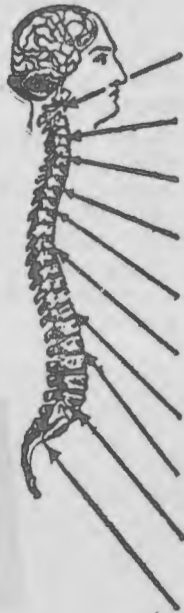


ARE YOU DISSATISFIED WITH YOUR PRESENT STATE OF HEALTH?



1. Slight pressure on nerves at this point may cause headaches, insomnia, pain in the neck, nervousness, dizziness or emotional disorders.
2. A slight slipping of a vertebra, causing pressure on nerves in this part of the spine, may be the cause of throat trouble, bursitis, pain in the shoulders and arms.
3. This arrowhead locates the part of the spine wherein pressure on nerves could cause pain between the shoulder blades, muscular ache in the arm and shoulders, hay fever, allergies, and bronchitis.
4. Nerve pressure at this point may cause chest pains, asthma and difficult breathing.
5. Stomach and liver troubles, enlargement of the spleen, may be caused by vertebrae slipping and causing nerve pressure in this part of the spine.
6. Many gall bladder problems, and shingles, may be caused by pressure at this point.
7. Skin diseases are sometimes the result of nerve pressure at the spinal openings here.
8. Such trouble as lumbago, low backache, sacroiliac slip, slipped disc, are relieved by chiropractic adjustment at this point.
9. Constipation, rectal trouble, sciatica may be corrected by chiropractic adjustments of this part of the spine.
10. A slight slippage of one or both pelvic bones can produce sciatica, cramp in legs, and backache.

Are you tired of taking pills and being told . . .

"YOU'LL JUST HAVE TO LIVE WITH IT." IF YOU ARE . . . WE INVITE YOU TO OUR

CHIROPRACTIC WEEKEND

FEBRUARY 19 & 20

Saturday 1 to 5 p.m.

Sunday 1 to 5 p.m.

As a public service we will be offering at no charge . . .

CHIROPRACTIC EXAMINATIONS

Chiropractic X-ray Analysis
(when necessary)
Reports and Consultations

MAKE YOUR APPOINTMENT TODAY

PHONE 791-1020

ALLENTOWN CHIROPRACTIC CENTER

Dr. Stephen L. Kulik

1850 E. EMMAUS AVE.

ALLENTOWN, PA.

PINCHED NERVES.....

IN THE FOLLOWING SPINAL AREAS MAY CAUSE

1. Headaches, Nervousness, Dizziness, and Tension.
2. Neck Pains, Torticollis, Bursitis, and arm pains.
3. Muscular aches of upper back, shoulders, & arms.
4. Chest pains, functional Heart distress, difficult breathing, and asthma.
5. Stomach and liver disorders.
6. Shingles, and disturbances of the upper bowels.
7. Kidney disorders, skin disturbances, and mid-back ache.
8. Slipped disc, lumbago, and low-back pains.
9. Sciatica, constipation, menstrual problems, and sacro-iliac pains.
10. Bladder disturbances, leg cramps, and colon disorders.



Approximate representation of spinal nerve areas

WHY BE SICK WHEN YOU CAN BE WELL?

CHIROPRACTIC PUBLIC SERVICE EXAMINATIONS

Saturday, Feb. 8 from 12 Noon to 5 P.M.

There will be **FREE** Chiropractic Examinations including Chiropractic X-Rays when necessary.

Bring the whole Family to...

ALLENTOWN CHIROPRACTIC CENTER

Dr. Stephen L. Kulik

1850 E. Emmaus Ave., Allentown, Pa.

Just over Gauffs Hill into Salisbury Township

Call **791-1020** for an Appointment



"Dedicated To The Restoration And Preservation Of Your Health"

Let's take a look at the 9-12-76

WHAT IS CHIROPRACTIC?

CHIROPRACTIC is the science and art dealing with the recuperative powers of one's body thru the restoration of a good healthy spine.
Spinal check-ups are just as important as good body rest and proper diet for the stress and strains of daily life.
Good advice is to see your CHIROPRACTOR for a spinal check-up.

ALLENTOWN CHIROPRACTIC CENTER

DR. STEPHEN L. KULIK
1850 E. Emmaus Ave., Allentown, Pa. 18103
Phone 791-1020

C16 THE MORNING CALL, ALLENTOWN, PA., THURSDAY, MARCH 30, 1978



CHIROPRACTIC PUBLIC SERVICE EXAMINATIONS

Saturday, April 1st, From 1 to 4 p.m. only

There will be **FREE** Chiropractic Examinations
including Chiropractic X-Rays if necessary

Bring the Whole Family to . . .

ALLENTOWN CHIROPRACTIC CENTER

Dr. Stephen L. Kulik

1850 E. Emmaus Ave., Allentown, Pa.

Call 791-1020 for an appointment



Chiropractic for Health



by Steve and Bill Kulik, D.C.

YOUR BODY'S LIFELINE

Your spine, or spinal column, is a lifeline consisting of 24 movable bones. Were the "string of bones" not flexible, you would not have to worry about the effects of nerve irritation, the result of the misalignment of one of these important bones. However, a flexible spine allows us to have a tremendous range of body motion. However, a lifeline is a two-way street. Its benefits can be curtailed by jolts and even emotions. For this reason, entrust your lifeline to a specialist. Your doctor of chiropractic is a spine and nerve specialist.

A well positioned "lifeline" may allow proper body communication and interaction. In this way Mother Nature may be able to create her natural healing forces and provide you with a state of total well-being. For attention to existing concerns as well as preventative goals, call the ALLENTOWN CHIROPRACTIC CENTER, 1850 E. Emmaus Ave. Tel. 791-1020. Hours by appt. only Mon.-Sat.

CHIRO TIP:

Pregnancy, overweight and unnatural positions can adversely affect posture.



Chiropractic for Health



by Drs. Steve and Bill Kulik

SEEKING THE CAUSE

When most of us refer to the "getting well" process, we look for our symptoms and diseases to disappear. A chiropractor, on the other hand, looks for more. He wants to see that the cause of the problem is corrected. By looking for interferences in the nervous system, the chiropractor can often pinpoint the cause of disease. Next, misalignment of the spinal vertebra can be corrected to allow more normal working of the nervous system and related bodily processes. From then on, it is a matter of time and adherence to the chiropractor's recommended program which allows the body to heal.

The science of chiropractic deals with such "correction and healing" as well as from a preventative consideration. Chiropractic can serve to correct existing situations as well as provide maintenance procedures so that you may maintain and enjoy the optimum state of total well-being. Call the ALLENTOWN CHIROPRACTIC CENTER, 1850 E. Emmaus Ave., soon for a chiropractic exam. Tel. 791-1020. Hours by appt. 6 days a week Monday thru Saturday.

HEALTH TIP:

Patience in giving the body time to heal itself will yield longer-lasting results than a quick pill.



Chiropractic for Health



by Steve and Bill Kulik, D.C.

PREVENTIVE MAINTENANCE

Where does one turn for health information when well? More people than ever are realizing that health is a process of preventive maintenance, not just an absence of disease. The family physician has been schooled to follow a disease-oriented view of health. He treats disease as it occurs with a biochemical approach. In the absence of a bodily crisis there is a lesser concern for disease prevention measures. One hardly ever sees a physician when well. The chiropractor, on the other hand, shares the concern of a growing number of people who want to "stay in shape." Chiropractic's concern is for continuing "wellness."

The science of chiropractic provides a natural, drugless and knifeless approach to dealing with existing problems as well as serving as a preventative measure to developing situations. Such an exam will serve to analyze one's needs, provide the options of correction available and help ascertain the day-to-day activities that will help you enjoy a more natural state of well-being. For your concerns call ALLENTOWN CHIROPRACTIC CENTER, 1850 E. Emmaus Ave. Tel. 791-1020. Hours by appt. 6 days a week, Monday thru Saturday.

HEALTH TIP:

Maintain health through regular chiropractic care.



Chiropractic for Health



by Steve and Bill Kulik, D.C.

NERVE MESSAGE

The nerves that travel through the spinal column bring messages to all the organs in the body regulating their functions. If the message route is, somehow, disturbed, functioning of those organs may well be disturbed. A vertebra that is a little out of place could interfere with the transmission of nerve messages to the liver, kidneys, stomach, etc. If this is the case, and a displaced vertebra is causing the problem, there is generally no need for medicine or operations. A chiropractor knows the function and placement of all the nerves in your spine and can treat the condition and make the adjustments that may help allow the body to heal itself.

That science of chiropractic is a natural, drugless and knifeless approach that goes to the source of the problem. Through professional analysis proper applications and techniques can be instituted and the relief sought may well be achieved. For your questions as well as an exam call ALLENTOWN CHIROPRACTIC CENTER, 1850 E. Emmaus Ave., today for an appt. Tel. 791-1020. Hours by appointment 6 days a week; Mon. thru Sat.

Rather than using aspirin, have a chiropractor treat headache problems.

**Tried
Everything?**

**NOT UNLESS YOU'VE TRIED
CHIROPRACTIC**

Dr. Steve Kulik • Dr. Bill Kulik • Dr. Debra L. Ceci



ALLENTOWN CHIROPRACTIC CENTER

**1850 E. Emaus Ave.
Open 7 Days A Week
791-1020 for Appt.**



Chiropractic Health Tips

By Drs. Steve & Bill Kulik



CHIROPRACTIC IN A NUTSHELL



To give you a better idea of chiropractic . . . let's compare the spinal cord to a telephone cable. The spinal cord, like the telephone cable, carries a continuous stream of messages from the brain to all parts of the body. The functions of the body are controlled by these messages . . . so the system is extremely important.

If the telephone cable were damaged — someone would be without telephone service. If your spine were to be bumped, or vertebrae out of alignment, a portion of your body could be receiving less than normal nerve energy. This may cause even your heart, stomach, or other organs of your body not to operate properly because of improper nerve energy supply.

Chiropractic deals with the nerves. The place that hurts isn't always the place where pain originated. This is why chiropractic maintains that a healthy spine makes for over-all good health.

Don't let a minor spinal injury ruin your health. A complete chiropractic examination and program can be your answer to good health. Call the Allentown Chiropractic Center today . . . that's the chiropractic story in a nutshell. Don't wait until it's too late.

ALLENTOWN CHIROPRACTIC CENTER

**1850 Emmaus Ave. • Open 6 days a week
Tel. 791-1020 for appointment**



Chiropractic Health Tips



By Drs. Steve & Bill Kulik

The Advantage of Periodic Chiropractic Adjustments



We all remember that old story of the rabbit and the turtle. Well, just like the turtle, if we keep with it — we'll win in the long run too. The winning prize with chiropractic is good health. It goes without saying that the advantage of periodic chiropractic adjustments is good health.

The old saying — "An ounce of prevention is worth a pound of cure," is certainly true with our health. The purpose of chiropractic is to keep the spinal column in proper alignment, preventing and relieving pinched nerves, thereby allowing all the organs of the body to receive vital, life-giving nerve energy.

Don't be foolish with your health. Like the rabbit, you may think you have the race for good health in the bag. Unless you're doing preventive maintenance of your spine through chiropractic . . . bad health can be around the corner. Your spine is your lifeline . . . take care of it through chiropractic.

ALLENTOWN CHIROPRACTIC CENTER

1850 Emmaus Ave. • Open 6 days a week
Tel. 791-1020 for appointment



Chiropractic Health Tips



By Drs. Steve and Bill Kulik

CHILDREN AND CHIROPRACTIC

Children are fantastic little people whose joy for life is overwhelming; however, take away just a little of that happiness because of a physical problem and it can mean heartbreak for a parent.

With Chiropractic, many children have experienced relief from problems such as asthma, scoliosis, earaches, headaches, and even feet and legs that have turned inward or outward. This is not to say that Chiropractic is a cure-all; however, our experience over the years with Chiropractic has shown us that children have that youthful strength to fight off and heal many ailments when their bodies are working right and their spines are in proper alignment.

What do Chiropractors do when working with children? In most Chiropractic offices, a child is not usually X-rayed, but rather is analyzed for spinal balance (bio-mechanics). If any spinal misalignments (subluxations) are found, light pressure is applied to that precise area to set the spine in toward its proper position. With a well-balanced spine and a properly functioning nervous system (which is housed by that spine), the child's body will function better toward a natural healthy future.

For more information or an appointment, call the Allentown Chiropractic Center at 791-1020.

ALLENTOWN CHIROPRACTIC CENTER

1850 Emmaus Ave. • Open 6 days a week
Tel. 791-1020 for appointment



Chiropractic Health Tips



By Drs. Steve Kulik, Bill Kulik and Debra L. Cecci



HURTING FROM YOUR LAST SWIM?

There are probably thousands of people who, since their first swim of the summer, have been victims of lingering physical discomfort, such as — recurring headaches, severe neck pain, great discomfort between the shoulder blades, and low back pain.

Any physical activity in which we have not indulged for considerable time should be approached gradually. But, the pleasure of the swimming pool is so great and the wait so long that eagerness crowds out thoughts of hygienic conditioning of muscles and other tissues.

Both swimmers and non-swimmers may strain the unconditioned body in falls, horse-play, or collisions during the picnic games and around the pool.

Any discomforts developing immediately, or gradually, after that first swim or picnic outing suggests that a vertebra has been knocked out of alignment, causing irritation of spinal nerves.

Don't let discomfort get in the way of your summer fun! Call today for an appointment.

ALLENTOWN CHIROPRACTIC CENTER

1850 E. Emmaus Ave. • Open 7 days a week
Tel. 791-1020 for appointment

Chiropractic Health Tips

By Drs. Steve & Bill Kulik & Dr. Debra L. Cecci



INJURED AT WORK?

A doctor of chiropractic is especially trained to diagnose and treat back problems.

If insured at work, Worker's Compensation Insurance should pay for your chiropractic care.

DON'T DELAY —
Get To A Chiropractor Today!!
FREE CONSULTATION WITH THIS AD.

ALLENTOWN CHIROPRACTIC CENTER

1850 E. Emmaus Ave • Open 7 days a week
Tel. 791-1020 for appointment



Chiropractic Health Tips



By Drs. Steve Kullk, Bill Kullk, & Debra L. Cecci

How to stay on your feet without tiring your back

To prevent strain and pain in everyday activities, it is restful to change from one task to another before fatigue sets in. Housewives can lie down between chores; others should check body position frequently, drawing in the abdomen flattening the back and bending the knees slightly.



Not This Way



Not This Way



Not This Way



Not This Way



Use of a footrest relieves swayback.



Bend the knees and hips, not the waist.



Hold heavy objects close to you.



Never bend over without bending knees.

ALLENTOWN CHIROPRACTIC CENTER

1850 E. Emmaus Ave. Open 7 days a week
Tel. 791-1020 for appointment



Chiropractic Health Tips



By Drs. Steve Kullk, Bill Kulik, & Debra L. Cecci

How to sit correctly

A back's best friend is a straight, hard chair. If you can't get the chair you prefer, learn to sit properly on any chair you get. To correct sitting posture from forward slump; throw

head well back, then bend it forward to pull in the chin. This will straighten the back. Now tighten abdominal muscles to raise the chest. Check position frequently.



Relieve strain by sitting well into the chair with your lower back relaxed. Tuck your pubic bone up toward your abdomen and let your thighs and calves relax.



Use of footrest relieves swayback. Aim is to have knees higher than hips. Tuck pubic bone up toward your abdomen.



The correct way to sit while driving is close to the pedals with good support on your entire spine.



TV slump leads to dowager's hump, strains neck and shoulders.



Driver's seat too far from pedals emphasizes curve in lower back.



Strained reading position. Forward thrusting strains muscles of neck and head.

ALLENTOWN CHIROPRACTIC CENTER

1850 E. Emmaus Ave • Open 7 days a week
Tel. 791-1020 for appointment



Chiropractic Health Tips



by Drs. Steve Kulik, Bill Kulik and Debra L. Ceci

What causes a 'bad back?'

★ One of the most difficult problems facing the Doctor of Chiropractic today is explaining in lay terms Physiological conditions or malfunctions of the body and how they occur.

★ However, the musculature of the body, particularly the Spine, contains simple understandable logic. We all know, or know of, for instance, people who have become paraplegics through an accident. Every organ, limb or cell of our body requires the nerve impulse which emanates from the brain and travels through the spine to all parts of the body. Cutting off or restricting this nerve impulse results in pain, malfunction, or both.

★ The spine is composed of separate but interlocking vertebrae. These vertebrae independently work like building blocks, one stacked upon another. Without proper muscular support, these blocks become unstable.



★ Between these vertebrae are shock absorbing pads called discs. It is the job of the disc to keep the space between the vertebrae open enough to ensure that the nerves and blood vessels can pass between them without injury. If muscles become too tight or the disc flattens out, decreased nerve supply and decreased circulation will result. This means that whatever organs, muscles or cells those nerves and blood vessels supply, malfunction can result.

★ Our bodies are a result of what we think, eat and do. We are creatures of habit, and so are our bodies . . . particularly the muscles.

Sleeping on a soft mattress, for instance, or watching TV for a few hours each night in a slumped position could cause irritation of the sciatic nerve and low back pain.

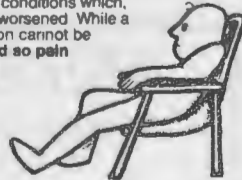
★ Without exercise, muscles weaken and atrophy. It is these weakened muscles that often predispose us to injury. It is often our most commonplace, simply daily actions and living habits which create our "Bad Backs."

★ The principle specific causes of back pain are poor posture . . . lack of exercise, and overeating which generally result in weak abdominal muscles. (Pot belly.) Remember your abdomen is the front of your back. If it is weak your back will be unstable.

★ Back pain is frequently the result of daily activities performed incorrectly, such as Lifting, Standing, Bending or Sitting. "Slipped" or ruptured discs are usually the result of one of the above conditions which, over a period of time has worsened. While a deteriorated disc condition cannot be reversed, it can be treated so pain is eliminated.



Slumped Position



ALLENTOWN CHIROPRACTIC CENTER

1805 E. Emmaus Ave. • Open 7 days a week
Tel. 791-1020 for appointment



Chiropractic Health Tips



By Drs. Steve Kulik, Bill Kulik, and Dr. Debra L. Ceci

Bye, Bye, Backache!



On the job all day, lifting, bending, putting physical stress on your spine, you could easily overdo without even knowing it . . . until the pain. Chiropractic care deals with the prevention and treatment of back problems. Have a spinal examination, for total good health and fitness.

If insured at work, Worker's Compensation Insurance should pay for your chiropractic care.

ALLENTOWN CHIROPRACTIC CENTER

1850 E. Emmaus Ave. • Open 7 days a week
Tel. 791-1020 for appointment



Chiropractic for Health



by Drs. Steve Kulik, Bill Kulik & Debra Cecci

SCIATIC PAIN

Anyone with a case of sciatica can tell you that it may well be one of life's most agonizingly painful physical experiences. This sharp pain routes its way down the sciatic nerve into the hip, thigh and back portion of the leg. It may even affect the ankle and foot. In many cases, the root of the problem may well be in the lower spinal column where one or both of the two sciatic nerves are located. A pinching of this nerve, which is as big around as the thumb, can result in an impedence in this main communication line between the brain and the thigh, lower leg, foot and toes. If so, a chiropractor may be able to locate the misaligned vertebrae, align them and relieve the pressure.

Such hip, thigh and back of leg discomfort is very disturbing. Many tolerate this thinking there is no alternative. There may well be relief available. Chiropractic, through analysis and implementation of proven techniques, may be able to alleviate the points of interference and provide the relief you desire. For a chiropractic exam that will assess your situation, call ALLENTOWN CHIROPRACTIC CENTER, 1850 E. Emmaus Ave. Tel. 791-1020. Hours by appt. 7 days a week.



Chiropractic for Health



by Steve and Bill Kulik, D.C.

DISC PROBLEMS

Surgery may be the only answer for certain cases of ruptured discs. However, this accounts for only about 5% of all disc problems. The other 95% may be treated by the Doctor of Chiropractic. Acute and chronic disc problems have been addressed by chiropractors for more than 75 years. In the event of a disc problem, therefore, it makes sense to visit a Doctor of Chiropractic first. In those cases where surgery is indicated, the chiropractor will quickly refer the case to a qualified surgeon. Otherwise, chiropractic can utilize any of at least seven therapies for disc cases.

In some situations people who have endured discomfort have discovered that they do not in fact suffer from a chronic problem. The science of chiropractic oftentimes may effectively deal with such circumstances and return a pain-free and healthy lifestyle to you. For more information on chiropractic and how it may meet your needs, call the ALLENTOWN CHIROPRACTIC CENTER, 1850 E. Emmaus Ave., today. Tel. 791-1020. Hours by appt. 6 days a week, Monday thru Saturday.

HEALTH TIP:

A chiropractor may determine the cause of, and treat, most back problems.



Chiropractic for Health



by Steve and Bill Kulik, D.C.

THE MAGNIFICANT MACHINE

The human body is often likened to a marvelous machine. Indeed, we are all physical wonders of nature in a mechanical, chemical and electrical sense. However, unlike a machine, our body possesses the remarkable ability to repair itself. The power of recuperation is our greatest insurance against disease and accidents. It is our natural resistance to infection, cancer, and other diseases and stacks the odds of health on our side. It is the goal of chiropractic to keep our recuperative circuits flowing with healing energy. The well-tuned machine that is the human body is one that will maintain health.

A periodic chiropractic review may help our bodies function naturally and maximize the benefits of such actions. Mother Nature has numerous methods of preventing maladies and repairing problems when they arise. To allow this natural function to take place the energies must flow uninterrupted. Alleviation of points of interference may allow communication to take place thus eliminating "mal-function" and returning the body to optimum well-being. Call the ALLENTOWN CHIROPRACTIC CENTER, 1850 E. Emmaus Ave., for answers to any questions you have. Tel. 1791-1020. Hours by appointment six days a week, Monday thru Saturday.

Do not wait for a health crisis. Maintain your health constantly.



Chiropractic for Health



by Steve and Bill Kulik, D.C.

FOUR FORMS OF STRESS

Stress can cause an imbalance among the body's glands and organs which, in turn, can lead to symptomatic problems. Ulcers, moodiness, nervousness and headaches are but a few. Chiropractors believe that stress should be recognized and dealt with in each of its four forms. Mental or emotional stress is often the first to come to mind. There is also the physical stress of pain from twisted ankles, broken bones, etc. Environmental pollution, contamination and the refinement of the food supply and medications cause chemical stress. Lastly, there is the thermal stress of a blast of "air-conditioned" air on a hot day. Allow chiropractic to help you deal with stress in your life.

Stress, thought of as an emotional reaction, may, in fact, have physical origins. An imbalance within the spine produces "mal-function" within the body and its organs. The science of chiropractic applies proven techniques to such points of interference allowing for energy and communication to resume and natural body function to be reestablished. For your chiropractic needs call ALLENTOWN CHIROPRACTIC CENTER, 1850 E. Emmaus Ave. Tel. 791-1020. Hours by appointment 6 days a week, Monday thru Saturday.

Stress is cumulative.



Chiropractic Health Tips



By Drs. Steve Kulik, Bill Kulik, & Debra L. Cecchi

PREGNANCY AND CHIROPRACTIC

There is probably no other single aspect of a Chiropractic practice more rewarding in so many ways than providing Chiropractic care for the pregnant woman throughout her entire prenatal period and beyond. It can make such a vital contribution not only to the health of the expectant mother, but also to the baby as well.

The ideal (but not the only) time to provide care for the expectant mother is a year before she plans to start a family. It is important to build and strengthen the body to its fullest before conception. In this way, preparing for a baby can be somewhat compared to preparing for the Olympics. Chiropractic attempts to align the body bio-mechanically to perfection for both the expectant mother and the athlete.

In addition, many women have found that Chiropractic has offered much relief for the body aches, pains, and changes that take place during pregnancy. This is particularly welcomed for those women who want to avoid medications during pregnancy. Chiropractic has even offered relief on that special day of delivery.

For more information or an appointment, call the Allentown Chiropractic Center AT 791-1020.

ALLENTOWN CHIROPRACTIC CENTER

1850 E. Emmaus Ave. • Open 7 Days A Week
Tel. 791-1020 for appointment



Chiropractic Health Tips



By Drs. Steve & Bill Kulik

Not too long ago a young woman went into a chiropractor's office for consultation about her health. She was frank to admit she did so against the wishes of her family. Yet today, the entire family recognizes the value of, and depends on, the chiropractic profession for their health.

The answer was simple. The young woman was in poor health, received good results and recognized the merit of this modern health method.

It's tradition and custom that cause people not to give chiropractic the attention that it deserves. It has been proven that sticking to old customs or traditions may not always be right. Examples of this point are the steamboat, the telephone, the airplane, and the automobile. People fought them too and said they wouldn't work. They all are a major part of our modern life today.

Chiropractic acceptance is a matter of tradition and custom. The habit of thinking that what was accepted by past generations is also good enough for us. Isn't it time you take advantage of the modern health method of chiropractic and give yourself a chance at being healthier.

ALLENTOWN CHIROPRACTIC CENTER

1850 Emmaus Ave. • Open 6 days a week
Tel. 791-1020 for appointment



Chiropractic Health Tips



By Dr. Steve Kulik, Dr. Debra L. Cecci, Dr. Bill Kulik

SACROILIAC TROUBLE

Ever notice an ache in your lower back after a big ironing or after lifting several heavy items? That could be an early sign of sacroiliac trouble.

Sacroiliac pain may range from an annoying ache to a sharp, stabbing pain. It usually originates in your lower back and it may radiate down your legs in the muscles and nerves below your hips.

Protect your back with a visit to your doctor of chiropractic. Sacroiliac trouble is sometimes caused by misaligned vertebrae exerting pressure on a nerve. Chiropractors are trained to put vertebrae back into their normal positions . . . eliminating pressure on nerves.

A visit to the Allentown Chiropractic Center now may prevent a pain in the back later. Call for an appointment today.

ALLENTOWN CHIROPRACTIC CENTER

1850 Emmaus Ave. • Open 7 days a week
Tel. 791-1020 for appointment



Chiropractic for Health



by Drs. Steve and Bill Kulik

KNEE STABILITY

Chiropractic recognizes that muscles do more than simply help move the knee hinge-joint through its range of motion. Along with ligaments, they also lend stability to the joint, and limit its range of motion. Muscles support the knee in the middle and outside of its structure as well as at the front and back. Weakness in one part of this group of muscles can result in loss of stability. By testing individual muscles surrounding the knee, a chiropractor may find the areas of limited strength. This evaluation may lead to a strengthening program and often, correction of such problems as "trick knee".

Analysis of muscle function may help in the analysis of one's problem. Based upon such information a decision may be made and proper chiropractic techniques applied that will address the problem. The science of chiropractic is concerned with a total state of well-being not merely the absence of symptoms.

For the attention you required, call the ALLENTOWN CHIROPRACTIC CENTER, 1850 E. Emmaus Ave., today. Tel. 791-1020. Hours by appt. 6 days a week, Monday thru Saturday.

HEALTH TIP:

Because the knee is a major weight-bearing structure, it needs to have excellent stability.

Chiropractic Health Tips

By Drs. Steve & Bill Kulik
& Dr. Debra L. Cecci

MIGRAINES Who Needs Them!

Headaches that persist or reoccur frequently are danger signals that something is amiss. Masking the pain may seem an easy way for relief, however if the trouble is not corrected, related symptoms begin to appear. Usually the headaches that used to present themselves in different areas begin to localize in one area or one side of the head, and the patient's illness is diagnosed as migraine. After extensive examinations for tumors, past fractures and what have you, the patient begins to believe that they just have to live with it. Don't believe it! Don't ever forget that for every effect there must be a cause. Remove the cause and you have no headaches.

ALLENTOWN CHIROPRACTIC CENTER

1850 Emmaus Ave. • Open 6 days a week
Tel. 791-1020 for appointment



Chiropractic for Health



by Steve and Bill Kulik, D.C.

BLOOD SUGAR

Blood sugar is the fuel that drives the body's organs to function properly. The level of sugar in our blood fluctuates throughout the day as we eat and exercise. Insulin is the chemical secreted by the pancreas that keeps blood sugar from going too high. Once the available sugar in the blood stream is used up, the adrenal gland secretes hormones that convert fat and protein to usable sugar. Hyperinsulism is a condition which sets oversecretion of insulin and an abnormal lowering of blood sugar. Sometimes, this is due to eating foods with high concentration of sugar. As the body overreacts to assimilate the sugar, the lower blood sugar causes a craving for sweets.

The action of the body's glands and organs, every muscle and extremity, for that matter, is the result of the orders transmitted from the brain to the part in question. It is obvious that these messages control every aspect of the body and our total well-being. Chiropractic applies the techniques that may allow clear and distinctive messages to pass throughout and, thus, provides us with the desired state of optimum well-being. Call ALLENTOWN CHIROPRACTIC CENTER, 1850 E. Emmaus Ave., for the chiropractic attention you desire and deserve. Tel. 791-1020. Hours by appointment 6 days a week, Monday thru Saturday.

A vicious cycle can be brought on by eating "junk" foods.



Pinched nerves may be the cause of many painful conditions. When a spinal segment is not in its normal position, it partly closes nerve openings between the vertebrae, which in turn causes the nerve to be pinched. This will cause a reduction in the flow of nerve energy to some part of the body. When this occurs the organs and tissues which the pinched nerve supply cannot function properly . . . pain and susceptibility to disease will result.

That is why the chiropractic profession has always stated that to maintain GOOD HEALTH and FREEDOM from DISEASE, all spinal misalignments should be promptly checked and corrected.

Are pinched nerves the cause of your problem?

CHECK THE 10 DANGER SIGNALS . . .

1. Stiffness or pain in the lower back.
2. Numbness, pain or tingling in the legs.
3. Extreme fatigue in the lower back or legs.
4. Frequent pain between the shoulders.
5. Persistent pain and muscle tension in back of neck.
6. Grating and popping noises when turning head.
7. Recurring headaches.
8. Numbness, pain or tingling in the arms or hands.
9. Painful joints, shoulders, elbows, hips or knees.
10. Loss of sleep.

**"Prompt attention will mean BETTER HEALTH and LONGER LIFE."
FREE CONSULTATION WITH THIS AD**

Dr. Steve Kulik

Dr. Bill Kulik

Dr. Debra L. Cecci

**Allentown Chiropractic Center
1850 E. Emmaus Ave.**



**Open 7 Days A Week
Tel.: 791-1020 for Appointment**



Chiropractic Health Tips



By Dr. Steve Kulik, Dr. Debra L. Cecci, Dr. Bill Kulik

AUTO ACCIDENT INJURIES?

Auto insurance policies provide for Chiropractic care for injuries sustained in collisions or otherwise with an automobile.

Chiropractic is particularly effective in the case of "whiplash" and other back and neck injuries which are the result of an auto accident.

HOW TO SIT CORRECTLY WHILE DRIVING



The correct way to sit while driving is close to the pedals with good support on your entire spine.



Driver's seat too far from pedals emphasizes curve in lower back.

Allentown Chiropractic Center

1850 E. Emmaus Ave. • Open 7 days a week

Tel. 791-1020 for appointment



Chiropractic Health Tips



By Dr. Steve Kulik, Dr. Debra L. Cecci, Dr. Bill Kulik

FALLS



Can Cause Severe Back Problems

Hard falls, especially those directly to the spine, create physical changes and damage. Your doctor of chiropractic is trained to detect abnormal changes in your spine.

There is no reason to be in constant pain when professional help is available.

SEE IF YOUR PROBLEMS CAN BE HELPED THROUGH CHIROPRACTIC CALL TODAY!

ALLENTOWN CHIROPRACTIC CENTER

1850 Emmaus Ave. • Open 7 days a week

Tel. 791-1020 for appointment



Chiropractic Health Tips



By Drs. Steve Kullik, Bill Kullik & Debra L. Cecci

EXERCISE



Never exercise if you are experiencing back pain! To reduce strain on lower back, build up leg and abdominal muscles and keep off excess weight.

TODAY'S TIP

★ Without exercise, muscles weaken and atrophy. It is these **weakened muscles** that often predispose us to injury. It is often our commonplace simple daily actions and living habits which create our "Bad backs."

ALLENTOWN CHIROPRACTIC CENTER

1850 E. Emmaus Ave. • Open 7 days a week
Tel. 791-1020 for appointment



Chiropractic for Health



by Drs. Steve and Bill Kulik

HOT AND COLD COMPRESSES

The application of cold and hot compresses can be quite effective under certain conditions but you should be aware of which to use and when to use it. While heat opens blood vessels, cold closes them. Such dilating and constricting of blood vessels affects circulation and body tissue temperature. In general, apply cold compresses to swollen areas. This is especially effective in the early stages of a strain, sprain, swelling or bruise. Do not apply heat until the swelling is reduced. Heat floods tissue with blood and fluid which can prove harmful when applied to a swollen area.

With school starting have you considered a spinal check-up for your children?

Call the ALLENTOWN CHIROPRACTIC CENTER 1850 E. Emmaus Ave. for answers to your questions. Tel.: 791-1020. Hours by Appointment 6 Days a Week, Monday thru Saturday.

To be most effective, hot and cold compresses should be moist when applied.

NEIGHBORS / THE MORNING CALL, JANUARY 25, 1987

7



Chiropractic for Health



by Steve and Bill Kulik, D.C.

DIGESTIVE DISORDERS

Chiropractors do not only treat patients with back problems. Digestive disorders, for example, are an area that may benefit from chiropractic treatment. Digestion involves the regulated flow of digestive juices and blood to the stomach and intestines. Too great or too small a quantity of digestive juices from the liver, pancreas or gall bladder, for example, can create a problem. A chiropractor may often restore balance to this area by adjusting the proper vertebra. This helps to restore nerve energy to the affected organ and helps to restore the proper flow of digestive juices.

Proper body function results from instructions passed from the brain to the organs via the nerve system. Should interference occur along this communication network, body function diminishes. Chiropractic may establish the point of interference and techniques are applied to alleviate such disruption. Mother Nature then resumes her course of instruction and well-being is attained. For a chiropractic exam for your family, call ALLENTOWN CHIROPRACTIC CENTER, 1850 E. Emmaus Ave., Tel. 791-1020. Hours by appointment 6 days a week, Monday thru Saturday.

Visit a chiropractor before ingesting medication when treating digestive disorders.

NEIGHBORS / THE MORNING CALL, September 23, 1987

15