



Chiro Health & Wellness

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This Issue:

- When Is Chiropractic Care Needed?
- Headaches & Chiropractic

Book Of The Month

Love & Survival: The Scientific Basis for the Healing Power of Intimacy, by Dean Ornish, M.D. cites research revealing that you can die from loneliness or a feeling of disconnection. Dr. Ornish reviewed the biomedical literature and discovered that loneliness and isolation affect our health in several ways. Read and find out why humans are never meant to be alone.

HOW CAN WE HELP YOU? LET US KNOW... IT'S OUR PLEASURE TO SERVE YOU.

Thought...

"It is good to be important, But it is more important to be good."
--- Author Unknown

When Is Chiropractic Care Needed?

Many people initially visit chiropractors for problems relating to pain. But what happens to them as they continue their care? In two studies of 153 and 311 chiropractic patients who initially suffered from back, neck and other pains two studies revealed the following: as patients continued care after their initial complaints cleared up they began to experience an improvement in their perception of health which included improved general health, more vitality, and better social functioning. These findings confirm other studies and over a century of chiropractic observations - *chiropractic is not for disease but for improving physical and mental health*. Yes, millions of people see chiropractors for various health problems but chiropractic is not for diseases, it is for you. It is a science that locates, and removes deep forms of stress and spinal damage, restores biomechanics and improves function of your nervous system. No matter what condition you may have: sciatica, back pain, headache, ear infection, menstrual disorders, depression or any other health problem, a chiropractic spinal adjustment is very badly needed. It has made the difference between suffering and wellness, between health and disease, between drugs and surgery or natural healing for millions.

SOURCE: Chiropractic Research Journal, Vol. V, No. 1, Spring 1998

"The greatest regrets in our lives
are the risks we did not take.
If you think something will make you happy, go for it.
Remember that you pass this way only once!"
--- Author Unknown

"The great thing in this world is not so much where we are,
but in what direction we are moving."
--- Oliver Wendell Holmes

Headaches and Chiropractic

Twenty-seven percent of Americans who visit alternative health care providers do so for headache relief. "An increasing body of literature relates headaches to pathology affecting the cervical spine and a number of clinical trials have demonstrated that chiropractic is valuable for managing headache."

SOURCE: *CRJ*, Vol. VI, No. 1, Spring 1999