONS SWITCHING TO CHIROPRACTIC

Because you can't fool all of the people all of the time, more than 40,000,000 persons have switched to chiropractic because medicine has failed to fool them, and more than 2,000,000 each year leave the medical ranks and come to chiropractic. These people have learned that chiropractic gets sick people well without drugs and unnecessary surgery, without side effects, and without surgical mistakes.

CHIROPRACTIC GETS SICK PEOPLE WELL!

You don't have to live with pain and suffering while help is available.

FARINA
CHIROPRACTIC CLINIC
1236 Main St.
Hellertown
PHONE 838-7814
Mon.-Wed.-Fri. 11 a.m. to 8 p.m.

CHIROPRACTIC GETS RESULTS!

It's a startling fact that billions of dollars are spent on health and yet we find millions of people not enjoying good health.

Every day, sick people look to chiropractic seeking help... Why?

Regardless of what your condition is called... No matter how long you have suffered... Find out if you are a chiropractic case.

You don't have to live with pain and suffering while help is available.

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CHIROPRACTIC GETS SICK PEOPLE WELL!

If you're tired of being sick isn't it time you switched!

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Many Who Once "Doubted" Now Enjoy Real Health

Everyday we hear one of our patients exclaim "I would never have believed it, if I had not had it happen to me personally. I never would have known what a wonderful thing Chiropractic is, but I have been made well, and I know it!" It's not hard to understand their point-of-view, especially if they have spent years, and thousands of dollars in an effort to regain lost health. It is almost unbelievable to see the hundreds of people who enter our clinic as patients each year, come in as "dubbing Thomases" and leaving as happy, healthy people.

Farina
CHIROPRACTIC CLINIC
“Enter To Get Well”
HELLEERTOWN, PA.
PHONE 838-7814
What's Your Health Problem?

Do you remember how good you felt before you developed a health problem?

Do you get out of bed thinking how wonderful it is to awaken refreshed after a good night's sleep?

Are you filled with energy and ready to tell the world how great it is to be alive and feeling good?

If you are not healthy and not enjoying the greater pleasures of life, Chiropractic may well be your answer to better health.

What this means to you...

Through Chiropractic, your benefit of better health will give you greater comfort, improved appearance and freedom of trouble with peace of mind.

Nerves Been Tested?

A simple, painless and inexpensive spine and nerve test can quickly reveal if chiropractic may be of benefit to you.

Pick up your phone now and call the FARINA OFFICE 838-7814, to make an appointment for your spine and nerve test. Delay is a friend of disease. Do it now.

CHIROPRACTIC GETS RESULTS!

(And that's what counts)

Millions of sick people are now enjoying better health with chiropractic. With a healthy mind in a healthy body, you can radiate happiness, warmth and harmony...and enjoy a renewed zest for living. You can know true peace of mind.

Every truly healthy person should experience a feeling of greatness to be alive and well-being all day through and be able to fall into a deep, painless sleep as soon as he gets to bed at night. Is this the way you feel? If it isn't, then you are not enjoying the health that Nature intended you to have when you were born.

Nerves Been Tested?

A chiropractic Nerve and Spine test will reveal if chiropractic may be of benefit to you. Enjoy that healthy, happy feeling.

Pick up your phone now and call the FARINA OFFICE 838-7814, to make an appointment for your spine and nerve test. Delay is a friend of disease. Do it now.
“TENSION HEADACHE”

Persons who experience pain (in the head) or stiffness at the back or side of the neck usually are suffering from the effects of either an abnormality in the position of the small bones of the neck, a spinal disc condition, or spinal arthritis. These are the more frequent disorders, occurring in the neck region of the spine.

These abnormalities lead to pain because they cause irritation to nerves which are located near affected spinal joints.

As nerves become irritated in this manner pain may be felt throughout the path of the nerve, and a person may begin to suffer with headaches or pain and numbness in the shoulder, arm or hand.

To obtain relief from these disorders it is advisable that a chiropractic examination be made to locate the exact cause of the difficulty. Once the cause is known, much can be done to help.

This article is written in the interest of Public Health through the courtesy of Dr. Santo S. Farina, Chiropractor. For further information, write to 1236 Main St., Hellertown, Pa. 18055 — Phone 838-7814.

“PATIENT CARE IS OUR CAREER”
FARINA CHIROPRACTIC OFFICE
1236 Main St. Hellertown Phone 838-7814
Cheryl Rodgers Dr. S. S. Farina Diane Bonser
Assistant Assistant Assistant
Our Office Staff
OFFICE HOURS—MONDAY, WEDNESDAY, FRIDAY 12-4, 5-7
ASk The Chiropractor

Asthma Victim Wants
An Honest Report

Q. I have asthma. When I
read that one out of five
Americans have been helped
by chiropractic care, I deci-
ded to try it—almost. But I
have been tricked by statis-
tics before because the num-
bors can be twisted and turn-
ed around, and you can prove
almost anything. Do you care
to comment on this?

A. I know how you feel. The
truth about statistics is often
difficult to get. But perhaps I can
give you some “numbers”
that will get right to the heart
of the matter.

In 14,636 cases including 42
common diseases that were
studied, and received chiro-
practic care, those who got
well or much improved were
in the 86 per cent range, and
those who did not respond to
treatment ranged to 13.3 per
cent at most. Is that being di-
rect enough?

To be even more specific:
Of those who were treated for
asthma, 80.5 per cent became
well, 12.1 per cent much
improved, 5.5 per cent unchang-
ed, and .8 per cent worse.
Migraine patients: 86.8 per
cent got well, 8.1 per cent
improved, 2.0 per cent no
change, and 3.4 per cent
worse. And one more picked
at random is allergies: 87.2
per cent well, 10.3 per cent
improved, 2.5 per cent un-
changed and zero per cent got
worse.

The story is similar for all
42 of the common diseases
studied. I hope the above fig-
ures are plain enough to con-
vince you.

Questions? Write or phone:

Farina Chiropractic Clinic

Ph. 838-7814

"Pain Sufferers"

How many times have you been told that you
have to live with agonizing pain? How long will
you allow your condition to progress beyond
help? If you are one of the unfortunate persons
who suffers more each day after taking pill after
pill with no relief in sight, it's time you made a
decision to switch to chiropractic.

Doesn't it stand to reason that if your condition
has not responded to medical therapy that chiro-
practic may be the answer.

Call today for your private consultation appointment. Call
838-7814

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CHIROPRACTIC CLINIC
1236 Main St.
Hellertown
PHONE 838-7814
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ASK THE CHIROPRACTOR

Insurance Won't Pay?
Get A Policy That Does

(Q.) I was injured on the job, and the thought that I might lose too much income has scared me. One of my friends at work told me today that a lot of insurance companies pay for a chiropractor and that's what I need. But I read my policy and called my insurance agent, and he says it won't pay. What can I do about it?

(A.) Your problem is as serious as it is common. Why not do the obvious thing and just switch policies? There are over 600 U.S. and Canadian insurance companies that do offer chiropractic coverage in their health and accident policies.

It means a lot to any injured person to know he will get the kind of care that will give him back his health as soon as possible. But quick, lasting recovery of the patient is extremely important to the insurance company also, because when the cost of claims rise, policy premiums have to be raised 100, and insurance gets harder to sell. It costs the company less, usually, when Chiropractic care is used. This explains why so many companies say that "the more effective the doctor, the less the cost will be, and the more help the policyholder will receive."

Questions? Write or phone:
Farina Chiropractic Clinic
Hollertown, Pa. Ph. 838-7814

Dr. Farina

ASK THE CHIROPRACTOR

$300,000,000 Annually Spent On Headache Remedies

Q. I am so sick of having headaches. I've tried everything but chop my head off. What is the chiropractic answer?

A. The complaint of headache is probably heard by a chiropractor more often than any other symptom. According to the U.S. Public Health Service, some $300,000,000 is spent on headache remedies.

Women have more headaches than men, less than 10% of people have never experienced headache. Most frequently encountered are vascular headaches, the migraine type, and muscular contraction headaches known as "tension" headaches.

Of course, headaches can have a number of causes, but the large percentage of cases are caused by misalignment of one or more spinal bones (vertebrae). Improper posture, spinal curvatures, occupational stresses or injury to the spine are other causes. Many times the sufferer of headaches was born with spinal defects. But any of these conditions can cause impairment or impingement of the nerves going to the head, or affecting the circulation through the head.

Headache pain does not always mean trouble where the pain is felt. Often the pain arises elsewhere and is referred to the head. An example of this is the fever headache, or the stomach headache, etc. Naturally, it is the doctor's job to determine the underlying cause of the headache and prescribe the treatment indicated. It is almost a mistake when the patient tries to treat himself or take some simple headache remedy; it is only temporary... alleviates the pain but soon the headache is back, perhaps worse than before!

Of course, the chiropractor's education and experience has been directed to just such problems that involve the spine, nerves, muscles and joints of the human body.

If you know someone who is suffering from headaches, urge him to see a chiropractor.

As the result of many requests, this column will appear every Wednesday. Unfortunately, all letters received cannot be answered in the paper, however each letter received will be answered personally by mail.

Questions? Write or Phone
FARINA CHIROPRACTIC CLINIC
Hollertown, Pa. Phone 838-7814
**ASK THE CHIROPRACTOR**

**What’s Your Life Worth?**

Many people would say that is a silly question, but when they are seriously asked to answer it, they cannot.

You cannot put a price on health, although many people in this modern day and age think you can. Pills, shots and drugs cannot and will not heal this sick world of ours. It has tried for over 1,000 years and has failed.

Healing must come from within. If it comes from outside the body in pills, shots and drugs, then this notion of ours would be the healthiest notion in the world. Most people believe we are rated 17th by the World Health Organization. We are on a drug society that has a pill for everything, the usual early-morning headache, there is a pill that wakes you up, there is a pill that puts you to sleep, there is a pill for this and that, a pill, a pill, a pill, the list never ends.

People who are sick are like a railroad track; they cannot seem to get off that circular track that they are on, and that track leads from their home to the M.D.'s office to the drug store for the prescription and home again. It is an endless cycle and they are all sick.

But you can throw a switch, get off that endless track and on to the main line of life, and a place where you can be free of those sick-producing pills, shots and drugs. You can make a turn to the right track to health and let chiropractic assist you in attaining and maintaining your health.

As I mentioned earlier, healing must come from within and the science of chiropractic will work with the “creative healing intelligence” within the body.

Chiropractic can and will correct and realign the physical block that is reducing the life nerve supply to all parts of your body.

Your doctor of chiropractic is trained to locate the cause of your problem. He does not treat the effects or symptoms with shots, pills or drugs. He does not say to you: “If this does not work, come back next week and we will try something else.” He does not say to you: “You will have to learn to live with it: there is nothing that can be done.”

Your chiropractor is a doctor of cause and of life and can locate and restore nerve supply to your body. What is your life worth? Is it worth being sick two-thirds of your earthly life?

Questions? Write or phone:

Farina Chiropractic Clinic
Hellerstown, Pa. Ph. 838-7814

**ASK THE CHIROPRACTOR**

**Young Boy Scheduled For Spinal Surgery**

Q. It’s probably none of my business, but I can’t help being worried. My sister’s 16-year-old son is being scheduled for surgery because of a slipped disc. Is there anything you can say that might encourage my sister to take the boy to a chiropractor?

A. Many doctors are quick to say back pain is caused by a slipped disc. ‘Disc trouble’ does occur, but far less frequently than diagnosed. The spinal discs are thin wafer-like plates, which act as a cushion and separate each vertebra from the one above. Most disc trouble comes from an imbalance of the spinal bones (vertebrae) which squeezes the disc in such a way as to press upon nearby nerves.

One of the main functions of the disc is to act as a shock absorber. Sometimes when we receive a fall or jolt, the shock transmitted to the spinal column is too great for the spine’s shock-absorbing ability, causing slippage of the bones (vertebrae) from normal relationship with each other. When this happens, if the disc pressure is in the neck area, it could cause pain and numbness in the shoulder, arm and hand. Pressure in the lower back could cause pain in the hips, leg and foot.

For instance, a middle-aged man who works for Ford Motor Company was scheduled for surgery of the lower back. Pains in the lower back and left leg were so severe he could not put his full weight on the leg, thereby causing a limp. A young man was hurt in a construction accident by an object falling on his head causing headaches, complete loss of feeling in the right hand and low back pains. He also was scheduled for surgery. After completing a very thorough x-ray examination and spinal test, the problem was located in each of these patients. “My only regret is, I did not search out chiropractic sooner,” is a statement we hear many, many times.

When disc trouble does occur, chiropractic care is particularly effective without surgery. Unless chiropractic has been included, “everything” has not been done.

Questions? Write or phone:

Farina Chiropractic Clinic
Hellerstown, Pa. Ph. 838-7814
CLOSED

Our Clinic will be CLOSED April 5, 6, 7 & 8 while my staff and myself are attending an advanced technical seminar for the different types of Migraine Headaches.

Farina Chiropractic Clinic
1236 Main St.
Hellertown

SICK?

Our examinations are planned to eliminate those we can't help.
Our space is limited... our service is not!

Farina
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“Enter To Get Well”
Hellertown, Pa.
Phone 838-7814

Farina
BETHELHEM TIMES
10/19/72

Death is the penalty of disease.
Happiness is the reward of health.
Chiropractic is successful many times after all other methods of healing have failed because it directs its approach to correcting the cause.
Consultation is without obligation.
Find out now if you are a Chiropractic Case.

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PHONE 838-7814

Dr. S. S. Farina

SPINAL NERVE PRESSURE CAUSES MANY DISEASES

CHIROPRACTIC ADJUSTMENTS WILL REMOVE THE CAUSE OF DISEASE

FIND OUT NOW IF YOU ARE A CHIROPRACTIC CASE AT
The FARINA CHIROPRACTIC CLINIC