PINCHED NERVES......

IN THE FOLLOWING SPINAL AREAS MAY CAUSE

1. Headaches, Nervousness, Dizziness, and Tension.
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.
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.

WHY BE SICK WHEN YOU CAN BE WELL?

WE ACCEPT ALL CASES REGARDLESS OF ABILITY TO PAY

Dr. T. M. Eyerly, Chiropractor
17 East Broad Street, West Hazleton
Phone: 455-5822

“Dedicated To The Restoration And Preservation Of Your Health”
A Matter Of Life And Death

The condition of your spine and nervous system is a matter of Life and Death. That may sound a little strong, especially if you are feeling fine. Unfortunately feeling fine doesn't mean you're healthy. Health is when every organ tissue and cell of your body is working properly. It is when the vital Life Energy is free to flow over the nerves to all parts. Health is only possible when there is no interference in the nervous system. A subluxated vertebra impinges nerves, cuts off the Life Energy and your body is sick, every time. Subluxations cause pain, sickness and death.

Subluxations, have probably occurred over the years and you are quite unaware of their presence. The time you slipped on the ice, were struck from behind in the car, lifted incorrectly or just the stress and strain from daily life may have been sufficient to cause subluxations in your spine. It's not hard to live with subluxations for awhile because quite often symptoms do not occur for weeks, months or years. But you can be sure that the Life is slowly being choked off and your body is sick. Wait long enough and the interference caused by the bone pinching the nerve will cause symptoms. Those first symptoms may be that of an acute problem, chronic condition or a terminal disease.

Any doctor will tell you that the most important aspect of getting well from any condition is the time factor. The longer you have a problem the longer it will take for your body to get well. Wait too long and you may never get well. The unfortunate part about this time factor is that many people ignore the symptoms or treat them with temporary relief medication, while the cause remains and the condition worsens. Chiropractic adjustments correct the cause and immediately you are on the road back to health, not temporary relief but true health. The important thing to be emphasized again is getting the cause corrected and getting it done before the condition passes the “point of no return”. Chiropractors are trained to locate and remove the major cause of dis-ease thus restoring and maintaining your body functioning at maximum. It's a matter of Life and Death!

MIDDLETOWN CHIROPRACTIC HEALTH CENTER
219 Spring St. 944-4676
HOURS BY APPOINTMENT ONLY
We accept all families and patients regardless of Condition or Financial ability to pay.
DO YOU HAVE TROUBLE SLEEPING?

If so, it may be your nerve habits.

There are many reasons for insomnia, but the most common cause is nervous tension. Worry, mental fatigue, overwork—all these are part of today's daily 'strain quota.' Any one of them can keep you awake. A change in work or sleep habits, or a special course in relaxation may be indicated.

But, one major factor that most people overlook, is the physical function of their nerve system. If your nerve system is not functioning normally, then you may become tense, nervous, unable to relax and sleep.

Your body is like a complicated piece of machinery. Once it has ceased to function properly, it may take an expert engineer to set it right. In the case of the body, your doctor of chiropractic is the man to consult.

He will examine you carefully to find out which nerves are involved in your tension pattern. By means of adjustments of your spine he will remove nerve interference and irritation, and restore a normal expression of nerve energy. Over a period of time your chiropractor will help you to develop new nerve and sleep habits.
Whiplash linked to long hair by chiropractor

SAN FRANCISCO (UPI) — A chiropractor says long hair is causing thousands of young persons across the nation to suffer from acute forms of whiplash.

"Young people are tossing and jerking their heads to fling their hair in place," Dr. Thomas Turley said. "The constant motion is causing severe damage to their spines and thus causing an upsurge in headaches."

These persons, he said, were suffering from the snapped-neck syndrome and from pinched nerves.
**SPINAL NERVE PRESSURE CAN CAUSE MANY AILMENTS**

The ailments mentioned below are some which may be caused by vertebrae in the spinal column slipping out of alignment and causing pressure and irritation on nerves. Study the chiropractic chart below and you will understand why over 30 million people have benefited from chiropractic care.

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 thoracic 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 aches 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 stings, 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 funniness, 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 slipping of one or both pubic bones can produce sciatica, cramps in legs, and backache.

Regardless of what your ailment is called... no matter how long you have suffered... chiropractic care may be the answer to your health problem. Find out NOW if yours is a case for chiropractic... Call for appointment.

**J.E. SMYERS**
CHIROPRACTOR
IMPERIAL, PA. 695-0450
The Power that made your body
HEALS YOUR BODY!

DAHLSTROM
CHIROPRACTIC
FAMILY
CENTER

— behind Needham Chevie —
Phone 539-9445 if no answer 834-5227

Dr. S. L. HAMILTON-DAHLSTROM, CHIROPRACTOR

Persistent pain and muscle tension in the back or
the neck with re-curring HEADACHES...con-
stant BACKACHE and LEG PAINS...CON-
STIPATION...SCIATICA are definite warning
signals of nerve pressure in multiple area No. 1-2-3-
9.
Chiropractic care is advisable for the locating and
correction of the cause of most conditions. Consult
the Chiropractic Family Center today.
WHY BE SICK WHEN YOU CAN BE WELL?

FREE SPINAL X-RAY
FOR MONTH OF JUNE
(Unless Covered by Insurance)
Bursitis  
Can be Corrected  
The "bursa" is an important part of your body. So important that when it becomes inflamed you can't sit, you can't walk, you can't sleep, you can't eat... you can do nothing except suffer.

When you have "bursitis" which is inflamation of a bursa, you'll know it. The commonest part of the body attacked by this ultra-painful ailment is a shoulder, and the arm feels like a dead weight hanging from a fiery beam.

These sharp, aggravating pains seem to come from nowhere. They develop suddenly and they seem destined to last for life, unless blessed relief is obtained. In the case of mild attack, hot water bottles offer temporary relief, but only removal of the cause will give longterm cessation of the pain. The cause is simple - a nerve is being pinched. The removal of the cause likewise is simple - gentle adjustments of the spinal column to end the misalignment of vertebrae pinching the nerve. For bursitis and similar "screaming" or tortured, pinched nerves consult your Chiropractor for quick and lasting relief.

 Beware of Drugs for Backache  
Manufacturers of certain pain dulling drugs in TV, radio, and news media advertisements are misleading the public into believing that drugs are safe, effective means of relieving back pain. These cleverly suggest that aching backs are mainly due to tense muscles caused by stress and emotional strain, while backache may be brought on by fatigue, occupational stress, and emotional stress, and emotional upsets, there are several causes of back pain. Distortion of the spine and misalignments of spinal vertebrae are the most common underlying cause of pain in the back.

The use of pain-dulling drugs is not only unwise, it can be dangerous. Drugs when habitually used can cause reactions ranging from stomach bleeding to blood disorders. Pain is a warning, and should not be ignored. Delay in seeking proper care can lead to joint, disc and nerve damage. If you suffer a pain in the back that does not clear up with a night's rest, or keeps reoccurring you should consult a doctor of chiropractic without delay for a careful examination of the spine.
Voice for Health

by Dr. Ronald R. Rogers
Chiropractor

Nerves --- Just Nerves.

Many have been told, "Your trouble is nerves, just nerves, that's all." Nerves are too important to the body to be dismissed so easily.

Nerves make possible all movement, nerves transmit all sensations to the brain. Nerves make possible sight, smell, taste and hearing. Nerves maintain balance and keep the body temperature at 98.6 degrees.

Nerves control blood pressure, stomach action, blood flow, speech and breathing. Nerves make the bowels move. Nerves make it possible to swallow. In fact, all functions taking place in the body are under control and coordination of the nervous system.

The spine acts as a conduit for nerves. The Chiropractor works with the spine and nerves. His object is to locate and correct the nerve trouble that may be causing abnormal function or disorders in the body.

Any pinching of these nerves as they leave the spine can cause trouble in the organ supplied by that nerve. The spine is the "switchboard" controlling health. Chiropractic adjustments release the power within. Investigate this method of healing now.

Presented with the interest of proper health care for all; thru understanding and acceptance of the exact care you need. All questions, comments and appointments at 655-3827 or by letter to: 1701 Wyoming Ave., Exeter, 18644.
Voice for Health
by Dr. Ronald R. Rogers
Chiropractor

What is Sciatica
And Can A Chiropractor Help That Condition?

Sciatica is an inflammation of the sciatic nerve which starts from three nerve trunks at the base of the spine and runs down the entire leg to the foot. The irritation can only be caused by pressure applied to the nerve where it begins and therefore removing the nerve pressure in the spine is the only correction — removing that pressure in the spine is the job of the Chiropractor.

Different people with the same nerves pinched in the lower spine may have different symptoms, such as, pain across the lower back, pain in either or both hips, pain or numbness in the thigh, calf or foot, pain or stiffness in either or both knees.

The symptoms are different because different parts of the same nerve or nerves will be affected in different people.

Chiropractic adjustments do correct the cause of all sciatic conditions.

Presented with the interest of proper health care for all; thru understanding and acceptance of the exact care you need. All questions, comments and appointments at 655-3627 or by letter to: 1701 Wyoming Ave., Exeter, 18644.
Skin Eruptions

She didn't want to associate with the other girls because her skin wasn't as clear and pretty as some of the others.

He was developing an inferiority complex toward girls and other boys because he felt his pimples degraded him in their sight.

The source of embarrassment, in both cases, is the skin eruptions technically known as the eruptions of acne. Millions of people, especially the young, suffer from the condition.

The eruptions are the result of the accumulation of poisonous matter in the oil secreting glands which cover the surface of the body. So long as those glands are functioning normally, they discharge the poisons from the body. When something occurs to deprive them of the vital nervous energy upon which they are dependent, they no longer function properly, and the poisons accumulate.

The chiropractor, through his knowledge of the spinal column and the nervous system and by skilful adjustments, removes the nerve impingement which interferes with the flow of nervous energy. By removing the cause of the disorder, he enables nature to restore the glands to proper function and to cure the disorder from within, bringing back the clear, rosy glow of health.

Another Life and Health Article from the Office of:

Dr. Leo S. Oakchunas
Chiropractor
120 WYOMING AVE.
WYOMING, PA. 18644

Monday, Wednesday, Thursday and Friday
10 a.m. to 12 noon
1 to 4 and 6 to 8 p.m.
Tuesday and Saturday
By Appointment Only

For Appointment
Call 693-0177

Free Spinal X-Rays
WHEN NECESSARY
SPINAL MISALIGNMENTS MAY NOT CAUSE IMMEDIATE SYMPTOMS

Not all subluxations (misaligned vertebrae) actually cause immediate symptoms. Many of them constitute only a predisposing factor to disease, according to Dr. H. Gillet, chiropractic researcher of Brussels, Belgium. Gillet says that in these cases the subluxated vertebra pre-irritates the nerve in such a way that, as soon as a supplementary, or additional, outside irritation comes along, both irritations add up to produce symptoms of disease.

This explains why patients may have spinal lesions for months, even years, without noticeable symptoms, until another irritating factor such as an injury, chemical, environmental, or emotional reaction triggers off the pre-existing disease-causing nerve irritation.

(One of a series of articles published in the public interest to explain and illustrate chiropractic. Published by Dr. A. P. Karpowicz, chiropractor, whose office is located at 924 Blakely St., Dunmore, Pa. Telephone 36-6757.)
BACK AND LEG PAINS

Many people are aware of the extreme back and leg pains that may result from spinal nerve interference. There may be a dull pain which is a constant source of annoying discomfort and distress. This pain can sometimes be unbearable, and all ordinary movements are prevented or made with slow deliberation. Rest seems impossible. Coughs and sneezes are fearfully anticipated because of the excruciating increase in pain.

Pain is most often described as radiating from the back of the buttock and along the back or side of the leg, extending into the calf, ankle or foot. Some have referred to the response in conditions of this type as a "miracle of modern chiropractic methods."

Dr. E. Roncetti
Chiropractor

Mid-Atlantic Newspaper Services, Inc.
2717 N. Front St., Harrisburg, Pa. 17110
JUN 9 - 1975
WILKES-BARRE, PA.

Times Leader, Evening News/Record (All Day)

ONE OF A SERIES OF ARTICLES TO EXPLAIN AND ILLUSTRATE THE PRACTICE OF CHIROPRACTIC BY DR. E. RONCETTI, CHIROPRACTOR, WHOSE OFFICE IS LOCATED AT 245 NO. RIVER ST. (BY THE COURT HOUSE), WILKES-BARRE. CALL 225-3221. OFFICE HOURS: MON., TUES., WED., THURS., FRI., 8-12 NOON AND 1-5 P.M.—SAT. 8-12 NOON. AMPLE PARKING.
"Health is a precious thing, and the only one, in truth; meriting that a man should lay out, not only his time, sweat, labour and goods, but also his life to obtain it; for as much as, without it, life is wearisome and injurious to us; pleasure, wisdom, learning and virtue without it, wither away and vanish".

Montaigne

It is an unfortunate truth that the average person fails to take any interest in his health until it has been foolishly lost. When themselves and destroy their health in the furious quest for property and status.

Through the process of education and understanding, we are sure this trend can be reversed and if all who read this will follow one simple and basic rule, we can take together the first step on the road to lasting health.

The Rule: DON'T WAIT FOR THE APPEARANCE OF OUTWARD SYMPTOMS OF MALFUNCTION TO SEE YOUR DOCTOR OF CHIROPRACTIC.

With very few exceptions, we are never conscious of any disorder until some outward symptom appears, and even then we tend to ignore it at first, hoping that it will go away. And often it does go away as the body compensates for the disorder in some other way. It is at this point that the greatest danger arises. While the symptoms may have disappeared, the disorder still exists, and it is entirely possible that some permanent damage to the body may result.

This is why we constantly stress the fact that it is just plain old good sense to have periodic spinal examinations regardless of how you may be feeling. Illness can be prevented and a vigorous, healthy condition maintained by simply caring for the body BEFORE the danger signals begin flashing. It is never too soon to be concerned with your health.

Health is a precious thing. Guard your health as you would any precious possession. Unlike the rest of your precious possessions, your body cannot be replaced.
The Spinal Column

By

Dr. Flavian Santavicca, Jr., B.S. M. Ed., D.C.

TIRED ALL THE TIME?

There are those individuals that never seem to tire. They put in a full day’s work, go home and work around the yard with plenty of energy to spare.

A large percentage of our population, however, drag throughout the entire day. They do not sleep well, they are tired when they wake up, they are tired all day, and they go to bed tired.

Chiropractic research and clinical experience have shown that a misalignment of a vertebra can cause spinal cord and/or spinal nerve pressure. One of the symptoms possible is loss of energy due to an imbalance in the endocrine system.

The nervous system controls all other systems in the body. If the vertebrae in your spine are in proper alignment, then the spinal cord is free of pressure and the important nerve impulses from the brain direct all bodily activities. The end result is total health.

An injury or accident can produce a misalignment of a vertebra in the spine. The important nerve impulses now are being interfered with. Thyroid and adrenal activity may change. One of the symptoms is a feeling of being constantly tired.

Chemical stimulants may overcome the problem temporarily, however they do not correct the cause of the problem.

The Staff at the SANTAVICCA CHIROPRACTIC CENTER is trained to locate any vertebral alignment in your spine and remove it through a series of gentle adjustments.

In summary, if your body is not functioning properly, there must be a cause. That cause may be pressure in the nervous system. Remember, health is normal, disease abnormal.

For Further Information Call

SANTAVICCA CHIROPRACTIC CENTER

225-1655

144 North Main Street

Washington, Pa. 15301/
HEADACHES?
WHIPLASH?
NERVES?
SLIPPED DISC?
PAINS?

Did you know that your NERVES control your blood pressure, stomach action, blood flow, bowels, breathing, etc. In fact, EVERY function and every part of the body is affected by your nerve system.

Remember, when a nerve is pinched the tissues and organs of the body suffer. Pain and disease can be the result. Chiropractic Spinal Adjustment is one method of healing that can restore health.

We Accept All Cases Regardless of Ability to Pay

FREE X-RAYS *

DR. HERMAN O. FEAGLEY
904 MIFFLIN ST.
HUNTINGDON
PHONE 643-2616

* CASES PAID FROM FAMILY FUNDS.
IS YOUR PRESENT HEALTH CARE ONLY TREATING YOUR SYMPTOMS?

Read the Chart Below and Study What Your Body Can Do For Itself if Allowed!

The practice of CHIROPRACTIC is as broad as the nerve system often called "THE MASTER SYSTEM OF THE HUMAN BODY." This master system regulates and controls all other systems of the body, including the circulatory system, the digestive system, the respiratory system, the muscular system, the reproductive system, the endocrine system, the lymphatic system and eliminative system, etc.

Take time to study this famous "Health Chart of chiropractic," and you can understand how important YOUR SPINE is in the maintenance of your normal, "natural," good health. A misaligned spinal vertebra can cause disease in ANY PART OF THE BODY. Notice how the nerves go to and energize every organ, tissue and living cell of your body—arms, legs, abdomen, head, etc.

Every health problem has a cause and the cause must be found and corrected before you can get well. Pick up the telephone now and make an appointment with your Doctor of Chiropractic for a Chiropractic Spine examination.

YOUR LIFELINE CHART

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

2. A nerve difficulty in this part of the spine can be the cause of so-called throat trouble, neuritis, pain in the shoulder and arms, sciatic, nervous protrusion, 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 back, bursitis, etc.

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

5. Stomach and liver trouble, bloating and a sore 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, or upper bowel, kidney, bladder, etc.

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

Chiropractic adjustments here also help such troubles as so-called headaches, constipation, colitis, etc.

8. Nerve pressure at this point can cause bladder frequency, prostatic troubles, lower bowel and abdominal pains.

WE ACCEPT ALL CASES REGARDLESS OF CONDITION OR ABILITY TO PAY

WHY BE SICK WHEN YOU CAN BE WELL?

For Further Information or Appointment Call

DR. DANIEL MILLER
214 Ninth Ave., McKeesport Pa.
Phone 678-2919

GIRAN CHIROPRACTIC
LIFE CENTER
2235 Pennsylvania Ave., W. Mifflin
Phone 466-0441

DR. MILLER

SEAL
APPROVAL
L.R.P.
OCCUPATIONAL PROBLEMS

By Monroe Schneier, D.C.
One of the most used statements by those of the upper middle age bracket is, “I guess I’m just getting old.” Every ache, pain, and ailment gets this excuse.
In truth, most of these problems arise secondarily as a result of their occupations.

DR. SCHNEIER

As a result of years of doing the same work in the same positions, the ability of the body to compensate for this stress is less, and the problems arise. The clerk in the store standing for eight hours gets lower back pains, constipation, bladder problems, and varicose veins. The stenographer typing gets colds, stiff neck, bursitis, and tingling hands. The lathworker gets bursitis, stiff and hunched back, stomach problems. The bus driver sitting gets pot belly, kidney problems, lower back pains. We could go on the many occupation which, because of the particular type of work, will put an added amount of stress to the spine, cause disorientation, impinge nerves, and develop into sickness.

Chiropractic Science has found that with regular periodic adjustments, much of this stress along the spine can be alleviated, the body can adapt to the occupational problems better, and many of these sicknesses can be prevented before they take any serious toll.

Most important with occupational problems is to plan a regular exercise time to strengthen the muscles of the spine equally, thus relieving a lot of the tension, and so get the most of the Chiropractic adjustment.

Your family Chiropractor would be happy to plan with you, your union, or your fellow workers a series of exercises which would help their spines and prevent sickness most common to your occupation.

MIDDLETOWN CHIROPRACTIC HEALTH CENTER
219 Spring St. 944-4676
HOURS BY APPOINTMENT ONLY
We accept all families and patients regardless of Condition or Financial ability to pay.
DO YOU HAVE TROUBLE SLEEPING?

If so, it may be your nerve habits. There are many reasons for insomnia, but the most common cause is nervous tension. Worry, mental fatigue, overwork—all these are part of today's daily 'strain quota.' Any one of them can keep you awake. A change in work or sleep habits, or a special course in relaxation may be indicated.

But, one major factor that most people overlook is the physical function of their nerve system. If your nerve system is not functioning normally, then you may become tense, nervous, unable to relax and sleep.

Your body is like a complicated piece of machinery. Once it has ceased to function properly, it may take an expert engineer to set it right. In the case of the body, your doctor of chiropractic is the man to consult.

He will examine you carefully to find out which nerves are involved in your tension pattern. By means of adjustments of your spine he will remove nerve interference and irritation, and restore a normal expression of nerve energy. Over a period of time your chiropractor will help you to develop new nerve and sleep habits.
The Spinal Column

By

Dr. Flavian Santavicca, Jr., B.S. M. Ed., D.C.

SHOULDER PAIN

A recent question asked was what can Chiropractic do for shoulder pain with limited movement of the arm? Let's use a case history to illustrate this type of problem.

A female in her forties was referred to our Center with intense shoulder pain. Movement of her arm was almost impossible. The problem had existed for eight months. She was told that the problem was caused from her being overweight. If this was the case, why didn't her other arm hurt? Why don't all overweight people have arm pain? Strong medication did little to ease the pain and produced a number of side effects.

A spinal examination revealed nerve pressure at the fifth cervical vertebra. This problem was corrected following several spinal adjustments. This patient today has been dismissed. She has no evidence of shoulder pain and total freedom of arm movement.

Remember, all parts of your body are controlled by the nervous system. If a vertebra is misaligned, then a number of problems may develop. In this case pressure on a cervical nerve produced shoulder pain with limited movement.

Doctors of Chiropractic do not treat symptoms. The first objective is to find the cause of your physical problem, then correct it. Isn't that better than treating symptoms?

For Further Information Call

SANTAVICCA CHIROPRACTIC CENTER

144 North Main Street  225-1655
Washington, Pa. 15301
The Spinal Column
By
DR. JERRY NEWMAN

HEALTH FAILS AT FORTY!

Last fall a very attractive but troubled mother from Wilmerding came to us after reading our columns of cases successfully restored to health.

Discouraged, depressed and somewhat despondent, she said, "They say life begins at forty. I'm forty and I'm sick. I have severe headaches. I have terrible aches in my neck, left shoulder and down my arm, and sharp pains in my chest that cut my breath off. I feel a burning sensation between my shoulders and every morning my eyes are swollen. In fact, I hurt all over.

My joints are stiff and my legs and feet swell so I can hardly get around. And, Dr. Newman, what makes me feel tired all the time?"

After hearing such a list of woes we had to admit that, for her, life certainly hadn't begun at forty. She appeared, instead to have begun to disintegrate!

But this wasn't all her troubles. She was suffering frequent heart palpitations, dizziness, indigestion and constipation. Severe nervous exhaustion and painful menstrual periods that often put her to bed, helped to make her life more miserable. She had previously been diagnosed as having female trouble, phlebitis, asthma, hay fever and sinusitis - and she had previously suffered a nervous breakdown.

A careful analysis of her spine explained her misery. We found numerous nerve disturbances interfering with her normal bodily functions. It was no wonder that she suffered so.

X-rays enabled us to properly realign her badly distorted spine. Once the pressures were removed from her choked nerve trunks, Nature began to restore normal function. Within two short months her miserable life was made happy again. When we dismissed her she gratefully acknowledged, "Dr. Newman, how can I thank you enough. I have felt better the past month than I have ever felt. You've done more for me than all the other doctors put together. I might not have regained my health if I hadn't read your article."

The success we had in this case is not a blanket guarantee for everyone. Yet, such amazing results keep our appointment book crowded.

Results speak for themselves! Nothing succeeds quite like success. Amazing results and millions of grateful, satisfied patients have made chiropractic the largest, drugless healing art.

Wise readers are investigating Chiropractic as this grateful patient did.

For Further Information Call
NEWMAN CHIROPRACTIC CENTER
7424 WASHINGTON ST., SWISSVALE, PA.
271-0880
LET CHIROPRACTIC

Make Every Day Seem
Like A Fresh Day Of Spring

There are thirty-one paired spinal nerves coming from the spinal cord and passing between the spinal bones of the back. These nerves branch off and go to every organ of the body. These nerves carry and transmit the energy that causes function and motion of body organs. The spinal column, composed of 24 different segments of bone, is daily subjected to all kinds of various stresses, such as twisting, falling walking, etc. A slight displacement of just one of these spinal bones can pinch a nerve, cutting or blocking its carrying capacity of nerve energy. Then the organ supplied by the pinched nerve begins to malfunction. A condition of this nature can bring about adverse effects within the body. It may be that there is only one nerve or one cause as to why you are sick but then again there may be 31 reasons. You can find out for certain with a Chiropractic examination.

Why be sick when you can be well?

KURTZ CHIROPRACTIC
LIFE CENTER
781-7117

SPRINGTIME ACHEs
AND PAINs

After a Winter of disuse, your muscles and joints may not be prepared for the vigorous activity given them in the Spring. Such spinal problems as misaligned vertebra, arthritis, and muscle tension often are aggravated by increased activity.

If you are experiencing back ache, stiffness in the neck, or sore muscles and joints, you need Chiropractic help. In most cases, Chiropractic care of the spine relieves muscle tension and the back ache and joint pain associated with a spinal problem.

You need not suffer with those "Springtime aches and pains". Get more out of life - get a Chiropractic examination.

326-4510
Dr. Wm. Baumgardner
Chiropractic Office
933 N. Charlotte St.
Pottstown, Pa.
DISC TROUBLE
By Dr. Thomas F. Snyder D.C

Nature has engineered your body with shock absorbers; cushions between the twenty-four vertebrae of your spine are called intervertebral discs which absorb normal shocks to your body in stepping, jumping, etc.

What happens to these discs when they are subjected to shocks greater than normal? Obviously a doctor cannot install new discs, but they can be "fixed" by doctors who know spinal mechanics. Then these discs are trained; they allow the tissues surrounding the area to become irritated primarily the nerves causing varieties of symptoms. Your best spinal mechanic is your chiropractor.

(One of a series of articles published in the public interest to explain and illustrate the scientific practice of Chiropractic, written by Dr. Thomas F. Snyder, Chiropractic Orthopedist, Brodheadsville, Pa. Phone 992-4787).
Mid-Atlantic Newspaper
Services, Inc.
2717 N. Front St.,
Harrisburg, Pa. 17110

GREENSBURG, PA 1975

Tribune-Review (All)
Circ. 40,471 Day
Tribune-Review (S)
Circ. 75,030

IS YOUR CONDITION LISTED HERE?


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.

KRUPAR CHIROPRACTIC LIFE CENTER

Dr. Andrew C. Krupa
Dr. Betty O. Krupa
Dr. Homer L. Bowers
227 West
Pittsburgh St.
Greensburg, Pa.
PHONE 334-1887

Isn't it time to attain better health through Chiropractic — NATURALLY?
Chiropractic...

Is the largest natural healing profession in the world

Since its inception, chiropractic has created a world-wide interest and its demand has never been paralleled in the history of the healing arts.

People do not know the truth about Chiropractic...that in many instances it is the most effective method of regaining health.

SCOPE OF CHIROPRACTIC...is as broad as the nervous system...is not limited by anatomical location of an organ. Nerves connect the spinal cord in every organ of the body to control its function. There is practically no limit to Chiropractic when the spinal adjustment is made.

pressure is taken off the delicate nerve tissue and the body gradually begins to repair itself.

Many patients are quite surprised to learn the variety of conditions that respond well to Chiropractic.

ARM & SHOULDER PAINS     HEADACHES     NEURITIS
BURSITIS                     HEART CONDITIONS  NUMBNESS
CHEST PAINS                   INTESTINE       POOR CIRCULATION
COLITIS                       KIDNEY INFECTIONS   SCIATICA
DIZZINESS                     LEG PAINS         SLEEPLESSNESS
EAR ACHES                     LOW BACK PAINS   THROAT CONDITIONS
GALL BLADDER                  NERVOUS TENSION

The spinal problems you have this very instant (although you may not be aware of them) which can cause many of your health problems tomorrow or even next week, are very real. These spinal abnormalities can be corrected by Chiropractic adjustments. GET ON TOP OF YOUR HEALTH PROBLEM BY GETTING UNDER CHIROPRACTIC CARE.

Check the 10 danger signals of nerve pressure

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. Gritting and popping noises when turning head
7. Reckless headaches
8. Numbness, pain or tingling in the arms or hands
9. Painful joints, shoulders, elbows, hips or knees.
10. Loss of sleep

If you are not well nerve pressure may be the cause of your condition.

DR. J. F. STYNCHULA
Chiropractor

2014 MARKET ST.
Harrisburg, Penna.

PHONE 234-5671

Hours by appointment please
"Your trouble is nerves, just nerves, that's all," many have been told. But, your nerves are too important, to your body to be dismissed so easily.

Nerves make possible every function of your body. Your nerve transmit all sensations to and from the brain. Your nerves make possible sight, smell, taste and hearing. Nerves maintain your balance and keep your body temperature at 98.6 degrees. Nerves control your blood pressure, stomach action, blood flow, speech and breathing. Nerves make your bowels move. Nerves make it possible to swallow. In fact every function taking place in your body is under the control of the nerve system, often called "THE MASTER SYSTEM OF THE HUMAN BODY."

STUDY THIS CHART CAREFULLY...

1. A slight "pinching" of nerves at this point can cause headache, some eye disorders, 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 neuritis, pain in the shoulder and arm, 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, shoulders, 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, neuritis 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, distension or gas of upper bowels, shingles, hiccups, etc.

7. Certain kidney problems, 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 trouble, prostate 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.

STUDY THIS CHART CAREFULLY

See how the nerves go through the spinal openings? Nerve pressure at one or more of these points may be the underlying CAUSE OF YOUR CONDITION!

Free Spinal X-Ray*

*Cases Paid From Family Funds

Dr. Herman O. Feagley
904 Mifflin St., Huntingdon

We accept all cases regardless of ability to pay.

PHONE 643-2616
THE POWER THAT MADE
THE BODY HEALS THE BODY
OUR PATIENTS SPEAK

A FRIEND

To Whom It May Concern:
I suffered from arthritis for years. I
doctored, had therapy in the hospital and at
home, and wore a neck brace. I tried every
remedy that I had heard of. I was on differ-
ent kinds of pills, lotions, shots and heat-
ing packs. You name it, I tried it!

Headaches added to my dilemma. I was
irritable, miserable and I looked it. Both
my family and I suffered. I had tried
everything except my friends’ advice and
that was to see a Chiropractor. I made an ap-
pointment with a Chiropractor in October.
He took x-rays of my spine, pointed out and
explained the interference and adjustments

were started that same day. The pains were less frequent after each ad-
justment, and I am now feeling like myself again. I can do my own house-
work, I can smile and my family is no longer suffering because of the pain
I used to have.

I will continue regular Chiropractic adjustments as long as they are
needed to keep me feeling like myself again. If a friend has told you about
Chiropractic, why don’t you give it some thought, and then give it a try.
The only thing you have to lose is the pain.

Sincerely,
Helen A. Walkowski
Natrona Heights, Pa.

WHY BE SICK WHEN YOU CAN BE WELL?
WE ACCEPT ALL CASES—REGARDLESS OF ABILITY TO PAY.

BENBELL CHIROPRACTIC CLINIC
825 FREEPORT ROAD (Rt. 28) • TARENTUM, PA.
Dr. Bengel & Dr. Webb — 224-2224
HEALTH CHATS
by Dr. Louise A. Froehlich
Chiropractor

DIABETES

Some suffers of diabetes seem to respond dramatically to chiropractic care, others respond more slowly. Diabetes is generally considered a disorder of carbohydrate metabolism, resulting from an insufficient action of insulin. Normal insulin is secreted by the pancreas. Insulin acts on blood sugar to keep it at a proper level. If the pancreas does not function normally, the patient experiences diabetic symptoms, brought on by too much sugar in the blood.

When the life energy from the brain to the pancreas is shut down because of nerve pressure (interference) along the spine your pancreas cannot work effectively. Thus normal insulin production is thwarted.

When a chiropractor locates and removes the nerve pressure, the patient’s will respond favorably. Sometimes the clearing of the problem is relatively rapid and other times it is a slow “rebuilding” process that is necessary.

Medical diagnostic procedures do not include an examination of the spine for evidence of a subluxation (spinal misalignment affecting nerve function). When the cause of diabetes is in the spine, it is impossible for a physician to properly diagnose it. A thorough chiropractic examination may provide such a determination.

Presented for the public interest by
Dr. Louise A. Froehlich
Chiropractor, Richboro, Pa. 355-1133

Mid-Atlantic Newspaper
Services, Inc.
2717 N. Front St.,
Harrisburg, Pa. 17110
WARMINSTER, PA.

JUN 1 - 1975

Spirit 13,146
access equipment.

HEALTH CHATS
by Dr. Louise A. Froehlich
Chiropractor

SO YOU HAVE HAY FEVER?

If at certain seasons of the year, you are subject to frequent and uncontrollable tendencies to sneeze, accompanied by an almost constant watery discharge from your nostrils, reddened eyelids with occasional weeping you possibly have hay fever.

Hay fever is an allergy, associated with the respiratory system, which plagues many persons each year with its unnecessary discomforts. The allergy was accepted as inevitable therefore nothing could be done about it. But, had they understood that an allergy was a physical weakness or illness and as such correctible.

One highly practical course is Chiropractic health care. This involves recognition of the fact that such weakness—lowered tissue resistance—inevitably implies a failure of some bodily function and irritation of nerves which supply tissues their power and control their action.

If you suffer from hay fever or any type of allergy, see your Chiropractor. Let him remove the nerve irritation and restore the nerve function which will enable the body to build up normal resistance to any foreign substance.

Presented by
Dr. Louise A. Froehlich
Chiropractor, Richboro, Pa.
355-1133

HEALTH CHATS
by Dr. Louise A. Froehlich
Chiropractor

BRONCHITIS

The basic cause of bronchitis may be a bodily weakness which lowers a person's resistance, allowing the condition to take hold. Chiropractors have found that whenever a bronchial condition is present, the nervous system is affected by interference affecting the transmission of vital nerve impulses from the brain to the bronchial area.

This interference usually takes on the form of irritation to a nerve trunk emanating from the spinal column. This is due to a vertebral subluxation—a slight misplacement or misalignment of one or more vertebrae.

Until this nerve—irritant condition is corrected, there is little chance for the body to normalize its condition. The science of chiropractic considers the body as an integrated unit, controlled by the nervous system. If the nervous system is functioning properly, it usually follows that the body also is functioning at peak efficiency.

Presented for the public interest by
Dr. Louise A. Froehlich,
Chiropractor, Richboro, Pa.
355-1133
The "average" new patient under chiropractic care has always depended upon a tangible substance, medicine. The very idea of a simple adjustment, or adjustments, being able to produce a renewed life is hard to understand. For seventy-five years, men, women and children have found favor, worth and merit in these simple adjustments. We say simply, though they are the most profound and highly technical things in all the world. Indeed knowing WHERE is important, but knowing HOW is equally important.

Your chiropractor deals with the fundamental laws of nature. He first seeks to know the CAUSE, then he sets out to correct the cause. It is too bad a large group of people wait until the "last resort" to give chiropractic its proper trial. If more would seek to know the truth about health and disease and know that the NERVE SYSTEM controls all functions of the body and that the chiropractor is a specialist in his field, there would be less prolonging of sickness, less time lost from work, less money spent and more abundant living would be theirs.

If chiropractic is new to you, don't expect miracles to be performed. Give your chiropractor a chance and do as he suggests and chiropractic will become a "household" word with you and your words of appreciation of the work will certainly lead others to the path that leads to health — CHIROPRACTIC.

Don't say you have tried everything unless chiropractic has been included.

Presented with the interest of proper health care for all: thru understanding and acceptance of the exact care you need. All questions, comments and appointments at 655-3627 or by letter: 1701 Wyoming Ave., Exeter, 16644.
LEG PAINS
From the cradle to the grave, the legs play an interesting and important part in the daily life of an individual. Legs are for walking, running, jumping, pedaling a bicycle, swimming, and climbing in youth. They are mighty important assets to childhood.

In later years, legs become tools, almost a necessity in the routine of living and making a living. They do a tremendous job of supporting the weight of the human body, of moving that human body from place to place. They are called upon to support the body, to bend, to stoop, to stretch and to perform many supplementary chores. The value of those lower limbs is very pronounced.

Then leg pain strikes! The pain is almost unbearable, and the condition is crippling. You may know it as leg pain, neuritis, sciatic neuritis, or sciatica. Whatever you call it, it is one of the most painful conditions of mankind. Simply sciatica — leg pain — is an inflammation of the sciatic nerve. However, it is difficult to understand how anything "simple" can be so crippling.

Think first of the toothache. Almost everyone is familiar with that pain. Then, consider that the dental nerve is less than an inch long and that it is invisible to the naked eye. That tiny nerve which cannot be seen, felt or located in any way produces excruciating pain when it is exposed.

Misalignments in the segments of the spinal column which impinge the spinal nerves interfere with the proper flow of nerve energy. Through gentle chiropractic adjustments, your doctor of chiropractic will correct the misalignments thus correcting the nerve interference.
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 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. Clicking 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."

WHY BE SICK WHEN YOU CAN BE WELL?

We Accept All Cases Regardless of Condition or Financial Ability to Pay!
Epilepsy

Epilepsy, by definition, is a disease of the nervous system.

Chiropractors, by definition and practice, are qualified in the care of diseases and malfunctions of the nervous system.

In epilepsy, malfunctions which interfere with the normal transmission of mental impulses cause abnormal metabolism. This abnormal metabolism results in the accumulation of toxins in the brain and an increased molecular activity of the cells affected.

The accumulation of toxins continues until the maximum of endurance is reached, and the patient is relieved by convulsions. During the convulsion, toxin is discharged through the kidneys.

The chiropractor, by skillful adjustment, eliminates the obstruction which interferes with the normal flow of nerve energy, restores the molecular activity of the cells and permits the body to cure itself from within. With proper nerve function restored, metabolism returns to normal, and the patient feels new life.

— Another Health and Life Article from the office of Dr. Leo S. Oakchunas

Chiropractor
120 Wyoming Ave.
Wyoming, Pa. 18644

Monday, Wednesday, Thursday and Friday
10 a.m. to 12 noon
1 to 4 and 6 to 8 p.m.

Tuesday and Saturday
By Appointment Only
Call 693-0177

Free Spinal X-Rays
When Necessary

PITTSBURG, PA.
Dispatch Jun 3 1975

Rheumatism

Ulcers are nothing more than open sores on the lining of the stomach or the upper part of the small intestine.

Pain is, by far, the most common sign of ulcers. This pain may vary from a mild discomfort to a sharp, severe, and sometimes penetrating pain. It generally is of the same type, and recurs in the same location. It tends to maintain a rhythm of recurrence and has a tendency of regular periods of remission and later becomes chronic.

Other symptoms of ulcers include constipation, heartburn, swelling, nausea, vomiting and weight loss.

The science of chiropractic, in most cases of ulcers, provides the safest, surest, and most effective pathway to relief. Skilled chiropractors can locate and correct the cause of the nerve interference which results in lowered resistance in some part of the body.

The competent hands of the chiropractor can make gentle adjustments to correct vertebral misalignments which result in pressures on the spinal cord and spinal nerves and provide one of the primary factors in the development of peptic ulcers. Another Health and Life Article from the Office of:

Dr. Leo S. Oakchunas
Chiropractor
120 Wyoming Ave.
WYOMING, PA. 18644

Monday, Wednesday, Thursday and Friday
10 to 12 noon
1 to 4 and 6 to 8 p.m.

Tuesday and Saturday
By Appointment Only

Call 693-0177

Free Spinal X-Rays
When Necessary
CHEST PAINS

CHEST PAINS can be caused by nerve disturbance at point 4. The pain may vary from dull throbbing to an intense, fear-inducing constricting sensation.

ASTHMA, DIFFICULT BREATHING, FUNCTIONAL HEART DISORDERS are but a few more distresses caused by nerve pressure in this area. Early detection and correction of the cause through Chiropractic is vital in these conditions.

WHY BE SICK WHEN YOU CAN BE WELL?
WE ACCEPT ALL CASES REGARDLESS OF ABILITY TO PAY.

Dr. Herman O. Feagley
904 Mifflin St.
Huntingdon
Phone 643-2616

Approximate representation of Spinal nerve areas.
* Cases paid from family funds.

PINCHED NERVES

IN THE FOLLOWING SPINAL AREAS MAY CAUSE

1. Headaches, Nervousness, Dizziness, and Tension.
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.
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.

WHY BE SICK WHEN YOU CAN BE WELL?

DR. HERMAN O. FEAGLEY
904 MIFFLIN ST.
HUNTINGDON, PA.

WE ACCEPT ALL CASES REGARDLESS OF ABILITY TO PAY

FREE SPINE X-RAY *

Phone 643-2616

“Dedicated To The Restoration And Preservation Of Your Health”
Attorney Asks For New Trial; Wants Chiropractor To Testify

By Paul Helmel

Attorney H.B. Fink has filed for a new trial in the Donald and Judy Converse versus David Long case, decided last week in Potter County Court.

The jury found Long liable for property damage and medical costs incurred by the Converses stemming from a traffic accident May 1, 1974. He was ordered to pay them $2,106.90.

Fink, representing the Converses, called the verdict "inadequate" because "no award was made for pain and suffering for any of the plaintiffs (Donald, Judy and daughter Lisa)."

And, in an issue which could have statewide implications, Fink alleges County Judge Walter P. Wells "erred in refusing to permit the testimony of (chiropractor) Dr. Richard Larsen as to his opinion concerning diagnosis, causation and prognosis of plaintiff Judy Converse."

Judge Wells refused to permit that segment of Dr. Larsen's testimony in the June 9 trial, claiming a chiropractor is not qualified to render an opinion which would carry the same weight as that of a medical doctor.

Fink maintains he should have the right to elicit the chiropractor's testimony and let the jury determine how much weight it carries. He claims Dr. Larsen, with eight years of training and 14 years of experience, is, along with other chiropractors, qualified to render a professional opinion.
SUFFER WITH ARTHRITIS?

Seven million people are disabled yearly in the United States because of arthritic attacks. Most forms of arthritis can be relieved of pain, but unless properly treated the condition usually progresses in severity. Outstanding results are being achieved with Chiropractic even in the most stubborn cases.

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 and hands.
9. Painful joints, shoulders, elbows, hips or knees.
10. Loss of sleep.

KRUPAR
CHIROPRACTIC
LIFE CENTER

DR. ANDREW C. KRUPAR
DR. BETTY O. KRUPAR
DR. HOMER L. BOWERS

227 W. Pgh. St.
Greensburg, Pa.
(854) 3667

Homer L. Bowers
Chiropractor

Dr. Andrew C. Krupar
Chiropractor
The Spinal Column

By

DR. JERRY NEWMAN

DON'T DIVORCE A SICK WIFE

Get her well! When I read the
divorce notices, I recall the
many, many times sick and
distraught wives in the
menopause period of their lives
have appeared
for help and
understanding.

But, we must
consider that
many
husbands,
in
that
dangerous
age
have
never been
taught the
lessons of life
concerning his own wife's
physical transformations
during the age approaching forty and after.

When a wife enters the
menopause period, many
organs must go
back to charge her from a
productive to a non-productive
status.

Coordination of glands
and organs, as they perform their
miracles, is of vital importance and
totally dependent upon the
connectivity of the nerve lines.
If her nervous system cannot
properly carry messages from
the glands appealing for help to
and from the brain centers she will be in serious
trouble.

Her entire personality may
change and she may become
quarrelous, sharp, suspicious
and quick-tempered, or
neurotic, discontented, crying,
imaginative and fearful, or
may even become mentally
unbalanced if nerve
interferences prevent full
utilization of restorative forces
in her body.

If you can't get along with
her - get her well and her old
sweet self will bring back
happiness to you both. Here is a
good example of what can
happen and what can be done
about it.

A depressed, despondent and
distraught thirty-nine-year-old
housewife from Swoyemore
came to the Newman
Chiropractic Center on the
brink of a nervous breakdown.
She was crying, trembling, felt
insecure, lonely and often had
frightening thoughts. She
suffered spells of nausea,
indigestion, constipation
with hemorrhoids. She had no
energy, got up tired,
exhausted, with sick headaches
and intense pressure in back
of her head, neck and shoulders.
Three years of painful,
irregular periods had sub-
bornly resisted all doctors
efforts. She was miserable and
it was working a hardship on
her family.

X-rays revealed a serious
spinal curvature causing
several nerve disturbances
responsible for her miserable
symptoms and mental anxiety.
Corrective spinal adjustments
restored normal function to her
central nervous system and
within a few weeks she was
feeling like her old self
again. No aches, no pains and
she says she now gets up, "with
more get-up."

It is difficult to be a good
wife, and mother when sick.

For Further Information Call

NEWMAN CHIROPRACTIC CENTER

7424 WASHINGTON ST., S W I S S V A L E , P A.

271-9880
Mid-Atlantic Newspaper Services, Inc.
2017 N. Front St., Harrisburg, Pa. 17110

WILKES-BARRE, PA.

Times Leader, The
Evening News, Wilkes-
Barre Record (All Day)

DO YOU HAVE BACKACHE?

Many people have the idea that backache is caused by a kidney ail-
ment alone and they take something to purge the kidneys, but many
times the backache is persistent even after such measures are
taken. In reality, very few backaches are caused by kidneys,
for only in rare kidney diseases is there any pain whatever in the back. Pain or backache
between the hips and lower back may be the cause.
The only logical way to deal with this mechanical pro-
blem of the spinal column, is to consult a specialist in
human engineering. Such a specialist is your modern
Chiropractor, whose work is recognized by more than
two hundred leading insurance companies throughout
the country.

If you desire more information about Chiropractic, con-
sult a Chiropractor. There is no substitute for
Chiropractic structural adjustments.

See a Chiropractor and the cause of the backaches
may be eliminated.

Dr. E. Roncetti
Chiropractor

ONE OF A SERIES OF ARTICLES TO EXPLAIN AND ILLUSTRATE THE PRACTICE OF
CHIROPRACTIC BY DR. E. RONCETTI, CHIROPRACTOR. WHOSE OFFICE IS
LOCATED AT 245 NO RIVER ST. (BY THE COURT HOUSE), WILKES-BARRE CALL
825-3221 OFFICE HOURS MON., TUES., WED., THURS. 8-11 NOON AND 4-8
P.M.-SAT 8-12 NOON AMPLE PARKING.

D 10

Dr. S. L. Hamilton-Dahlstrom

SPINAL PROBLEMS

CAUSE: (partial list)
Indigestion
Kidney Disorders
Low Pressure
Lumbago
Migrains
Menstral Disorders
Neuritis
Nervousness
Sciatica
Stiff Neck
Stomach Disorders
Anemia
Bronchitis
Burstitis
Constipation
Chest Pain
Dizziness
Digestive Disorders
Fatigue
Heartaches
High Pressure
Insomnia

Your nerves control all
systems of the body. To
illustrate this statement try
touching any part of your
body and not feeling it. If
you do not feel anything go
to see your chiropractor
without delay, he will help
correct this or any of the
above mentioned problems.

If you are having a
problem not mentioned
come in and discuss it with
us, there is no fee for con-
sultation.

DAHLSTROM
CHIROPRACTIC
FAMILY CENTER
1202 Mission Rd., Latrobe
(2 miles from Neubert Chev)
Phone 539-9445
If no answer: 334-5227
FREE SPINAL X-RAY
Millions are turning to chiropractic because they are recognizing the scientific principles of nature that have made spinal adjustments effective in promoting health where other methods have failed.

<table>
<thead>
<tr>
<th>Spinal Nerve Involvement Causes Many Conditions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Since the discovery of chiropractic, no one needs to feel that he or she is destined to be sick all their life. Remember, &quot;Where there is life there is hope and he who has hope has everything.&quot; This spinal chart is directed especially to people who have tried to regain their health through methods other than chiropractic, and have failed, that failure should not lead to discouragement, but to greater determination to discover the fundamental cause of all disease.</td>
</tr>
</tbody>
</table>

If your condition is not described in the chart, contact your participating doctor for a consultation, examination and x-rays, if necessary. He will determine by his analysis of your spinal condition what you can expect from chiropractic care.

**WHY BE SICK WHEN YOU CAN BE WELL?**

WE ACCEPT ALL CASES REGARDLESS OF ABILITY TO PAY

**THE W.G. KUPCHINSKY CHIROPRACTIC CLINIC**

403 W. MARKET STREET, POTTSVILLE—PHONE 622-3358

HOURS BY APPOINTMENT — NEVER ANY CHARGE FOR CONSULTATION
Dr. Greg L. Caldwell says....

The practice of Chiropractic is as broad as the nerve system often called "The Master System of the Body". This Master System regulates and controls all other systems of the body.

The Life Chiropractic Associates ask you to study the spine and find out how important it is in the maintenance of your "natural" good health. A misaligned vertebra can cause dis-ease in Any Part of The Body.

Every health problem has a cause and the cause must be found and corrected before you can get well. Make an appointment now with a Doctor of Chiropractic in your area. - Have a chiropractic spine and nerve test.

SKY TOP CHIROPRACTIC LIFE CENTER

DR. GREG L. CALDWELL
WE ACCEPT ALL CASES REGARDLESS OF CONDITION OR FINANCIAL ABILITY TO PAY
PHONE 238-4407 FREE SPINAL X-RAY RTE. 322-SKY TOP MOUNTAIN
(IF NECESSARY)
DO OLDER PERSONS RESPOND TO CHIROPRACTIC?

Study of geriatrics shows that nervous disorders form the principal cause of trouble for elders. In most instances, these disorders stem from chronic nerve interference that body functions become normal, as once again life energy flows out over the nervous system and the body heals itself.

Such conditions as nervousness, bowel troubles, insomnia, loss of memory, alopecia (balding), skin difficulties such as discoloration, dryness or peeling, have been known to respond to Chiropractic correction service.

In some instances, our elders respond more rapidly than do their youngers, for the reason that the older persons are more aware of their problems and utilize all of their energy for the healing process.

As the weight of years increases, the spine tends to become bent, inducing such conditions as arthritis and rheumatism, and it becomes more necessary than ever to seek Chiropractic help. The correction service enables the spine to assume once again its happier position, removing the pressures that pinch all-important nerves and letting vital nerve energy flow unimpeded from the brain to all parts of the body.

DR. SCHNEIDER

has been neglected over long years. These conditions are correctable in many cases where permanent damage to bone and tissue has not been too deep.

Elderly persons respond remarkably well to the release of fresh vital nerve energy over unblocked nerves. It is a wonderful thing to see the sparkle come back into eyes that had grown dim, the skin renew its youthful appearance,

Mid-Atlantic Newspaper Services, Inc.
2717 N. Front St.
Harrisburg, Pa. 17110

MIDDLETOWN, PA.
JUN 25 1975
Press & Journal
Circ. 10,442

MIDDLETOWN CHIROPRACTIC HEALTH CENTER
219 Spring St. 944-4676
HOURS BY APPOINTMENT ONLY

We accept all families and patients regardless of Condition or Financial ability to pay.
THE POWER THAT MADE
THE BODY HEALS THE BODY
OUR PATIENTS SPEAK

To Whom It May Concern:
HIT AND RUN VICTIM

In January of 1973 I was a victim of a hit and run motorist on one of the rural roads in our community. When I was found by the local police I was rushed to the hospital where x-rays were taken. God must have been with me because only my tail bone was broken. The doctors thought I would have to be operated on but later I decided against it.

From the time of the accident my brother Joe had been trying to get me to see his Chiropractor. Frankly I was scared to death and would not go. My brother Joe finally just made an appointment for me and I went. The Chiropractor did not treat the fractured tail bone but did find other bones in my lower spine that were out of place and which were apparently causing my problem because when these bones were corrected I felt better. In fact, now, I have no pain at all. I do go to the Chiropractor regularly as my brother Joe does and we both find many more benefits from the adjustments other than not just having a backache. I feel better now than I did before the accident in 1973.

If you have problems see a Chiropractor.

Sincerely,
Mr. Ed Rose

WHY BE SICK WHEN YOU CAN BE WELL?
WE ACCEPT ALL CASES—REGARDLESS OF ABILITY TO PAY.
see first. Chiropractors, in dealing with the entire nerve system, correct problems as they may exist anywhere in the body; simply by correcting the cause exactly where it exists.

If you seek other health care first, most designed to cover over problems with pain pills, tranquilizers, muscle relaxants, heat, ultra-sound, vibrators, etc., etc., you may never be referred to chiropractic.

In order to receive his license, a chiropractor must have knowledge of all other health and sick care services. Those of other type services, due to attitude and background training are required to know nothing about Chiropractic. Therefore, regardless of their sincerity, they will not refer you to a Chiropractor!

No matter what your complaint may be, a chiropractor is the most logical doctor to

Presented with the interest of proper health care for all; thru understanding and acceptance of the exact care you need. All questions, comments and appointments at 655-3627 or by letter to: 1701 Wyoming Ave., Exeter, 18644.