



**DON'T LET
THE
WEATHER
GET THE
BEST OF
YOU!**

- Lower Back Pain
- Headaches
- Pinched Nerves
- Neck Pain
- Muscle Spasms
- Shoulder Pain
- Pain Down Arms
- Numbness in Arms or Legs
- Pain Between Shoulders
- Hip or Leg Pain
- Stress/Tension
- Scoliosis
- Sports Injury
- Auto/Workers' Comp.
- LORI BARBIR, N.M.T. Full Time Massage Therapist

*If you or someone you know suffers from any of these symptoms, **chiropractic care** is the solution! You don't have to suffer with the pain anymore. Give us a call today and start on the natural road to recovery.*

The best cure for spinal injuries is prevention, so even if you are not experiencing any of the above symptoms, use the coupon below to see how Chiropractic can help you in your everyday life. No person is too young or old to start on the road to health through chiropractic care.

Have You . . .

- Slipped on Ice?
- Hurt Yourself Shoveling?
- Skiing?
- Bending? • Twisting?

Small problems can become major ones before you know it.

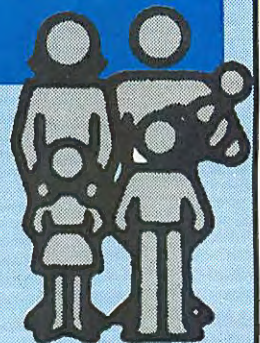
Baskin Chiropractic Center



Dr. Mitchell H. Baskin
1142 Hamilton Street
Allentown, PA 18101

740-9990

Convenient downtown location across from the Brass Rail



FOR ONLY \$1.00

- Initial Spinal Exam**
- Complete Consultation**
- X-Rays 2 Views** (If Needed)
- Complimentary Therapeutic Massage** (With First Visit)

\$ 1 00

**WITH
THIS
COUPON**

Up To A \$150 Value . . . only



New patients only. Must present coupon 1st visit.
LIMITED OFFER EXPIRES 3/19/94. WE WELCOME MOST INSURANCE PLANS. WE DO ALL PAPERWORK. MEDICARE AND M.A. ACCEPTED.

Baskin Chiropractic Center 740-9990

Sept 17, 1993 Morningfall insert

Coming to Downtown Allentown...

Dr. Mitchell H. Baskin is proud to announce the relocation of his chiropractic practice to a modern, convenient location at 1142 Hamilton St. on Sept. 13, 1993. Also joining Dr. Baskin are Dr. Douglas K. Ziegler & Lori Barbir (CERTIFIED MASSAGE THERAPIST)

CHIROPRACTIC CARE MAY HELP MANY COMMON PROBLEMS. SUCH AS...

- MEDICARE & MEDICAL ASSISTANCE GLADLY ACCEPTED
- Headaches
- Low Back Pain
- Lower Back Stiffness
- Leg Numbness
- Neck Stiffness
- Painful Joints
- Arm or Hand numbness
- Shoulder Pain, etc.

Baskin Chiropractic Center 740-9990

COMPLIMENTARY EXAM

THIS COUPON ENABLES THE BEARER TO A COMPLETE ORTHOPEDIC & NEUROLOGICAL EXAM TO ANY RESIDENT OF ALLENTOWN UNTIL OCT. 31, 1993.
 IF COUPON IS REDEEMED BY SEPT. 30, 1993 EXAM WILL INCLUDE UP TO 2 X-RAYS (IF NECESSARY) MAKING THIS UP TO 2 \$150⁰⁰ VALUE
 PLEASE MENTION COUPON WHEN CALLING

EVENING & WEEKEND HRS. SAME DAY EMERGENCY APPOINTMENTS AVAIL.

received 280793



Stop By & Join The Fun!!!!



Announcing...
"Community Halloween Celebration!"

From Your Neighborhood Chiropractor

ONE DAY ONLY • CALL NOW!
Saturday, October 30, 1993

- Where: Family Health Chiropractic P.C.
1242 W. Liberty St., Allentown, PA
- When: Saturday, October 30, 9 am — 1 pm
- Why: To Celebrate Autumn, Halloween & **Better Family Health!**
- How: Call **432-7070** To Register Your Family & Neighbors
for a Fantastic Morning of :

CONTESTS

- Best Costume Wins \$100 Savings Bond (12 Noon)
- Register To Win \$100 Cash Give-Away
- *Great Prizes* • FOOD • FUN • DOOR PRIZES
- Bob For Apples • Music • Childrens Health Work Shop (11 am — 12 Noon)
- Pie-Eating (10 am — 11 am)
- Best Carved Jack-O-Lantern (Bring it along) (9 am — 10 am)

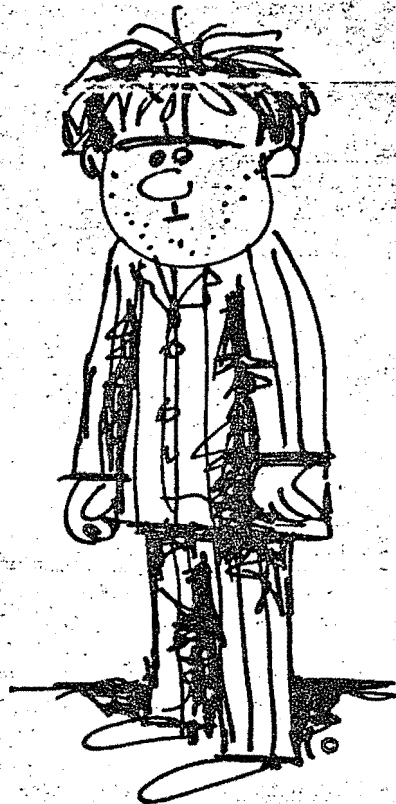
*is this
medical
care??*

**A
N
D**

...Since October is National Spinal Health Month
Free Spine & Stress Evaluations For All!
At Participating Doctor's Expense!

*yeah
yeah
cut me
a
break!*

So - Hurry & Register by Calling 432-7070 NOW!



**ARE YOU
POOPED?**

**DO YOU FEEL
DRAGGY?**

**DO YOU ACHE
ALL OVER?**

**DO YOU HATE
TO GET UP?**

If your answer is yes! Come in and see us at
the Indio Health Center for a

— Complete —

PHYSICAL EXAMINATION

- ✓ Chest X-Ray
- ✓ Urinalysis
- ✓ Pap Smear
- ✓ EKG Electrocardiogram
- ✓ Complete Blood Count

— EXAMINATION ALSO INCLUDES —

- | | |
|-----------|--------------------------|
| 1. Eyes | 7. Breast |
| 2. Ears | 8. Liver |
| 3. Nose | 9. Rectal |
| 4. Throat | 10. Prostate |
| 5. Lungs | 11. Neurological Testing |
| 6. Heart | 12. Blood Pressure |

EXAMINATION \$75⁰⁰ COMPLETE

WE DO COMPANY EMPLOYEE
PHYSICAL EXAMINATIONS

GLENN C. PODELL D.C.

BY APPOINTMENT ONLY - CALL TOLL FREE
345-3434

INDIO HEALTH CENTER

81-730 Highway 111, Indio

PH: 347-2341

APRIL 24-30, 1983

tv News & Views

Complete Cable Listings

FREE



Reaching out to 100,000 Readers
Serving the Business and Residential Community

629-9550 Directory . . . P. 4

BE SURE TO CHECK OUR ADS
EVERY WEEK FOR VALUABLE SPECIAL
OFFERS & COUPONS

SUFFERING NEEDLESSLY?

Chiropractic is the second largest healing profession in the world specializing in one thing...HEALTH. This new approach to health is very different from your past ideas about healing. All healing takes place from within your body via the nervous system. Nerves carry *life energy*—the power that runs your body—from the brain to every organ, tissue and cell in your body.

If this *life energy* is interfered with you cannot be 100% healthy. Misalignments of spinal bones interfere with the vital nerve supply from the brain to all the parts of the body. Chiropractors skillfully and painlessly introduce a gentle force onto the spine, thus opening the channels between the brain cells and tissue cells allowing a free flow of vital life energy to all parts of the body, thus restoring the body to a state of health.

To heal, Nature needs no help—just no interference. Chiropractic removes the interference. Find out now if spinal misalignment is the cause of your Health problem.

Dr. Marlene Schilling
Chiropractor

1231 Sansom Street
Ashin Bldg., 2nd Floor
Phila., PA 19107

Office Hours:
Monday, Wednesday, Friday
11 a.m. to 6 p.m.

CALL NOW
215-592-9177



Numkena

Chiropractic

Oraibi, Arizona

All organs, systems, and structures of the body are under the nerve system's control. If the system develops in a disorganized pattern the control is not at an optimum level, and disease, poor resistance, and health problems of many kinds can develop. Injury or sickness may cause an interference with normal development. Chiropractic corrects these problems.

"Health through Chiropractic"

734-6695

From QUA'TÖQTI, April 9, 1981
New Oraibi, AZ; serving
the Hopi Indian Reservation

FIND OUT ABSOLUTELY FREE IF CHIROPRACTIC CAN HELP YOU.

WHY FREE?

THOUSANDS OF PEOPLE ARE SUFFERING FROM "PINCHED NERVE SYMPTOMS" that will often respond favorably to Chiropractic treatment. Now you don't have to "wonder" whether or not chiropractic is likely to help, you can find out at NO CHARGE.



INTRODUCING

COMPUTERIZED THERMOGRAPHY

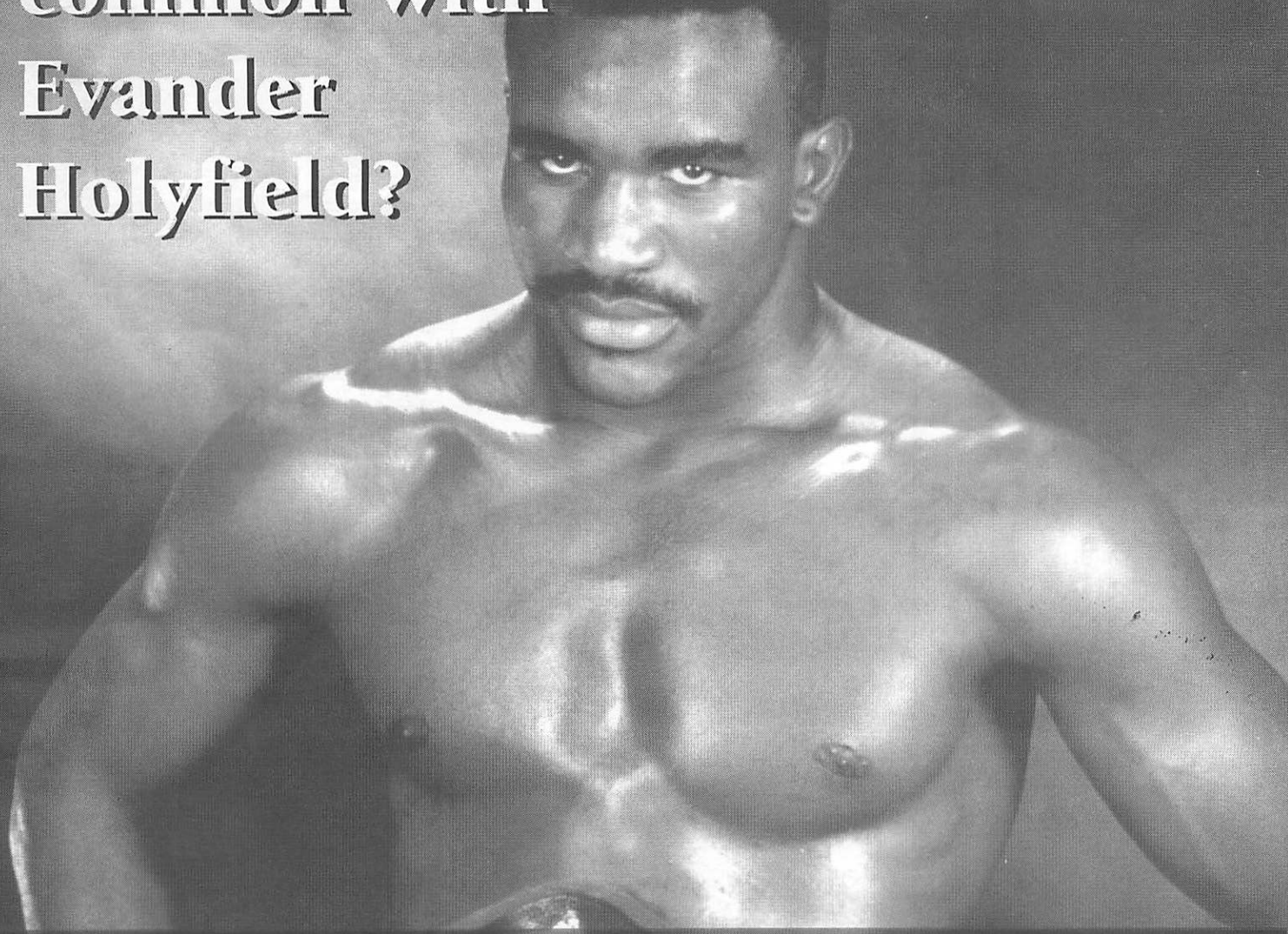
Thermography has been called "A PICTURE OF PAIN," but more accurately, it helps the doctor and the patient find and describe "THE REASON FOR PAIN."

TAKE THIS CHIROPRACTIC SCREENING TEST

- | | | |
|---|------------------------------------|--|
| <input type="checkbox"/> Back Pain | <input type="checkbox"/> Headaches | <input type="checkbox"/> Shoulder Pain |
| <input type="checkbox"/> Neck Pain | <input type="checkbox"/> Arthritis | <input type="checkbox"/> Arm/Leg Pain |
| <input type="checkbox"/> Numbness | <input type="checkbox"/> Bursitis | <input type="checkbox"/> Hip Pain |
| <input type="checkbox"/> Painful Joints | <input type="checkbox"/> Stiffness | <input type="checkbox"/> Cold Hands/Feet |

These are the 12 most common signals of a pinched nerve in your spine. If you have marked even one box, you've failed the test and should have a spinal thermographic examination.

What do these people have in common with Evander Holyfield?



Glenn Campbell, Country Singer
Doris Day, Entertainer
Alabama, Singing Group
Bob Hope, Entertainer
Phyllis Diller, Comedienne

Brett Butler, LA Dodgers
Liza Minnelli, Entertainer
Marcello Angelini, Dancer
Jeff Reardon, Boston Red Sox
Robert Parish, Boston Celtics

Jack Sikma, Milwaukee Bucks
Dave Pasanella, Power Lifter
Barbara Bunkowsky, Pro Golfer
Joe Montana, Kansas City Chiefs
Connie Smith, Country Singer

Over Half the San Francisco 49ers

**They are all successful chiropractic patients.
Join this group of celebrities who enjoy life in comfort
WITHOUT PAIN!**

Come Join our friendly Chiropractic Family!

AMERICAN CHIROPRACTIC • DR. ROBERT BARUS

785-BONE • 621 N. Cove Blvd. (across from Bay Medical) • 785-2663

God Heals

God did not design your body with a lack of drugs. Drugs DO NOT heal the body. The body heals itself through a healthy nervous system.

We proudly boast a 92% success rate treating and healing

- Headaches
- Numbness-Tingling
- Neck pain
- Upper back pain

WE WANT YOU(R) BACK!

1/2 PRICE...

on your return visit if it has been 6 months or longer since your last appointment with Dr. Barus.

\$20. COVERS IT ALL!

- Consultation • Physical Exam
 - Up to 2 X-Ray Views • Initial Treatment
 - Report of Findings
- ...and a wonderful Massage!

Excludes legal cases, workers compensation or auto accidents which are covered 100% in our office. The patient and any other person responsible for payment has a right to refuse to pay, cancel payment, or be reimbursed for payment for any service which is performed as a result of and within 72 hours of responding to the advertisement for the free, reduced or discontinued service, examination or treatment.

Come join our friendly Chiropractic Family!

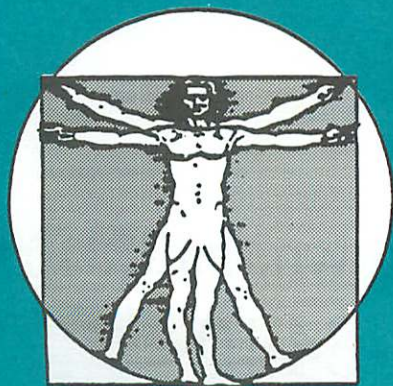
AMERICAN CHIROPRACTIC • DR. ROBERT BARUS
785-BONE • 621 N. Cove Blvd. (across from Bay Medical) • 785-2663

Labor pain.



No matter what you do for a living, your job can affect your health. If you've been hurt or just can't perform your job without some pain or discomfort, now's the time to put yourself in the hands of a specialist. Chiropractic is recognized world-wide as a method of relieving pain and getting people back to work fast.

Chiropractic...relief from labor pain.



Lehigh Chiropractic Center

901 N. 19th St. Allentown, Pa. 18104

(215) 821-8440

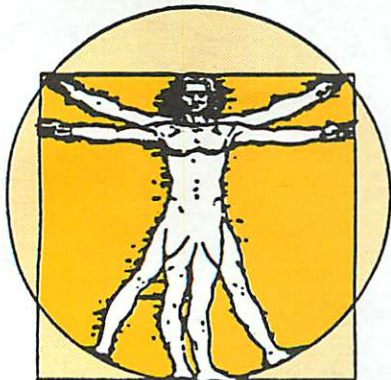
*traditional chiropractic with the added benefits of advanced technologies
Hours to Meet Your Schedule*

Sudden impact!



Whiplash. Upon impact, the damage is done. But with a prompt chiropractic examination and treatment, your pain and discomfort can be controlled or even eliminated. If you or someone you know has suffered a recent car accident, call us. We'll help relieve the effects sudden impact can have on your body.

Chiropractic...for accident victims.



Lehigh Chiropractic Center

901 N. 19th St. Allentown, Pa. 18104

(215) 821-8440

*traditional chiropractic with the added benefits of advanced technologies
Hours to Meet Your Schedule*

WARNING



Pain Between Shoulder Blades
Stiffness or Pain in Lower Back
Numbness in Arms or Hands
Numbness or Pain in Legs
Stiffness of the Neck
Painful Joints
Loss of Sleep
Headaches

Any of these symptoms is reason for concern, but when more than one is experienced repeatedly it is time to act. Not with smelly gels and sticky oils, but with safe, proven effective, chiropractic care - the natural healing method.

The minor backaches and headaches we often credit to overexertion and stress are not to be ignored. They are WARNING signals from your body that a problem exists, usually within the nervous system. That is where chiropractic can help. Dr. Cochran knows that if left untreated, these warning signs may lead to more SERIOUS disorders.

By carefully adjusting the spine's vertebrae to a more normal position, many of these problems can be successfully reduced or relieved, without the use of drugs and medications. All of the adjusting techniques practiced at Family Health Chiropractic are proven safe and gentle as those commonly associated with manipulative therapy. Because Dr. Cochran understands your concerns, he will share with you the results of his findings. He is professional in the analysis and treatment of spinal abnormalities.

Don't let another day of needless pain ruin your day. Call Family Health Chiropractic at 432-7070.

**Family Health
Chiropractic**

1242 W. Liberty Street ♦ Allentown, PA 18103
(215) 432-7070

SPECIAL OFFER

TO NEW PATIENTS

Effective Immediately
Through March 13, 1994

\$25

For A Chiropractic Exam Including

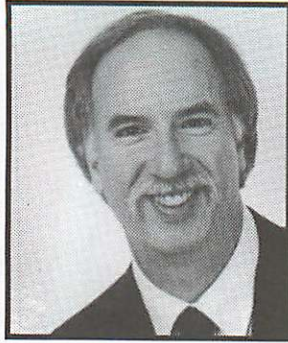
- A Preliminary Consultation with the Doctor
- A Complete Orthopedic and Neurological Examination of the Spine
- Spinal X-rays
- And A Report of Findings

NORMAL VALUE \$185

For An Appointment Call

432-7070

This applies to spouses, children and other family members.



John O. Cochran, D.C.

GENERATIONS OF CARING

"I was fortunate to be brought up in a family environment where health and caring were a way of life. My father, uncle and grandfather were all health care providers and it is my honor to carry on their tradition of service to the Lehigh Valley."

- D.C. Doctor of Chiropractic, Sherman College of Straight Chiropractic, Spartanburg, S.C., 1990.
- State licenses: Pennsylvania, New Hampshire, South Carolina

KNOWLEDGE IS STRENGTH

"Applied knowledge is the key to growth and strength in the location, analysis and correction of vertebral subluxation."

- Pierce Techniques - Timothy B. Skraitz, D.C., 1990, 1991

- Metrocom Structural Analysis, 1991

- Chiropractic Bio-Physics Techniques - Drs. DeGeorge/Gambali, 1992

FUTURE BASED ON A STRONG PAST

"I have been fortunate to have worked along side some of the top men and women in this profession using state of the art equipment and techniques."

- Student Advisor to the Board of Trustees, Sherman College of Straight Chiropractic, Spartanburg, S.C., 1987-1990

- Associate D.C., Canton Chiropractic Clinic, Washington, PA, 1990-1991

- Staff Associate, Advanced Chiropractic, Saugus, Mass., 1992

- Staff Associate, Atlantic Chiropractic, Stoneham, Mass., 1992-1993

I BELIEVE IN WHAT I DO

To sit back and watch while others do has never been my way. To believe in what you do means you must get involved.

- Weekly radio talk show "Health Power" for the Hispanic community WXLV, WHOL, Allentown

- Past/Present member:

- * We Care Chiropractic Research Center

- * Federation of Straight Chiropractic Organizations

- * Associations in Pennsylvania, New Hampshire, South Carolina

1. A complete health history is taken listing any old injuries or chronic problems you may be experiencing. During the consultation, Dr. Cochran will meet with you to discuss your problem and determine how you may be helped through Chiropractic care.
2. Checking the spine is an important part of the chiropractic exam. Chiropractic care has proven itself effective in the treatment of spinal related conditions, without the use of drugs.
3. The chiropractic physical administered at Family Health Chiropractic includes X-rays of the spine. Any subluxations or misalignments are determined by careful analysis of these X-rays.
4. After the results of the examination, X-rays and health history have been studied, Dr. Cochran will meet with you to report the findings and explain the treatment schedule.



Family Health Chiropractic

1242 W. Liberty Street ♦ Allentown, PA 18103 (215) 432-7070

FAMILY CHIROPRACTIC



HEALTH CENTER DR. RONALD E. CURRY

CHILDREN Ages 1 wk. to 6 yrs.
Chiropractic is good for:
—constant spinal development during the crucial formative years.
—correction of misalignments due to bumps and falls that, left untreated, could cause serious future health problems.

ACTIVE AND SPORTS ORIENTED PEOPLE Ages 6 and up
Chiropractic is good for:
—maintaining flexibility.
—faster, more complete healing of injuries.
—promoting maximum neuro-muscular response.
—restoring balance to the skeletal frame.

The
most recognized
and accepted, method
of **DRUG FREE
HEALTH CARE
AVAILABLE!**
Chiropractic
WORKS!

The world depends on the balance of nature.

You depend on the balance of your spine!

ADULT General Health

Chiropractic is good for:
—the correction of painful vertebral misalignments.
—maintaining maximum communication between the brain and body for a consistent, healthier, quality of life.
—relief from stress induced spinal misalignments.

AMERICANS IN MATURITY

Chiropractic is good for:
—maintaining flexibility.
—regaining mobility.
—promoting healthier posture and faster healing of aches, pains, and injuries that may be spine related.

Mention this LVL ad when you call for your appointment and receive a thorough **SPINAL EVALUATION** that includes the following:

- 1) Health History Consultation,
- 2) Range of Motion Exam,
- 3) 1 diagnostic survey x-ray (ONLY if necessary!),
- 4) Spinal Examination.

This evaluation is offered at no cost or obligation and will determine if chiropractic can help you!

[Off Linden St.

by Spring

Garden School]

1221 NORTH BLVD.

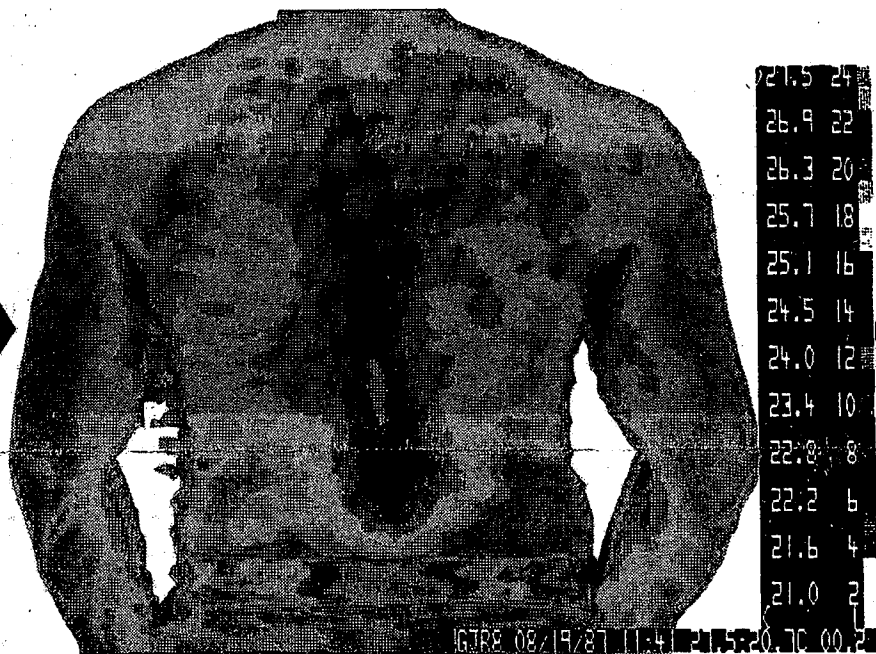
BETHLEHEM

865-9943

FIND OUT ABSOLUTELY FREE IF CHIROPRACTIC CAN HELP YOU.

WHY FREE?

THOUSANDS OF PEOPLE ARE SUFFERING FROM "PINCHED NERVE SYMPTOMS" that will often respond favorably to Chiropractic treatment. Now you don't have to "wonder" whether or not chiropractic is likely to help, you can find out at NO CHARGE.



INTRODUCING

COMPUTERIZED THERMOGRAPHY

Thermography has been called "A PICTURE OF PAIN," but more accurately, it helps the doctor and the patient find and describe "THE REASON FOR PAIN."

TAKE THIS CHIROPRACTIC SCREENING TEST

- | | | |
|---|------------------------------------|--|
| <input type="checkbox"/> Back Pain | <input type="checkbox"/> Headaches | <input type="checkbox"/> Shoulder Pain |
| <input type="checkbox"/> Neck Pain | <input type="checkbox"/> Arthritis | <input type="checkbox"/> Arm/Leg Pain |
| <input type="checkbox"/> Numbness | <input type="checkbox"/> Bursitis | <input type="checkbox"/> Hip Pain |
| <input type="checkbox"/> Painful Joints | <input type="checkbox"/> Stiffness | <input type="checkbox"/> Cold Hands/Feet |

These are the 12 most common signals of a pinched nerve in your spine. If you have marked even one box, you've failed the test and should have a spinal thermographic examination.

Healthy Bodies...



Need Healthy Backs

BIANCHI

CHIROPRACTIC OFFICES

481-3100

260 S. Halcyon Rd., Arroyo Grande

LA Times 8/10/86

WHIPLASH! IT IS SERIOUS!



THE SPINE IS YOUR LIFE LINE STRONG BUT SENSITIVE

Virtually every auto accident causes neck or lower back injury.

Watch for these danger signals:

- 1** HEADACHES • DIZZINESS
IRRITABILITY
- 2** NERVOUS TENSION
PERSONALITY CHANGES
- 3** NECK & LOWER
BACK PAIN
- 4** ARM & SHOULDER
PAIN OR NUMBNESS
- 5** NAUSEA
INDIGESTION

Pain pills and muscle relaxants simply cover up the symptoms.

Do something about the cause!

DAVIS CHIROPRACTIC combines the most modern equipment and techniques with highly trained professionals specializing in nerve and spine rehabilitation.

You don't have to live with pain! Call today for a consultation.

Your auto insurance pays for your treatment.

DAVIS CHIROPRACTIC OFFICES
Serving the 5-Cities and surrounding areas
Kmart Center • Arroyo Grande
481-8807

Telegram-Tribune 8/5/86

\$38
VALUE

Get Your **FREE** FULL SPINAL EXAMINATION

NO OBLIGATION • NOTHING TO PAY

You may have one of these **16**

DANGER SIGNALS OF PINCHED NERVES:

- | | | | |
|------------------|----------------|--------------------|-------------------|
| 1. Low Back Pain | 5. Dizziness | 9. Numb Hands | 13. Numb Fingers |
| 2. Headaches | 6. Sore Elbows | 10. Bursitis | 14. Hip Pain |
| 3. Shoulder Pain | 7. Neck Pain | 11. Pain down Legs | 15. Tight Muscles |
| 4. Arthritis | 8. Indigestion | 12. Muscle Spasms | 16. Aching Feet |

FIND OUT NOW whether careful, professional chiropractic care can relieve your aches and pains.

This examination normally costs \$30.00 or more. It will include an orthopedic test, a neurological test, a blood pressure test, a spinal alignment check, an examination for restricted or excess motion in the spine, a muscle strengthness test, and a private consultation with the doctor to discuss the results

FREE.



Dr. William T. Baird
Chiropractor

This entire examination is **FREE**.
If you want more care and treatment,
we do all the paperwork.

CALL for your FREE appointment before AUGUST 31st!

\$38
VALUE
TO YOU

Dr. William T. Baird Chiropractic Office

166 N. 9th, Suite A
Grover City, CA

481-0754

CALL NOW
BRING THIS COUPON
WITH YOU

24 Hour
emergency
phone 489-1677

Toluca Lake Holistic Health Care Center

Dr. John C. Luly, Jr., D.C. DOCTOR OF CHIROPRACTIC



FREE INTRODUCTORY CONSULTATION

Free evening classes in Vegetarian Nutrition and Holistic Health
Tuesday & Thursday, 7-9 p.m.

Hours by Appointment
509-9138

Dr. Luly is proficient with regards to the following adjuncts to complete chiropractic care:

- Cytotoxic Allergy Testing
- Vegetarian Nutrition, Spiritual, Psychological and Exercise Counseling
- Colonic Irrigations with Oxygen
- Saliva Analysis
- Professional Therapeutic Full Body Massage
- Vitamin, Mineral, Enzyme & Herbal Therapy
- Juice Fasting Supervision
- Iris and Sclera Analysis
- Hair Analysis
- Physical Therapy—Backswing Traction
- Comprehensive Blood and Urine Analysis
- Natural Chelation Therapy
- Reflexology (Foot, Hand and Head, Etc.)

10628 Riverside Drive, Suite 4, North Hollywood



DR. EDWARD H. ROTHMAN
ANNOUNCES THE OPENING OF HIS OFFICE FOR
THE PRACTICE OF CHIROPRACTIC
INCLUDING CRANIAL INJURIES
DUE TO BIRTH AND TRAUMA

AT
SUITE 308 THE BAILEY BUILDING
1218 CHESTNUT ST. PHILADELPHIA, PA 19107
627-0135
OFFICE HOURS BY APPOINTMENT

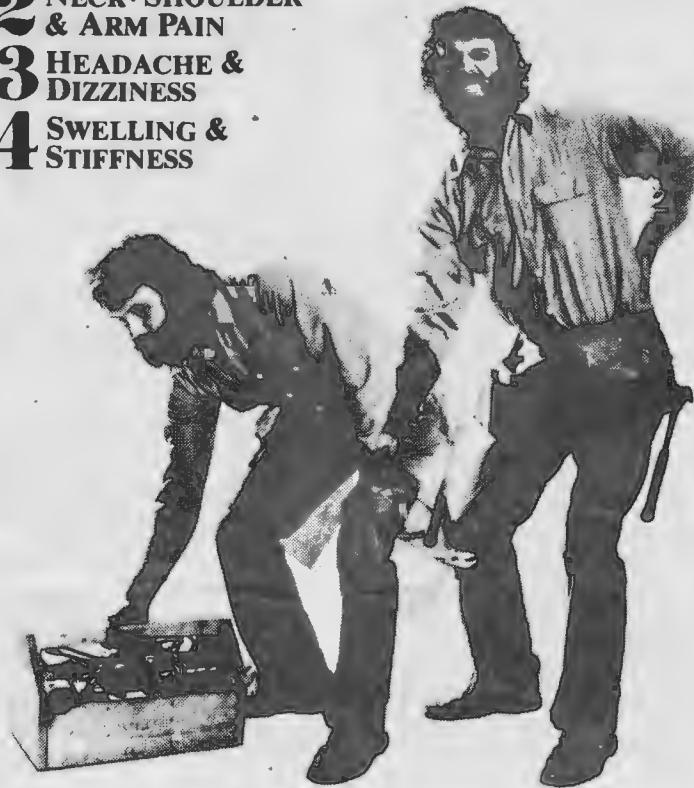
Chiropractic gives special attention to the balance between structures and function, more specifically spinal mechanics and the roles the musculoskeletal and neurological systems play in the relief of pain and the restoration of health. Patient care is conducted with due regard for the laws of nature. Environmental, nutritional and psychotherapeutic factors are all considered as well as rehabilitation and physiological therapeutics designed to reduce stress.

3 WELCOME AT WEDNESDAY FEBRUARY 27, 1980

BACK INJURY ON THE JOB!

That sudden sharp pain could mean a pinched nerve or slipped disc. Don't wait for the pain to go away! Get treated immediately! Back injury is a serious matter. Vital nerve functioning can be blocked often resulting in:

- 1** LOW BACK &
LEG PAIN
- 2** NECK, SHOULDER
& ARM PAIN
- 3** HEADACHE &
DIZZINESS
- 4** SWELLING &
STIFFNESS



DAVIS CHIROPRACTIC combines the most modern equipment and techniques with highly trained professionals specializing in spine and nerve rehabilitation.

WORKER'S COMPENSATION PROVIDES FOR YOUR TREATMENT.

So why live with pain? Call now for a consultation.

DAVIS CHIROPRACTIC OFFICES
Serving the 5-Cities and surrounding areas
Kmart Center • Arroyo Grande
481-8807

Beware the Back Attack.



**In Pain — Call Now
544-8884**

FREE SPINAL EXAMINATION

—Immediate Appointments Available—

Your Spine, Your **LIFELINE TO HEALTH**

Chiropractic has helped millions of Americans
and, Chiropractic can help you, too.

ALTMAN CHIROPRACTIC CENTER

Dr. Michael Altman D.C. 1308 Garden St., San Luis Obispo

Specialists in Workman's Compensation and Personal Injury Cases



STOP TORTURING YOURSELF!

Treating yourself for back pain could tie you up in ways you can't imagine. Without knowing what you're doing you could inflict serious, perhaps permanent damage.

If you're experiencing back pain, don't wait, call us now.

Chiropractors . . . we can help.

DAVIS CHIROPRACTIC OFFICE
Low Back Pain Clinic
K mart Shopping Center . . . Arroyo Grande . . . 481-8807



AND YOU THOUGHT YOU WERE SMART!

The most fascinating and magnificent machine in the whole world is your own body. It is the only machine that can repair itself and does so constantly, that's right, constantly! Every second hundreds and thousands of cells die within your body only to be replaced by new ones. Speaking of cells, you yourself were made from the union of two single cells (one sperm and one egg cell) and in nine months a baby is born from those same two cells. Did you know that there is about 75,000 miles of blood vessels in one adult body? How about the fact that an estimated 250 billion chemical reactions occur within your body every second — smart huh! Right now your body is taking the supper you ate last night and making issue out of it such as stomach cells, heart cells, liver cells, etc. You're probably wondering how all this could be going on? What is responsible for the organization, the control, and the governing processes within the body that is allowing for all this to happen? What is the wisdom or intelligence in the body that makes man's knowledge look like a grain of sand on a beach?

What I am about to tell you now is something that you already know, you just haven't given it much thought lately or perhaps just taken it for granted. The fact that there is an inherent (inborn) wisdom or intelligence in the body that is responsible for all the processes you have just read about in the above paragraph. You can call it nature, life, or whatever you please to call it. The fact is that it does exist! Doctors, regardless of the degree they hold, all recognize this principle. It is a good thing for us it's there. Each of us, no matter how much education we have, cannot think of two things at the same time let alone carry out the complicated chemical reactions that the body handles every second.

Still, people tell me "you know Bob, it really isn't scientific to use words like nature, or inherent wisdom". Yet at the same time they are making this ignorant statement their own body is manufacturing insulin, cortisone, hydrochloric acid, etc., etc., etc., and they don't even realize it. Why if it wasn't for this unscientific term called nature, these people wouldn't even be around to talk about it. They would be too busy talking about how smart they are and forget about the insulin, cortisone and hydrochloric acid, and the millions of other chemicals needed to be manufactured in just the right amount at just the right time to keep them healthy. It's lucky for them that the function of their body is not left up to them and their educated mind. But they don't have to worry about it. It's taken care of for them by nature, life or the inherent wisdom of the body. (There's that word again).

Think about it — does the band aid heal the cut? Or does it assist the cut as the cut heals from the inside out? Does the Doctor mend a broken bone? Or does he set the bone and allow for the bone to heal itself? Can a Doctor of any kind make a brain cell from the peanut butter and jelly sandwich you just ate? No, the body can, and does! Chiropractic is based on the principle that there is a inherent recuperative power within the body. The body gave the job of coordinating, govming and keeping it in harmony to the nervous system. Interference to the nervous system may and can cause dis-ease, dis-organization, dis-harmony or symptoms within the body. The most susceptible place for nerve interference to occur is the spinal column. The interference is a result of a displaced spinal bone. Nerve interference and a mis-aligned spinal bone collectively is called a subluxation.

Chiropractors do not cure any one of any thing nor do they treat symptoms, but they do remove vertebral subluxations so the body may once again become at ease, in harmony and organized.

Yes, the body is smarter than we are. Yes, it still gets sick. Yes, it needs assistance. But remember this after the Doctor assists the cut with a suture the healing is done by the body. After a Chiropractor assists the body in removing a vertebral subluxation the body brings itself back from a state of dis-ease to a state of ease. **HEALING COMES FROM INSIDE OUT NOT FROM OUTSIDE IN.**

This is a continuation of a series of articles sponsored by:

Bob Quarry, Jr.
Chiropractor
Fountain Hill

Low Back Pain-Sciatica

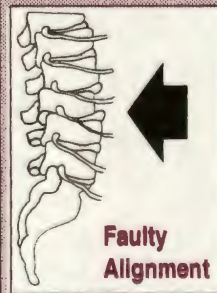
The term SCIATICA refers to pain, numbness and occasional muscle weakness in the areas supplied by the sciatic nerve, i.e., hip, buttock, posterior thigh, calf and foot. The patient may experience a crawling sensation over the affected area and an inability to walk on their toes or heels due to muscle weakness.

There are many possible causes for SCIATICA, but the most frequent cause has been found to be faulty alignment and mechanics of the lower spine and pelvis. Such faulty alignment serves to compress or irritate the sciatic nerve, resulting in painful inflammation of the nerve.

This faulty spinal alignment may result from a single fall, accident, unusual exercise, or may develop gradually over a period of time as part of an overall posture distortion pattern.

Time after time, chiropractic care has shown positive results in treatment of this condition.

The sciatic nerve, which is the largest nerve in the body, extends from the lower spine down the back of the thigh to the knee. There it divides, one nerve goes down the front while the other goes down the back of the lower leg.



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Yours in Health,
Damian M. Chepenuk, D.C.
Mark A. Frawley, D.C.



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| <input type="checkbox"/> Low Back Pain | <input type="checkbox"/> Muscle Tension |
| <input type="checkbox"/> Shoulder Pain | <input type="checkbox"/> Constipation |
| <input type="checkbox"/> Pain In Legs | <input type="checkbox"/> Spinal Disc Injuries |
| <input type="checkbox"/> Allergies | <input type="checkbox"/> Numbness In Arms & Legs |

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ISN'T IT TIME YOU STOPPED LIVING WITH THE PAIN?

IT PAYS TO FIND OUT IF CHIROPRACTIC CAN HELP YOU!

Here are some of the symptoms most commonly treated effectively:

- Headaches, dizziness, loss of sleep
- Neck pain, tight muscles
- Pain down arms, shoulder pain.
- Stiffness, Numbness in hands or feet
- Cold hands or feet
- Pain between the shoulders
- Nervousness/stress
- Pain in lower back, hips or down legs
- Arthritis/Painful joints

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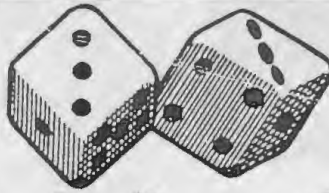
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Are you a gambler?



...with your headaches? Do you still settle for "Temporary Relief" from a pill bottle? I would rather rid myself of headaches for good. Most chronic sufferers would. Headaches are not funny! Perhaps you should do as thousands of other Americans do...seek Chiropractic help. Our first consultation is FREE. Call us today and take that first step to "real" relief for headaches.

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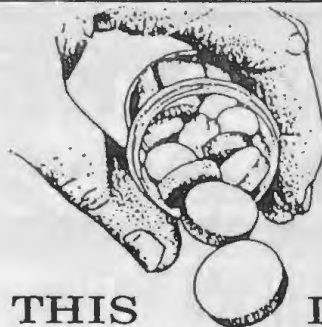
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Dec. 4, 1988

9W



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2. Neck Pain, Tight Muscles
3. Pain Down Arms, Shoulder Pain
4. Numbness in Hands or Feet
5. Pain between the Shoulders
6. Painful Joints, Nervousness
7. Lower Back Pain, Hip Pain, Pain Down Legs

*Free examination includes case history, consultation with the doctor, and orthopedic/neurological tests. X-rays, treatment, and clinical laboratory tests are not included, but if indicated, are normally covered by most insurance policies. **WHY FREE!** This is our way of encouraging you to find out if you have a problem that might be helped by chiropractic care. It is also our way of acquainting you with our staff and facilities.

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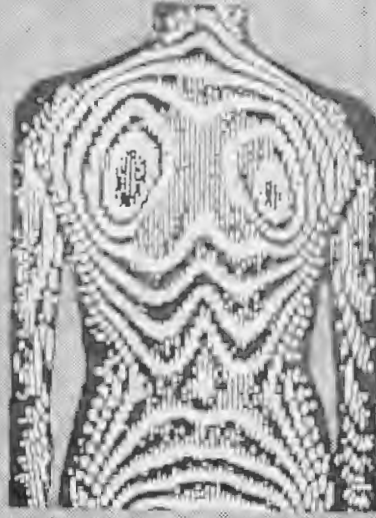
Danger Signals Of Pinched Nerves

- 1) Headaches, Blurred Vision, Dizziness
- 2) Neck Pain, Tight Muscles, Spasms
- 3) Shoulder Pain, Pain Down the Arm, Numbness in the Hands
- 4) Pain Between Shoulders, Difficult Breathing, Abdominal Pain
- 5) Lower Back Pain, Hip Pain, Pain Down the Legs



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1989

JAMES E. DeGRAW, D.C.

“Serving the Chiropractic Needs
of the Monadnock Region Since 1975”

No profession has made greater strides in recent years than that of chiropractic. The results are being recognized more and more, as is evidenced by the steadily increasing number of people who are turning to chiropractic.

Chiropractic has been successful in detecting and treating conditions such as low back and neck pain, pinched nerves, headaches, migraines, neuritis, bursitis, whiplash, arthritis and shoulder pain, along with other musculo-skeletal and visceral complaints.

The success of chiropractic lies in the fact that it goes to the root of the trouble and then takes immediate steps to remedy the cause.

JAMES E. DeGRAW, D.C. knows that the nervous system is so constructed that it conveys life to every distant part of the body. If there is the slightest interference in the spine with the balance of this delicate nervous system, complications are bound to set in which will cause pain and distress.

Chiropractic has been practiced for over 90 years. There are over 30,000 Chiropractors treating over 50 million people in the United States today. In little over half a century it has become one of the largest healing professions in the world. It has often been said that with the help of a chiropractor, you can add life to your years and years to your life.

Dr. James E. DeGraw, a graduate of Palmer College of Chiropractic in Davenport, Iowa, is located at 830 Park Avenue in Keene, phone 357-4313. He specializes in sports related injuries and industrial accidents and handles worker's compensation and insurance claims, as well as Major Medical and Medicaid.

For the natural way to better health, the editors of this 1986 Foster's Business Review are pleased to recommend JAMES E. DeGRAW, D.C., to all of our readers for their chiropractic needs this year.

ass
and
Or

FAMILY CHIROPRACTIC



HEALTH CENTER DR. RONALD E. CURRY

It's Spring Time!!!

... but, are winter's aches and pains slowing you down?

Regular visits to your chiropractor can help you restore and maintain your spinal flexibility and stability. This is a *crucial* step toward establishing good health!

Your spine houses the core of the Central Nervous System. The chiropractor's job is to keep pressure off the nerves that 'feed' vital information to the entire body. By gently moving the vertebrae back into alignment, the nerves are then free to do the job that they were intended to do - keep you healthy and alive, not immobile and in pain!

If you haven't been to a chiropractor this year, you're missing out on the most recognized and accepted method of *drug-free healthcare available!*

Take a step toward good health today! Call 865-9943 for an appointment with Dr. Curry, who has been practicing straight chiropractic in the Lehigh Valley since 1982.



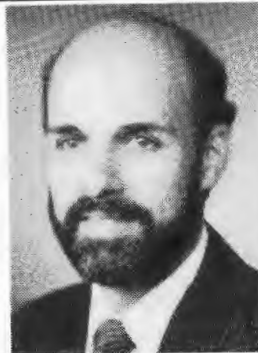
**Chiropractic
Health
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Wednesday
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Dr. Ronald E. Curry
Chiropractor



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Start this new year off in a healthy way. We offer you the opportunity to have a complimentary chiropractic evaluation -- a \$75 value.

This includes a consultation, spinal exam, (one) survey x-ray (only if necessary), and a discussion of the results to determine if your health problems can be helped through chiropractic care.

This offer has been extended thru March 31, 1987.
THIS EVALUATION IS OF NO COST TO YOU.
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WE WANT YOU
TO KNOW THE

FACTS

FACT.

Chiropractic is recognized as one of the primary health care professions.

FACT.

Each year 5 to 7 million people are treated by doctors of chiropractic.

FACT.

Because of its growing recognition, chiropractic treatment is paid for by:

- Medicare
- Medicaid
- Workmen's Compensation, Pennsylvania & federal
- Most major health & accident policies

IF YOU HAVE A HEALTH PROBLEM, CONSULT YOUR FAMILY DOCTOR OF CHIROPRACTIC AND DISCOVER THE NATURAL WAY TO GOOD HEALTH.

CHIROPRACTIC IS THE MODERN ALTERNATIVE

No one health science has all the answers to all health problems; this includes Chiropractic. However, Chiropractic is not just a sore back science. It is an integral part of the total approach to health. To find out if you could benefit from this natural approach to treatment and prevention of sickness, the Hynes Chiropractic Office offers regularly scheduled mini health care seminars with a different topic each session and question and answer period following the presentation.

For More Information Call or Write

HYNES

CHIROPRACTIC OFFICE

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OUR PATIENTS SPEAK . . .



WILLIAM M. DRUCK

TO WHOM IT MAY CONCERN:

For the past two years I have suffered from pain in the back of my neck, continuous headaches, nervousness, tightness in the chest and nausea. Many times the pain was so severe I thought I could not go to work. A few times I had to come home, but I tried to keep going.

Lately it became worse. My medical doctor wanted me to work less hours and rest all I possibly could. He told me he was doing all he could for me. I was taking headache pills at the rate of ten or twelve a day and nerve pills four times a day, with no relief. I decided it was time to turn to something or someone else for help. Chiropractic seemed to be the answer.

On my first visit to Dr. Weaver, x-rays were taken and my condition analyzed. The next day I received my first adjustment. I had a terrible headache at the time. After the adjustment, I could feel the pain leaving. For the first time in several months, I was able to work a full night without a headache and a feeling in my chest.

I haven't taken any medication for pain since I received my first adjustment. I have no need for nerve pills now. I feel like a new person! I am able to work longer hours than I ever thought possible several months ago, since I am free from all the pain I had suffered with previously.

I thank Dr. Weaver for the help I have received from him and hope others will seek the help of chiropractic care also.

Sincerely,
William M. Druck
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Your Back & Your Health

by TERRY L. CUNNING, D.C.

America is the most over-medicated, most over-operated and the most over-innoculated country in the world. We are the wealthiest nation on earth, yet we remain one of the unhealthiest countries in the world.

Americans think of health as something that can be bought rather than a state to be sought. We are becoming a pill swallowing civilization, reaching for the bottle at the first sign of an ache or a pain. God help us as a nation and as a civilization if this trend continues.

Americans are the most anxiety ridden people in the world with regard to their health. Is it any wonder that tranquilizers are the most misused drugs in the United States?

The Chiropractic profession has always maintained that good health is based upon natural laws. The body's own curative powers remain far superior to any remedy yet uncovered by medical science.

Today's health trend is a more conservative approach to health, and that trend is to Chiropractic health care, which puts nothing into the body nor takes anything away.

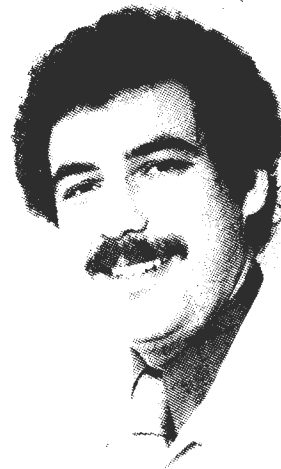


DR. TERRY LEE CUNNING CHIROPRACTOR

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Good health through natural healing

Good health through natural healing is the philosophy behind Dr. Terry Cunning's chiropractic service.

Located at Seventh and Callow Hill in Perkasio for the past four years, Dr. Cunning's has established himself as one of the area's foremost chiropractors.

"It's the natural way of healing," Dr. Cunning's explained of his profession.

"Your body has the power to heal anything through proper nutrition, proper diet and good posture," he explained.

Cunning first became interested in this natural healing philosophy after being treated for a medical problem by another chiropractor.

His interest in the 90-year-old branch of medicine grew and he began

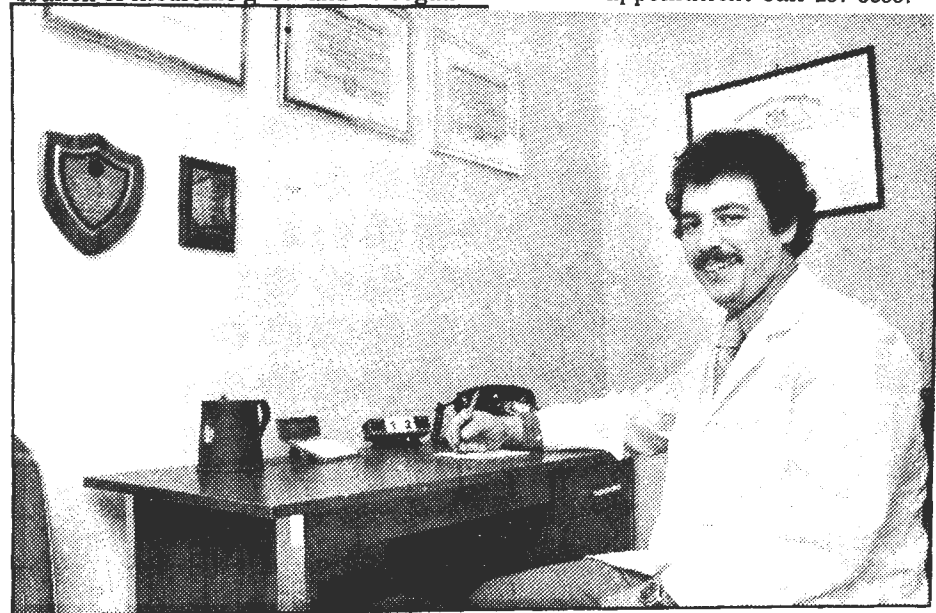
to focus more of his attention on chiropractic during his stay at Independence College in Independence, Kansas.

After graduating from that school, he became certified in his field after attending Palmer College of Chiropractic in Davenport, Iowa, and he obtained his state credits at Beaver County Community College, in Beaver County, Pa.

Dr. Cunnings noted that chiropractic is federally recognized and licensed in all 50 states.

Dr. Cunning's office is open on Monday, Tuesday and Friday from 9 a.m. to 9 p.m. and on Saturdays from 9 a.m. to noon and on Wednesdays from 1 to 5 p.m. The office is closed on Thursday and Sunday.

For an appointment call 257-8855.

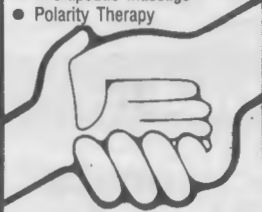


Dr. Terry Cunning

Photo by Don Wenner

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by Dr. Louise A. Froehlich
Chiropractor

CHEST PAINS

In most cases of chest pains and a smothering feeling are due to a nervous condition. Much of the trouble can be attributed to heart strain and a nervous condition in which the tissues rebel to the abnormal strain.

Sometimes the stomach is to blame, or a spasm in the esophagus. A spasm in the throat can be equally as upsetting but cause may be the same - a nervous condition brought on by fatigue, over work, anxiety, worrying over troubles from money to family disputes.

The cause, unless there has been a degeneration of the tissues, usually is quite simple, and the bringing of relief is just as simple. What has happened is this - somewhere in the spine the vertebrae have become misaligned and there has developed pressure on the part of the nerves serving the lung and throat section of the body.

The chiropractor, trained and skilled in detecting and correcting such conditions, can be of vast help in relieving the condition by giving gentle adjustments of the spine that end the nerve blockage and allow the nervous system to do its job of repair and reconstruction.

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

BACK SPEAK



by Dr. Anthony Mastronardi

Question: My mother has taken me to a Chiropractor for my asthma. Should I take my daughter?

Answer: Nerves from the spine control the breathing muscles and asthmatics often respond to chiropractic treatments with a decrease in the frequency and severity of the attacks.

Send Questions To:

**The Granite State
Chiropractic Ctr.**
69 Island St., Keene
352-1992

*Shipp News
Keene, NH 1/15/86*

Scientific

Dr. Gina M. Whest, Inc.



Diplomate of the National Board of Chiropractic examiners. Involved in Medical research for eighteen years at the Universities of Washington, Tennessee and the John A. Burns School of Medicine, University of Hawaii. Phi Beta Kappa graduate of University of Hawaii. Doctor of Chiropractic, licensed in California and Hawaii. Dr. Whest also holds a masters degree in Health Care Administration and is a member of Hawaii State Chiropractic Association.

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Chiropractic Health Hints

WITH DR. HARVEY T. SATO
A Natural Health Family Practice

LEG PAIN

From the cradle to the grave, your legs propel you through life and you seldom give them a thought. It's just second nature to walk across the room or to push a door open with your leg when your hands are full.

When leg pains strike, you suddenly become aware of just how important your legs really are. Walking may be difficult or even impossible due to the pain.

In many cases, the problem does not lie in the legs themselves, but in the sciatic nerve. It is the largest and longest nerve in the human body, reaching all the way down to the foot, so it is the most susceptible to injury.

A common cause of injury to the sciatic nerve is spinal misalignment. This pinches the nerve, causing pain. Spinal misalignments are usually not self-correcting, but require the attention of a health care professional such as your Doctor of Chiropractic.

HONOLULU
1806 S. King St. Suite 21 2-24-88PH: 955-3396

STROKE PREVENTION

by Dr. Wm. P. Webb, II



Nerves wrap around arteries and veins like a vine around a tree. It's the hypo function or hyper function of the nerves in many cases that triggers the cause of blood clots, causing strokes. Disturbed circulation is often related to the nerves of the spine, as well as the body's chemical imbalance. Disturbed circulation is directly related to disturbed spinal nerves, in most cases.

An analysis of more than 2,000 patients seen and treated by this author, who have the symptoms referable to the cervical spine revealed that more than 90% of these patients had had one or more injuries of the cervical spine, whether recent or remote. All of the injuries have resulted in one or more of the symptoms listed below that most often precedes a stroke.

Loss of memory, tingling in arms, leg, toes or face, numbness, dizziness, pain in neck, personality changes, high blood pressure, atherosclerosis, blood clots, and headaches.

If you suffer from any of the above symptoms or have had a cervical injury, a specialized chiropractic examination and treatment may save you from an impending stroke.

(305) 862-8834



WEBB CLINIC OF CHIROPRACTIC
 IF TREATMENT IS NEEDED, MOST INSURANCE ACCEPTED



FREE SPINAL EXAMINATION

LISTEN TO YOUR BODY



**It Will Tell You
If Something's Going Wrong!**
Danger signals which may result from pinched nerves:

- | | |
|---------------------------|---|
| 1. Headache | 5. Nervousness |
| 2. Neck Stiffness | 6. Pain in Arms or Legs, Painful Joints |
| 3. Pain between Shoulders | 7. Numbness in Hands or Feet |
| 4. Backache | 8. Tight Muscles, Spasms |
| | 9. Abdominal Pain |

These 9 Danger signals are usually caused by a Pinched Nerve and respond to modern CHIROPRACTIC. Delay causes any condition to grow worse. If you have one or more of these critical symptoms call the doctor.

Why FREE? Thousands of New Yorkers have spine related problems which usually respond to chiropractic care.

Examination includes standard tests for evaluating the spine.

Free examinations are our way of encouraging you to find out if you have a problem that could be helped by chiropractic care. It is also our way of acquainting you with our staffs and facilities.

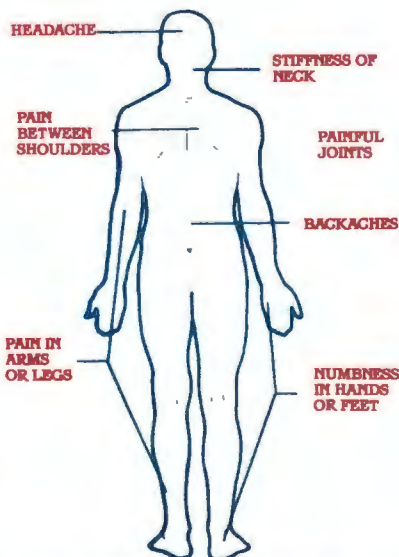
While we are accepting new patients, no one need feel any obligation. To set up an appointment, call the Doctor of Chiropractic today.

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CHIROPRACTOR

331 E. 71 St., Suite 1B
Bet. 1st and 2nd Avenue
New York, N.Y. 10021

(212) 288-2823



You should be aware of these **DANGER SIGNALS** that indicate the need for chiropractic care.

AMHERST CHIROPRACTIC ASSOCIATES

DR. THOMAS G. LYONS

DR. ELIZABETH T. LYONS

1622 HOPKINS ROAD

(Across From Williamsville North H.S.)

WILLIAMSVILLE, NY 14221

These symptoms are often caused by spinal nerve pressure.

CONTACT OUR OFFICE FOR AN APPOINTMENT

689-0766

No charge for initial consultation.
Most insurance plans for services accepted.



FREE SPINAL EXAMINATION
 Including Consultation — Examination —
 and Complete Report added upon your
 examination. Please call for details.

BEWARE OF THE 11 DANGER SIGNS


- Nerve Tension
- Headaches
- Stiffness of Neck
- Depression
- Pain between Shoulders
- Anxiety in Chest
- Restless Nights
- Stiffness or Pain in Lower Back
- Numbness in Arms and Hands
- Tired Hips & Legs
- Painful Joints

HEALTH INSURANCE PAYS . . .

Over 700 insurance companies cover Chiropractic care today. Most every union plan, most city and state employee plans, auto accident insurance, medicare, and if you are injured on the job, Workmen's Compensation Act says that you can be treated by a Chiropractor.

Call today for your FREE SPINAL EXAMINATION

<p align="center">CAMPBELL — CAMBRIAN</p> <p align="center">Dr. Ron Fry, D.C. 2217 South Bascom Ave. CAMPBELL, 377-7030</p>	<p align="center">ALMADEN — BLOSSOM HILL</p> <p align="center">Dr. Ken Jordan, D.C. 1580 Kooser Rd. at Camden Ave. SAN JOSE, 267-7463</p>
<p align="center">SAN JOSE — LOS GATOS</p> <p align="center">Dr. Carl Dieter, D.C. 361 South Monroe St. SAN JOSE, 296-1267</p>	<p align="center">SUNNYVALE — CUPERTINO</p> <p align="center">Dr. Chen, D.C. 1055 Sunnyvale-Saratoga Rd. SUNNYVALE, 730-9133</p>



DR. PAUL G. BOGOSIAN
 CHIROPRACTOR
8303 BUSTLETON AVE.
 (Opp. Bell's Corner)
725-3233

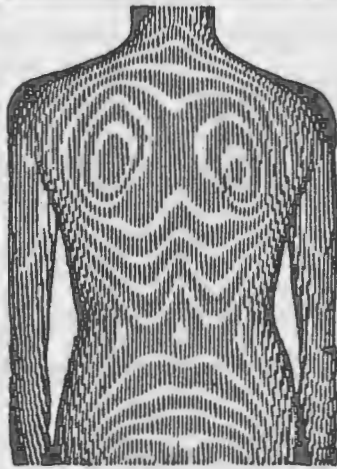
'PINCHED NERVES'
 MAY CAUSE

1. LOW BACK & LEG PAIN	4. HEADACHES
2. NECK PAIN & STIFF NECK	5. PAIN BETWEEN SHOULDERS
3. NUMBNESS: Arms, Hands, Legs	6. "SLIPPED DISC"/SCIATICA
	7. "WHIPLASH"

If yours is a chiropractic case, we'll tell you. If not, we'll tell you that, too!

Auto Accident, Worker's Comp, Major Medical & MOST OTHER INSURANCE ACCEPTED.

NO CHARGE FOR CONSULTATION



CONTOUR ANALYSIS PHOTO

FREE SPINAL EVALUATION*

Do You Have:

1. Headaches, Dizziness, Blurred Vision
2. Neck Pain, Tight Muscles, Spasms
3. Shoulder Pain, Pain Down Arms, Numbness in Hands
4. Pain Between Shoulders, Difficult Breathing, Abdominal Pains
5. Lower Back Pain, Hip Pain, Pain Down Legs

*Free examination includes case history, consultation with the doctor, a free contour analysis posture scan and 10 orthopedic, neurological tests. X-rays, treatment, clinical laboratory tests are not included, but if indicated, are normally covered by most insurance policies.

Why FREE? Thousands of area residents have spine-related problems which usually respond to chiropractic care.

This is our way of encouraging you to find out if you have a problem that might be helped by chiropractic care. It is also our way of acquainting you with our staff and facilities.

While we are accepting new patients, no one need feel any obligation.

Most Insurances Accepted

SCHLENER CHIROPRACTIC OFFICE

Corner of 4th & Taylor Sts. Bethlehem, PA 18015

Call for Appt. 867-4215

Office hours
flexible

11 IMPORTANT DANGER SIGNS



These

symptoms are the usual forerunners of a serious condition. Tension on spinal nerves robs your body of vital energy.

When

any of these important danger signs appear in a member of your family call your family chiropractor immediately.

For Further Information or Appointment call:

ADAMS CHIROPRACTIC OFFICES

3 LOCATIONS COMBINING FOR OVER 65 YRS.
EXPERIENCE IN CHIROPRACTIC SCIENCE

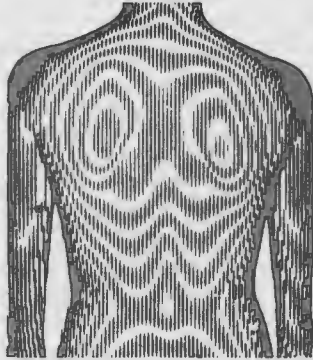
DR. JERALD B. ADAMS, D.C.
1290 SCOTT BLVD.
SANTA CLARA 247-4640

DR. LAURENCE R. ADAMS, D.C.
Sunrise Professional Center
5710 CAHALAN AVE.
SAN JOSE 578-5920

DR. JAMES H. ADAMS, D.C.
101 ANDRIEUX ST.
SONOMA 996-4535

NEW OFFICE POLICY

**MOST INSURANCE ASSIGNMENTS ACCEPTED WITH NO
EXTRA OUT-OF-POCKET EXPENSES BEYOND POLICY
REQUIREMENTS**



DANGER SIGNALS OF PINCHED NERVES:

1. Headache, Dizziness, Blurred Vision
2. Neck Pain, Tight Muscles, Spasms
3. Shoulder Pain, Pain Down Arms, Numbness in Hands
4. Pain Between Shoulders, Difficult Breathing
5. Lower Back Pain, Hip Pain, Pain Down Legs

FREE SPINAL EXAMINATION

Why free? Thousands of Long Islanders have spine-related problems which usually respond to chiropractic care. This is our way of encouraging you to find out if you have a problem that could be helped by chiropractic care. It is also our way of acquainting you with our staff and facility. Examination includes standard test for evaluating the spine and contour analysis photo shown above.

NASSAU

EAST MEADOW/HICKSVILLE/LEVITTOWN
Dr. Martin L. Lesin, D.C. 794-0414
498 Newbridge Avenue, East Meadow

GREAT NECK/MANHASSET/LITTLE NECK
Dr. Craig R. Nowinski, D.C. 487-7228
3 Grace Avenue, Great Neck

MASSAPEQUA/SEAFORD/PLAINEDGE
Dr. Denise Logan, D.C. 798-8090
727 North Broadway, N. Massapequa

VALLEY STREAM/LYNBROOK/ROSEDALE
Dr. Andrew M. Barkin, D.C. 561-8600
201-6 East Merrick Road, Valley Stream

SUFFOLK

COMMACK/KINGS PARK/S. HUNTINGTON
Dr. Joanne R. Gregory, D.C. 462-6565
2171 Jericho Turnpike, Commack

PT. JEFFERSON/MILLER PLACE/ROCKY PT.
Dr. Marilyn G. Hansen, D.C. 928-5789
85 Echo Avenue, Miller Place

SAYVILLE/PATCHOGUE/HOLTSVILLE
Heuser Chiropractic Office 758-6444
159 Route 112, Patchogue

SMITHTOWN/HAUPPAUGE/COMMACK
Harrington Chiropractic Office 360-0909
98 Maple Avenue, Smithtown

WEST ISLIP/BABYLON/BAYSHORE
Dr. Michael A. Ercolirio, D.C. 422-0404
723 Montauk Highway, West Islip

Free Spinal Examination does not include X-rays or treatment. If X-rays or treatment are indicated, most insurance includes chiropractic coverage.

Limited Time Offer



**ONE MONTH ONLY
COURTESY SPINAL EXAMINATION & X-RAYS**

DR. SUZANNE GUYTON, CHIROPRACTOR

is sponsoring a spinal check-up and scoliosis screening program as a public service. This will include consultation, examination, and x-rays (if indicated).



CONSULTATION

Our consultation is designed to determine whether your condition falls within the realm of our care. Based upon the results of the consultation, the doctor will make appropriate recommendations regarding x-rays, examination, treatment or referral to another doctor.

X-RAYS

Not all patients need to be x-rayed, but many frequently do. Our x-rays are different from the usual medical x-rays. X-rays can be likened to road maps; thus we can see the structural departure from the normal.

EXAMINATION

We utilize all modern forms of diagnostic procedures in

addition to specialized Chiropractic diagnostic procedures.

**WARNING SIGNS OF
SPINAL
MISALIGNMENTS**

Recurring Headaches
Dizziness, Blurred Vision
Neck, Shoulders & Arm Pain
Low Back & Leg Pain
Pain Between Shoulders
Numbness in Hands & Arms
Loss of Sleep
Difficult Breathing
Numbness in Legs & Feet

If you suffer from any of these warning signs call immediately to prevent possible advancing complications. This Complimentary Spinal Checkup and scoliosis screening program is available as a public service for the next month...by appointment, please.

FOR APPOINTMENT CALL 374-8811

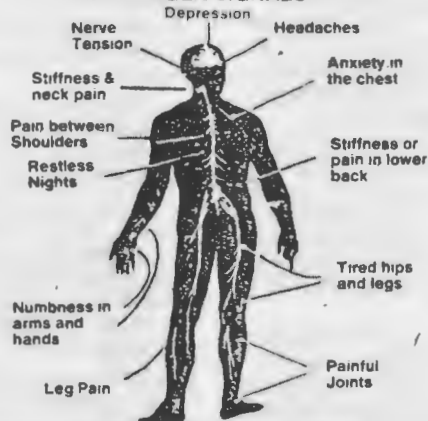
**GUYTON CHIROPRACTIC OFFICES
SUZANNE GUYTON, D.C.
EVENING HOURS AVAILABLE**

1361 S. Winchester Blvd., Suite 105 S.J. CA 95128
Near corner of Winchester & Hamilton-Parking in rear.

Lehigh Valley & Topton Chiropractic Health Care Center

Complete Holistic Chiropractic Facility — OPEN 6 DAYS A WEEK

12 DANGER SIGNALS



These symptoms are the usual forerunners of a serious condition.
Tension on spinal nerves robs your body of vital energy.

WORKMAN'S COMP — AUTO ACCIDENTS — PERSONAL INSURANCE — MEDICARE & MEDICAID

439 State Road
EMMAUS
967-4195

DR. GREGORY BROWN
23 East Centre Avenue, TOPTON
(215) 682-4607

DON'T SUFFER

You may have one
of these 16
Danger Signals of
Pinched Nerves:

- | | |
|------------------|-------------------|
| 1. Neck Pain | 9. Stiff Neck |
| 2. Headaches | 10. Neuritis |
| 3. Shoulder Pain | 11. Slipped Disc |
| 4. Nervousness | 12. Numb Legs |
| 5. Arm Pain | 13. Low Back Pain |
| 6. Muscle Spasms | 14. Hip Pain |
| 7. Neuralgia | 15. Leg Pain |
| 8. Numb Arms | 16. Arthritis |



DR. H.F. McKIM

This entire
examination is Free
If you want more care and
treatment, we do ALL your
insurance paperwork.

Get Your **FREE**
FULL SPINAL EXAMINATION
NO OBLIGATION • NOTHING TO PAY

Call for your Free appointment before Next Saturday

McKIM CHIROPRACTIC CENTER, LTD.

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865-2010

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- LOW BACK/LEG PAIN
- NECK, SHOULDER, ARM PAIN
- HEADACHES
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Accident or Injury

Changes Chiropractic Center

Dr. William M. Jones

434-5678



- ULTRASOUND
- MASSAGE
- ELECTRONIC ACUPUNCTURE
- RUSSIAN STIMULATION
- INTERFERENTIAL
- HOT/COLD THERAPIES
- COMPUTERIZED JOINT/NERVE ROOT TESTING

CALL TODAY FOR "NO COST" CONSULTATION

744 N. 19TH ST. ALLENTOWN PA

NAMCO Tel-A-Cover® Systems, Inc. Allentown, PA

1240 GFFA

\$20 OFF INITIAL CHIROPRACTIC ORTHOPEDIC NEUROLOGICAL EXAM

VALID THRU 7-31-84

REGULAR \$35 - WITH COUPON \$15

LEHIGH CHIROPRACTIC CENTER



DR. JOHN C. LABATE

901 N. 19th STREET
 ALLENTOWN
 821-8440

Sports, Auto & Work Injuries



DANGER SIGNALS

1. Headaches
2. Painful Joints
3. Loss of Sleep
4. Numbness in Arms & Hands
5. Numbness or Pain in Legs
6. Stiffness of the Neck
7. Pain between Shoulders
8. Lower Back Pain or Stiffness

INSURANCE CASES ACCEPTED

TREASURE-PAK MONEY SAVINGS COUPON

flyer misnomer, all thru 21 Feb 94

FREE CONSULTATION

***This certificate entitles the bearer to:
Consultation, Examination and X-Rays (if necessary)***

\$130 Value

Offer expires April 30, 1994

**High Quality Care at a reasonable cost.
Most insurance plans accepted.
24 Hr. Emergency Service available.**



Chiropractic Care can help treat the following problems:

- Headaches
- Neck Pain
- Back Pain
- Pain in Extremities

COHEN Chiropractic Center



**1628 N. 18th St. Suite C Allentown
(1/2 block N. of 15th St. exit off 22)**

Hours by appointment

Fast relief from personal injury, auto injury and accidents

439-0195

A SPECIAL PREMIERE PRESENTATION OF A CHIROPRACTIC FILM

starring

PETER GRAVES

will be held on
WEDNESDAY, NOVEMBER 17th at

THE RAMADA INN

1515 VETERANS MEMORIAL HIGHWAY
HAUPPAUGE, NEW YORK

(at Long Island Expressway Exit 57)



FILMED AT THE OSMOND STUDIOS YOU WILL SEE:

- ★ Holograms of the brain
- ★ A study of the spine via three foot vertebrae
- ★ Dramatization of the first Chiropractic adjustment
- ★ A Space Age control room with monoliths and computers
- ★ Never before footage of fertilization and embryogenesis
- ★ Fantastic voyages through the nerve system
- ★ Animation

Refreshments will be served at 7:30 PM. The feature will be shown from 8:00 to 8:30 PM. The evening is hosted by:

THE SAYVILLE CHIROPRACTIC OFFICES

320 Main Street, Sayville, N.Y. (516) LT 9-2020

There is no charge for the reception or the presentation; seating is limited.
RSVP is required. Please call (516) LT 9-2020 for your reservations.

CHIROPRACTIC FOR BETTER HEALTH

by Dr. Richard Hall & Dr. Robert Hall

Treatment For Stiff Neck

If you're suffering from a stiff neck, don't wait for it to take care of itself when treatment is available to correct it.

Of all the bones in the spinal column, none are more easily injured or more vulnerable than the seven vertebrae in the neck. None are moved more often. We are constantly turning our heads to look at people and things.

Neck stiffness can have many causes, from sudden and violent accidents to such simple activities as painting a ceiling or just sitting reading a book for a long time. But there's nothing simple about the pain.

A careful examination will reveal the source of the pain and how best to treat it. Any misaligned vertebrae in the spinal

column should be properly adjusted so there will be no abnormal pressure on your nervous system. Treatment may also include exercises for the cervical muscles such as gently rotating your head in all directions. This can help restore muscle strength and tone.

Hall Chiropractic Offices

- Main Road, Southold
765-1191
- 42 Woodhull Avenue, Riverhead
727-3795

CHIROPRACTIC FOR BETTER HEALTH

by Dr. Richard Hall & Dr. Robert Hall

Tension Headache

If you're bothered by headache that seems to have its origin at the base of your skull, you may be suffering from tension headache.

Tension headaches can be caused by an irritation of the nerves in the area of the spine immediately under the skull. These are called the suboccipital nerves. They pass through small openings in the spinal column to muscles in the surrounding area. Any abnormal pressure or dysfunction of the neck and muscles can irritate the nerves, causing tension.

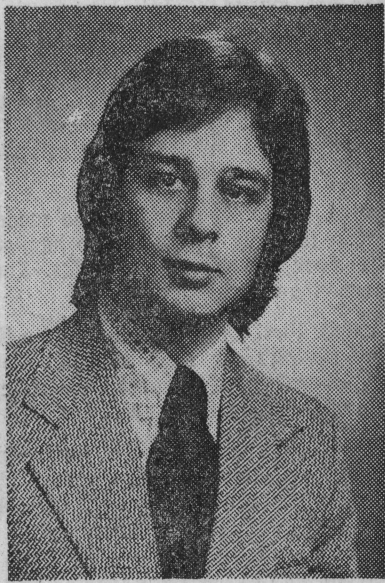
The tension doesn't cause the headache. To treat this form of headache, attention should be paid to the bone and muscle structures. They should be returned to

normal balance so they can function properly again.

Medication is not the answer to tension headaches. Aspirin and other pain-killers may give you temporary relief – but they won't solve the problem. Once the source of the problem is found and treated, THEN you can get the relief you need.

Hall Chiropractic Offices

- Main Road, Southold
765-1191
- 42 Woodhull Avenue, Riverhead
727-3795



Dr. Robert E. Quarry, Jr., son of Mr. & Mrs. Robert E. Quarry of 861 N. Clewell Street, Bethlehem, Penna., is announcing the opening of his practice of Chiropractic.

Dr. Quarry attended both Palmer Jr. College and Palmer College of Chiropractic. While at Palmer he was an officer in the Alpha Chapter of the Delta Sigma Chi Fraternity of Chiropractic and also a member of the International Chiropractors Association. Upon graduation Dr. Quarry did post-graduate work at the Los Angeles College of Chiropractic. During that year he was also in association with Dr. John P. Earnest and Dr. Mike Wirthlin, both of Huntington Beach, California. Besides having a California license, Dr. Quarry has also obtained a license from the state of Washington.

DR. ROBERT E. QUARRY JR.

is announcing

**THE OPENING OF HIS
CHIROPRACTIC OFFICE**

**Located at 720 Hoffert St.
(Corner of Delaware Avenue & Hoffert Street)
in Fountain Hill, Pa.**

Hours By Appointment

Phone 865-4711

Mon., Wed. & Fri. 9-12 & 2-7
Tues. & Sat. 9-1
Closed Thursday

24-HOUR EMERGENCY
"CARE"



A QUESTION OF ETHICS

I often hear people make the statement, I just can't see why a Chiropractor advertises; why it's not even ethical . . . The fact is that it would be unethical if the Chiropractor did not advertise. I'll explain why. Chiropractic is a new and different approach to health, in that it gets sick people well and helps them to stay healthy without the use of unnecessary drugs and surgery. Most people cannot understand how one can stay healthy without medication. This is exactly one of the main reasons a Chiropractor does advertise, so that you can understand.

The principle of Chiropractic is this, the master system of the body is the nervous system. It governs, controls, co-ordinates and organizes all bodily functions. It is the communications network of the body. It tells the different parts of the body what to do, how to do it, when to do it and when not to do it. This is done through the nervous system via nerve impulses from the brain to the spinal cord across the nerve fibers to the various tissues and organs. Since the nervous system is so important, nature encased the brain in the skull and the spinal cord inside of the vertebral column. From the spinal column exit nerves which supply these various tissues and organs of the body.

If a vertebrae (spinal bone) moves out of place it impinges (pinches) on the nerve fiber and interferes with the normal transmission and expression of these nervous impulses. The organs, muscles and ligaments, etc. at the end of this nerve fiber can hardly be expected to function correctly. The Chiropractor with his hands replaces the spinal bone to its normal position thereby removing the nerve interference so that the organs, muscles, or ligaments at the other end of the nerve fiber may function one-hundred per cent. Many disorders and illnesses are the result of nerve interference.

There isn't a pill, potion or a shot that can replace the spinal bone back to its normal position. The Chiropractor does and does so with precise accuracy. Please understand that the point we are making is not that medicine and surgery is bad, in fact, quite the opposite; I, myself, would be frightened to be alive knowing that the medical profession was not here to service the people especially in emergency first-aid care— such as car accidents, broken bones or lacerations, etc. However, too many people are being treated for different conditions by using medication and surgery when the very cause of their illness is nerve interference. This is because they do not understand the principle of Chiropractic; in that nerve interference can and does cause illness and therefore continue to treat their symptoms to no avail.

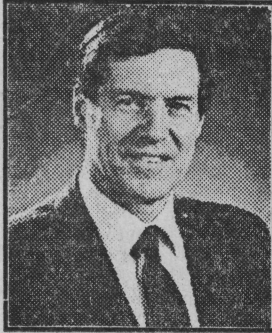
The Chiropractor has a message of health to the public and it is only the Chiropractic profession itself that will give the message to the public. Chiropractic is not a cure all but it is a necessary health service not offered by any other healing arts profession. You have the right to know and understand Chiropractic. Regardless of what your opinion may be, the right to know about Chiropractic is yours. If this is unethical to share this message with the people; then I am glad that I am unethical.

This will be the first in a series of weekly articles sponsored by:

Bob Quarry, Jr.
Chiropractor
Fountain Hill

JAN. 11-16 MON.-SAT. ANNIVERSARY WEEK
FREE EXAMS & X-RAYS (IF NECESSARY)
UP TO \$160 WORTH OF SERVICES

IN APPRECIATION FOR OUR SECOND YEAR'S RESPONSE TO OUR
FAST-GROWING, NEW LOCATION



DR. ROSS D. LYON

Board Member
PA Chiropractic
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**CHIROPRACTIC IS SCIENTIFICALLY DEMONSTRATED
BY TOP ORGANIZATIONS FOR LOW BACK PAIN**

DEMONSTRATED THE MOST EFFECTIVE BY STATE WORKER'S
COMPENSATION STUDIES.

CONDITIONS INDICATING OUR ATTENTION:

HEADACHES	DISC HERNIATION	CARPAL TUNNEL
NECK PAIN	SHOULDER/ARM PAIN	MUSCLE SPASMS
WHIPLASH	HIP/LEG PAIN	PINCHED NERVES
BACK PAIN	NUMBNESS	ARTHRITIS

**INSURANCE ACCEPTED: INCLUDING BLUE
CROSS/SHIELD, PRIVATE INSURANCE, AUTO,
WORKER'S COMP., MEDICARE.**



CALL 433-2656
A•B•E CHIROPRACTIC CENTER

1618 Schadt Ave. & MacArthur Rd.
Whitehall
(Next to Eyeland)



Dr. Ross D. Lyon
Board Member
PA Chiropractic Federation
Blue Shield Provider

FREE FAMILY EXAMS & CONSULTATION

(\$60 per person value
with this ad)

TREAT THE CAUSES

Structural Faults and
"Pinched Nerves" can
cause or contribute to:

- MIGRAINE
HEACACHES
- COMMON
HEADACHES
- NECK PAIN
- WHIPLASH
- SHOULDER &
ARM PAIN
- BACK PAIN
- CURVATURES
- HIP PAIN
- LEG PAIN
- MUSCLE
SPASMS
- NUMBNESS



**MOST
INSURANCE
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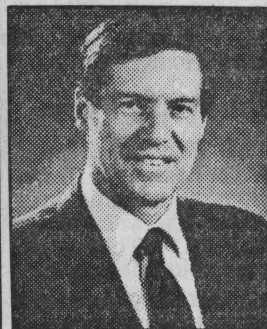
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1618 Schadt Ave., MacArthur Rd.
Whitehall
(Next to Eyeland)



QUALITY CARE FOR BUSY PEOPLE

- BACK ● NECK ● HEADACHE
- SHOULDER/ARM ● CARPAL TUNNEL
- HIP/LEG PROBLEMS



DR. ROSS D. LYON
Board Member
PA Chiropractic Federation
Blud Shleid Provider

1. We'll see you as soon as possible. If a
emergency, the same day.
2. We will thoroughly examine you to find
the cause of your problem.
3. Since everyone is different, we have
special approaches which are best for
you. Also, we supplement our treatment
with therapy, home instruction,
exercises, and workshops when needed.
4. Our care is affordable. Most insurances
cover our care, leaving little or no
expense, depending on your case or
policy. If you have no insurance, we have
extended payment plans, including
Master and Visa cards.

INTRODUCTORY OFFER

FREE EXAM & 2 X-RAYS

(If Necessary)

\$110 VALUE — EXPIRES 3-20-93

**CALL 433-2656
A B E CHIROPRACTIC CENTE**

1618 Schadt Ave. & MacArthur Rd.
Whitehall (Next to Eyeland)





Coming to Downtown Allentown...

Dr. Mitchell H. Baskin is proud to announce the relocation of his chiropractic practice to a modern, convenient location at 1142 Hamilton St. on Sept. 13, 1993. Also joining Dr. Baskin are Dr. Douglas K. Ziegler & Lori Barbir (CERTIFIED MASSAGE THERAPIST)

**CHIROPRACTIC CARE MAY HELP MANY COMMON PROBLEMS.
SUCH AS...**

• *MEDICARE &
MEDICAL
ASSISTANCE
GLADLY
ACCEPTED*

- Headaches
- Low Back Pain
- Lower Back Stiffness
- Leg Numbness
- Neck Stiffness
- Painful Joints
- Arm or Hand numbness
- Shoulder Pain, etc.



**Baskin Chiropractic
Center 740-9990**

COMPLIMENTARY EXAM

THIS COUPON ENABLES THE BEARER TO A COMPLETE
ORTHOPEDIC & NEUROLOGICAL EXAM TO ANY RESIDENT
OF ALLENTOWN UNTIL OCT. 31, 1993.

IF COUPON IS REDEEMED BY SEPT. 30, 1993 EXAM WILL
INCLUDE UP TO 2 X-RAYS (IF NECESSARY)

MAKING THIS UP TO A \$150⁰⁰ VALUE
PLEASE MENTION COUPON WHEN CALLING

EVENING & WEEKEND HRS.
SAME DAY EMERGENCY
APPOINTMENTS AVAIL.



**Stop By
& Join
The Fun . . .**



Announcing . . .
"Community Halloween Celebration!"
 From Your Neighborhood Chiropractor

• ONE DAY ONLY • CALL NOW!
Saturday, October 30, 1993

Where: Chiropractic Professional Center
 4815 Rte. 873, Schnecksville, Allentown, PA

When: Saturday, October 30, 9 a.m.-1 p.m.

Why: To Celebrate Autumn, Halloween & Better
 Family Health!

How: Call 799-0700 To Register Your Family &
 Neighbors for a Fantastic Morning of:

CONTESTS:

- Best Costume Wins \$100 Savings Bond (12 Noon)
- Register To Win \$100 Cash Give-Away
- *Great Prizes* • Food • Fun • Door Prizes
- Bob For Apples • Music
- Children's Health Work Shop (11 a.m.-12 noon)
- Pie-Eating (10 a.m.-11 a.m.)
- Best Carved Jack-O-Lantern (Bring it along)
 (9 a.m.-10 a.m.)

A **FREE CANDY X-RAYS**
N . . . Since October is National Spinal Health Month
D *Free Spine & Stress Evaluations For All!*
 At Participating Doctor's Expense!

So — Hurry & Register by Calling **799-0700 NOW!**

HOW CAN WE HELP IF YOU DON'T CALL?

It's amazing to us what some of our patients have been told about the cause of their Bodily Discomfort.

- It's all in your head . . .
- It's only arthritis . . .
- Learn to live with it . . .
- You need to take these pills throughout time . . .

(You don't have a symptom because your body is deficient in medication.)

A symptom is a sign the body is in a state of damage

At our chiropractic office, we are dedicated to helping you achieve a healthy state.

- We **DON'T** prescribe pills.
- We **DON'T** insult your intelligence.
- We **DON'T** use gimmicks.
- We **DON'T** keep you waiting.
- We **DON'T** offer quick patch-up jobs.

At OUR OFFICE what we don't do will make a healthy difference. Let's work towards the cause of your problem.

**For Immediate Attention,
Call Us TODAY At 799-0700
WE TAKE YOUR HEALTH AS
SERIOUSLY AS YOU DO!**



CHIROPRACTIC PROFESSIONAL CENTER
 4815 RT. 873 • SCHNECKSVILLE, PA 1807

Across from Merchants Bank

**Free Consultation & Examination Week — Expires November 29, 1993*



Coming to Downtown Allentown...

Dr. Mitchell H. Baskin is proud to announce the relocation of his chiropractic practice to a modern, convenient location at 1142 Hamilton St. on Sept. 13, 1993. Also joining Dr. Baskin are Dr. Douglas K. Ziegler & Lori Barbir (CERTIFIED MASSAGE THERAPIST)

CHIROPRACTIC CARE MAY HELP MANY COMMON PROBLEMS. SUCH AS...

• *MEDICARE & MEDICAL ASSISTANCE GLADLY ACCEPTED*

- Headaches
- Low Back Pain
- Lower Back Stiffness
- Leg Numbness

- Neck Stiffness
- Painful Joints
- Arm or Hand numbness
- Shoulder Pain, etc.



Baskin Chiropractic Center 740-9990

COMPLIMENTARY EXAM

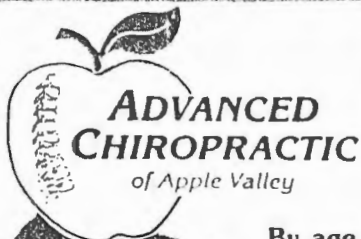
THIS COUPON ENABLES THE BEARER TO A COMPLETE ORTHOPEDIC & NEUROLOGICAL EXAM TO ANY RESIDENT OF ALLENTOWN UNTIL OCT. 31, 1993.

IF COUPON IS REDEEMED BY SEPT. 30, 1993 EXAM WILL INCLUDE UP TO 2 X-RAYS (IF NECESSARY)

MAKING THIS UP TO A \$150⁰⁰ VALUE

PLEASE MENTION COUPON WHEN CALLING

EVENING & WEEKEND HRS.
SAME DAY EMERGENCY
APPOINTMENTS AVAIL.



HOW CAN CHIROPRACTIC HELP EAR INFECTIONS?



By age 3, 70% of children have had at least 1 episode with ear infections. Ear infections occur due to the accumulation of fluid within the middle ear. Gentle chiropractic manipulation of the spine and nerve endings can relieve ear swelling and allow the fluid to drain from the ear in a drug-free way!

Research indicates Chiropractic can help! Dr. Thompson has 10 years clinical experience working with children on such conditions. He has seen how quickly children respond to chiropractic care.

Call For A No Obligation Complimentary Exam Today!

953-6100

Dr. John Thompson

An Advanced Proficiency Activator Methods Instructor

15025 Glazier Ave., Suite 302 (Inside CAC Bldg)



Mommy, My Ear Hurts!

Parents are you concerned about the ear infection cycle? Endless antibiotics with possible surgery? Finally, a drug-free way to

STAY WELL FOR WINTER!



Research indicates Chiropractic can help! Dr. Thompson has 10 years clinical experience working with children on such conditions. He has seen how quickly children respond to chiropractic care. Call for a Complimentary Screening with Dr. Thompson.

COMPLIMENTARY EAR INFECTION SCREENING
Call **953-6100**

Dr. Thompson is an Advanced Proficiency Rated Activator Methods Instructor. A technique that is gentle and precise, fast & comfortable. One of the top techniques used by Chiropractors today.



Dr. John Thompson

"MORE THAN A BACK DOCTOR"

Mon. 9-7, Tue. 12-6, Wed. 9-6, Th. 2-7, Fri. 9-6, Sat. 9-12

15025 Glazier Ave., Suite 302 (Inside the CAC Building)

If you received this
ad, we need a
doctor in your
area to refer
new patients
to.
**CALL
US
NOW.**

Why did my doctor refer me to a chiropractor?

Because he cares.

I like my chiropractor's drug-free approach. Safe and effective chiropractic treatment has helped me for years. I am so glad there is a choice other than drugs and surgery for back pain, headaches and many other conditions that affect my family!

Today more and more health care professionals are recognizing the clinically proven benefits of chiropractic care. I'm glad my M.D. is one of them.

I am one of over 25 million Americans who visit Doctors of Chiropractic regularly. Why not choose chiropractic for your family?

**Call the Whole Health Network for a member
Doctor of Chiropractic in your neighborhood.**

Call toll-free 1-800-888-????



1415 EAST ROUTE 70 CHERRY HILL, N.J.

To Become The Member Doctor in Your Area, Call 1-800-466-9988

(1995)

Chiropractic...It's Only Natural



Dr. Lynn A Biese

- Care For Entire Families and Children
- Chronic Pain
- Auto Accidents
- Workers Compensation



Dr. Susan Fleuchaus

Patients Speak Out...

I think it's my turn to take a few minutes to tell other women and mothers about my experience with chiropractic care through Biese Chiropractic Clinic. They have helped me and my family with so many things . . . tendonitis in my elbow, my chronic low back pain since the birth of my son two years ago, my husband's back after a car accident, my mother's back which is weak from age and osteoporosis, and most importantly, my young son who had chronic ear infections and colds since birth. We visited the Pediatrician about once a month for antibiotics. This went on for about 1½ years. Finally, the Pediatrician recommended an ear specialist to consider tubes in his ears. This really upset me. I felt he was too young to have to undergo surgery for this condition. That's when I went to see Dr. Biese. My son has not had to be on antibiotics since January 1993, when we started with Biese Chiropractic Clinic, and no surgery was needed for his ears. My whole family thanks Biese Chiropractic Clinic.

Clair Pauschert
Business Manager/Nu Women Fitness Center

If you question whether Chiropractic is right for you, call our office today!

BIESE
CHIROPRACTIC
CLINIC

5703 75th St. Kenosha "Across from Pick 'n Save" 697-1363

NEWS

1-13-94

Lubovich Chiropractic presents:



Kid's Day!

(15 and younger)

Saturday, October 23

8 a.m. to 2 p.m.

A Community Service (no charge)

Existing Patients (15 & under)
will receive a free treatment.

If your child suffers from:

- Allergies
- Hyperactivity
- Asthma
- Migraines
- Colic
- Bedwetting
- Ear Infections
- Scoliosis

You owe it to your children to find out if chiropractic can help. At no charge, Dr. Lubovich will provide a complete and thorough history and examination. He will tell you if chiropractic treatment can help; if not, he will refer you to someone who can. Dr. Lubovich uses proven effective methods of treating these problems, even after conventional medical treatment has failed.



Dr. Robert C. Lubovich

There is no charge, but an appointment is necessary.

898-4900

17595 Kenwood Trail
Lakeville

SouthFork Professional
Building, Suite 140
(Hwy. 50 & I-35; next to
Marquette Bank)

KIDS NEED CHIROPRACTORS TOO.



Take your family to a chiropractor that really understands family. We are an office dedicated to complete care for all ages.

- No waiting
- Evening hours 'til 6:30
- Most insurance accepted
- Pediatric Care
- Experienced adjusting extremities (knees, feet, wrists, etc.)
- Numerous payment plans available
- Bed wetting
- Headaches
- Asthma
- Allergies
- Ear Infections

FOR APPOINTMENT CALL

654-3141

ACCEPTING NEW PATIENTS

EXPANDED HOURS:

Monday - Wednesday -
Friday

8:00 a.m. - 11:00 a.m.
2:30 p.m. - 6:30 p.m.

Tuesday & Thursday
2:30 p.m. - 6:30 p.m.

Saturday
By Appointment only.

*We Accept
Most
HMOs and
PPOs*

Preferred Chiropractic

6500-67th Street • Kenosha, WI 53142



**Phone For A FREE
Consultation**

Call The Chiropractic Hotline Thursday From 6:30-7:00 p.m. Phone 697-7907

How Does Chiropractic Care Affect The Immune System?

The purpose of the chiropractic adjustment is to improve your health and life by the correction of the vertebral subluxation. The vertebral subluxation is a misalignment of one or more vertebrae causing nerve flow interference - interference of the energy that heals the body, or spinal cord stretch - causing poor health - causing eventual death.

When less than maximum nerve flow is received by a cell, tissue, gland, or organ, then that part of the body fails to function properly. The result of these partial or failed messages is that the cell, tissue, gland or organ becomes diseased.

The nerve energy is, also, responsible for keeping the immune system, the white blood cells, at peak performance.

Keeping nerve tissue pressure and spinal cord stretch at a minimum and the nerve energy flowing through the spinal cord with Spinal Chiropractic Care is your best road to health and staying healthy in this climate of bacterial resistance to antibiotics and increase in viral and pestilence activity.

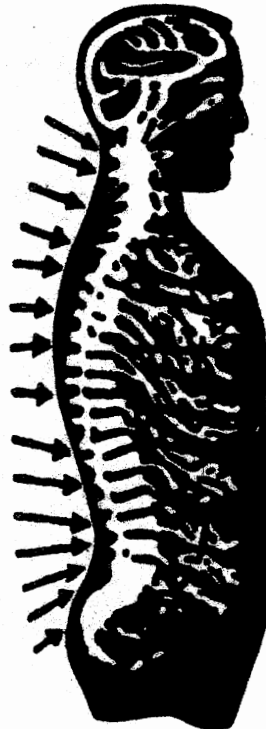
Call Dr. John Kasler today to schedule an appointment to attend one of our workshops to learn more about Chiropractic care.

Nerve Supply:

- To head, face
- To throat
- To upper limbs
- To heart
- To lungs
- To stomach
- To liver
- To gallbladder
- To kidneys
- To ovaries
- To bowels
- To appendix
- To back pain
- To bladder
- To lower limbs

Danger Signals Of Pinched Nerves:

1. Headaches, Dizziness, Blurred Vision, Allergies
2. Neck Pain, Tight Muscles, Spasms
3. Shoulder Pain, Pain Down Arms, Numbness in Hands
4. Pain Between Shoulders, Difficult Breathing, Abdominal Pains
5. Lower Back Pain, Hip Pain, Pain Down Legs



Dr. John Kasler

Chiropractor • Naturopath • Acupuncturist • Kinesiologist

537-3823

East Independence Blvd.

at Pierson behind LaPointe Car Company