

If you are not healthy, you should know that anyone with a lingering illness or a health problem can get well provided the right thing is done. The cause of the trouble must be found and corrected in order that health may be restored. It's as simple as that.



Body functions don't "just happen". Your heart doesn't just happen to beat. Your lungs don't just happen to inhale and exhale. Your stomach doesn't just happen to digest your dinner.

It is your brain and nerve system which causes your heart to beat 72 times per minute, 60 minutes every hour, 103,680 times every 24 hours and pump 4,320 gallons of blood through nearly 100,000 miles of blood vessels, thus supplying oxygen and nourishment to every cell in the body, some 3,000 million of them.

Because your brain and nerve system direct it, today you will breathe 23,040 times, digest about 3 1/4

pounds of food, drink and process about 3 quarts of liquid, speak about 4,800 words, move over 750 muscles and exercise about 7,000,000 brain cells.

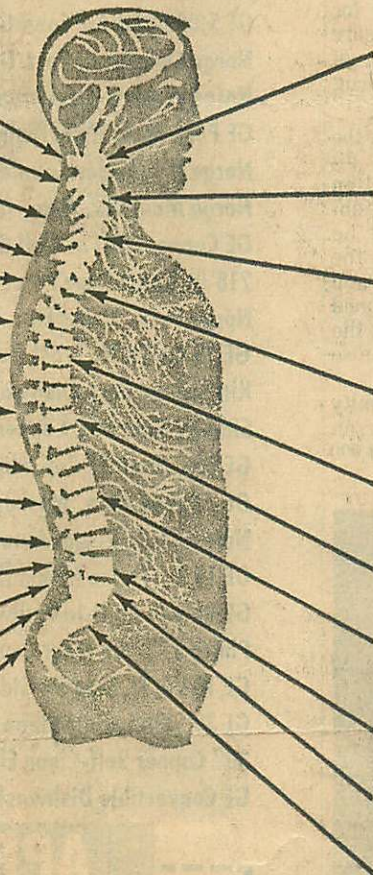
None of those things "just happen." The nerve system — often called the Master System — controls every function taking place in your body. This makes you a whole human being rather than a collection of parts.

When the nerve impulses flow smoothly and unimpeded as nature intends, a man enjoys health and a feeling of well-being. But when there is interference in normal nerve function, there is bound to be health trouble.

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.

- To All Sections of the Head and Face
- To Throat
- To Upper Limbs
- To Heart
- To Lungs
- To Stomach
- To Liver
- To Gall Bladder
- To Kidneys
- To Ovaries
- To Bowels
- To Appendix
- To Genitals
- To Bladder
- To Lower Limbs



YOUR LIFELINE CHART

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 helps 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.

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WHAT IS A SPINAL ADJUSTMENT?

When the chiropractor determines from your spinal X-rays and exam which spinal vertebrae are causing your health problems, he will then start to correct the spinal problems by means of spinal adjustments.



When a vertebra loses its normal range of movement, and is misaligned far enough to obstruct a nerve opening, it may effect the spinal nerves. This condition is called vertebral subluxation (misalignment). A misaligned vertebra, interfering with normal nerve function, brings on disease.

The chiropractic spinal adjustment is now used to realign the displaced vertebra thereby reducing or eliminating the nerve interference. With his hands the chiropractor contacts the misaligned vertebra and corrects the alignment.

Spinal adjustments are quite painless and completely safe. There are no harmful or dangerous side-effects. Frail, sick, aged and feeble patients, even infants, are cared for every day, without pain or discomfort.

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WHAT HEALTH PROBLEMS DO CHIROPRACTORS TREAT?

In discussing the types of health problems that the Chiropractic profession handles, we must first state that there are very few diseases, as they are understood today, which are not treatable by Chiropractic methods. This doesn't mean that every case of sickness will yield to our method. It does mean that no matter what the disease may be, if it results from displaced spinal vertebrae interfering with normal nerve function, the only permanent relief to be hoped for must come from Chiropractic adjustments.



When a person gets sick, although it may be the stomach, intestines, liver, gall bladder, kidneys, heart, lungs or any other part of the body, it is most likely that the first cause is mechanical displacements of segments of the spinal column. Gastritis, constipation, diabetes, etc., are failure of function and the chief cause lies in displaced spinal vertebrae interfering with normal nerve function.

Chiropractors do not prescribe medicine. In our opinion, it is far more important to trace the nerves affected, determine where the interference lies in the spine and then to adjust the spine, to correct the cause of the problem. Adjustments correct abnormal spines, restore body tone and posture and remove the cause of nerve interference. When it is remembered that your nerve energy is Nature's rejuvenating power and healing agent, it becomes obvious why Chiropractic gets such splendid results.

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WHIPLASH

WHIPLASH TYPE NECK INJURIES ... occur as the result of a sudden backward and forward whipping movement of the neck. Such injuries frequently occur in front to rear automobile collisions.

A sudden forceful whipping movement of the neck serves to stretch or sprain the ligaments and muscles which hold the spinal segments or vertebrae within a normal range of movement.

The complex nature of the whiplash type spinal injury which includes ligament and muscle damage, disturbed spinal mechanics, and spinal joint and nerve injury understandably causes a wide variety of symptoms.

SYMPTOMS OF NECK, ARM, CHEST AND BACK PAIN WITH NUMBNESS OF THE ARMS AND LEGS, HEADACHE AND DIZZINESS, MIGHT DEVELOP WITHIN A FEW HOURS FOLLOWING THE INJURY. FREQUENTLY, HOWEVER, FEW SYMPTOMS DEVELOP UNTIL WEEKS OR MONTHS AFTER THE INJURY ... LATE SYMPTOMS OFTEN DEVELOP AS THE RESULT OF SPINAL DISK AND JOINT DEGENERATION CAUSED BY THE STRESS OF ALTERED SPINAL MECHANICS. AS THE DISK AND JOINT GRADUALLY DEGENERATE THE NERVE OPENING IS GRADUALLY CLOSED. FINALLY THE SPINAL NERVE IS COMPRESSED AND IRRITATED. ESSENTIALLY THE SAME SYMPTOMS DEVELOP THAT ARE EXPERIENCED IN THE ACUTE PHASE OF THE CONDITION ... HEADACHE, DIZZINESS, SHOULDER, NECK AND ARM PAIN AND BACK AND CHEST PAIN, AND NUMBNESS OF THE ARMS AND LEGS.



CHIROPRACTIC CARE ASSURES MAXIMUM SPINAL CORRECTION FOLLOWING WHIPLASH TYPE SPINAL INJURIES.

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SINUS TROUBLE



Sinusitis can be either chronic or acute. A tendency to head colds that hang on and on is a major symptom of chronic sinusitis. Pain is often less intense than in acute conditions and may be merely annoying, but unless corrected completely, chronic sinusitis may stay with the victim though the major symptoms come and go.

Patients with chronic sinus trouble are often astounded at how quickly relief comes with chiropractic care. After having suffered off and on for years, persons suffering from chronic sinusitis express profound amazement when proper chiropractic care clears up the problem ... even in those cases where the victims have given up all hope of ever being rid of the pain and aggravation. Quick relief, lasting benefit, and even complete elimination of the disease is a regular occurrence in chiropractic offices throughout the world.

STAY WITH YOUR DOCTOR LONG ENOUGH

In fact, chiropractic is so effective with sinusitis that it creates a problem. The problem is this: After a short time of chiropractic care, the sinus patient feels like his old self ... he feels so much better ... he thinks he is well and loses interest in further care. But soon, the sinusitis symptoms return ... and the victim is more miserable than ever. This time he may resort to being his own doctor or let the TV commercial prescribe for him. He may buy one or more over-the-counter drugs which may aggravate an existing sinus condition or bring on the condition where none existed before. These drugs may irritate the delicate mucous membrane, cause it to swell, or injure it permanently. In any case, these chemicals never correct the underlying cause of sinusitis. Each time this occurs, it becomes increasingly difficult to completely correct the condition and to obtain lasting benefit from chiropractic care. It is extremely important that you stay with your chiropractor long enough for him to correct the cause of your pain and misery.



WHAT TO DO ABOUT SINUS TROUBLE

Good general health habits and regular chiropractic care are essential in preventing sinusitis attacks. Especially important: Avoid abrupt temperature changes and stay out of drafts. Given proper chiropractic care, no case of sinusitis can now be considered hopeless. Chiropractors throughout America are today helping thousands of sinusitis victims. If you are confused about your symptoms ... stop fretting ... a thorough chiropractic spine and nerve test will tell the story. Chiropractic care may halt the progress of sinusitis at once. Sinus trouble is nothing to fool around with. It is NOT a common head cold. It demands professional chiropractic care to correct the cause.

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ARM & SHOULDER PAIN

SEVEN WONDERFUL JOINTS WORK IN HARMONY

Most persons think of the shoulder joint as being one joint where the upper arm meets the collar bone. Actually, there are seven joints that form the shoulder complex and this composite of seven joints must move in harmony. Each joint is dependent upon the others and any problem in one of these joints affects all the others.



TROUBLE SPOTS

Arm and shoulder pain 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.

The degree of pain may vary between slight and intermittent ... to excruciating.

WHAT KINDS OF TROUBLE?

The most common conditions indicated by arm and shoulder pain are neuritis, bursitis, neuralgia, arthritis, radiculitis, circulatory changes, muscular weakness, paralysis (partial or complete) incoordination and tremors. Symptoms of defects in this area of the spine vary greatly however and may include numbness and tingling in the fingers, pain and tenderness of the forearm, pain across the chest and upper back and headaches.



BURSITIS

In bursitis, the shoulder may be stiff with moderate pain that becomes acute upon movement in the joint.

RADICULITIS

The term radiculitis is used by doctors to indicate that there is nerve root pressure in the upper part (neck) of the spinal column. This nerve root pressure is the most common source of arm and shoulder pain.

NEURALGIA AND NEURITIS

Most persons (if they think about it at all) suppose that neuralgia and neuritis are the same condition. Actually, both are loose terms. Neuralgia has come to mean pain running along the course of the specific nerve.

Neuritis however, means an inflammation of a nerve. In neuritis, areas of the body served by the involved nerve are usually tender to the touch and painful. There may be strange sensation ... which the patient describes as tingling, tight, hot spots, cold spots, crawling sensations, electric shock sensations, stinging, burning, and needles and pins.

EXPERIENCE HAS SHOWN THAT ACUTE AND CHRONIC SHOULDER AND ARM PAIN SYNDROMES RESPOND EXTREMELY WELL TO THE SPECIALIZED CARE OFFERED BY THE CHIROPRACTIC PROFESSION.

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