CHIROPRACTIC
NATURAL HEALTH™

Vol. 21, Issue 5

"How to" Stay Active, Attractive & Healthy into Your *Golden Years!*

Anti-aging is about taking steps to protect the quality of your life. It's a process that starts right now—regardless of your age!!

Science has discovered incredible ways to extend life. ***That's the good news.***

However, a longer life doesn't mean a quality life. ***That's the bad news.***

More and more people are living longer. And thanks to Chiropractic, many folks are healthier, happier and looking better, too! We can help you take preventive measures to arrest or even reverse various aspects of aging.

What are you doing, today, to protect yourself from developing unsightly poor posture, degeneration and disease that can rob you of an active life and an attractive appearance? We can help!

Don't Be an Ostrich!

Like it or not…we're all getting older! Over time, our bodies undergo changes that leave us more prone to certain health and postural problems.

As the body ages, the tissues that form muscles and joints lose their elasticity, becoming brittle, stiff and painful. Forward head posture, weakness, chronic pain and even disability can result!

For those who haven't enjoyed lifetime Chiropractic, the ability to stand tall and to go about their daily routine can be seriously hampered.

Considering the possibility of having to depend on others as you get on in years…and the risks of drugs and surgery particularly as you age, the need for Chiropractic as a ***time-tested***, no-drug, no-surgery alternative should be obvious.

If this isn't obvious to you now, just WAIT until you get older!

You'll develop a much greater appreciation for routine Chiropractic "tune-ups" that keep your engine running more efficiently! And you'll have even greater empathy for those who have gone 50 to 60 years without Chiropractic!!

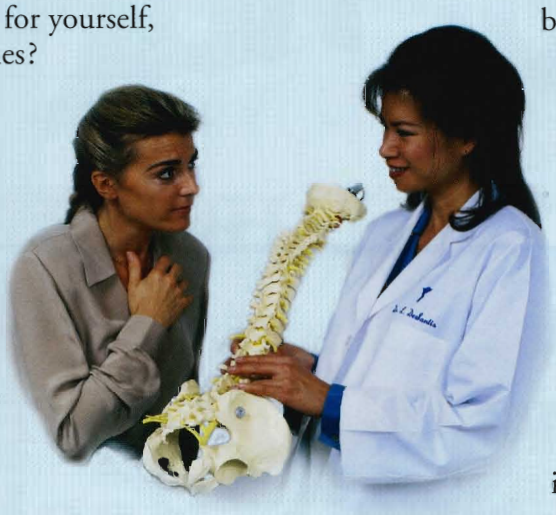
Why wait? The time to TAKE ACTION is now!

Inside…more anti-aging tips! ▶

(continued from page 1)

The "Results" Speak for Themselves!

Why choose "Chiropractic" for yourself, your aging parents and loved ones? PROVEN RESULTS!



Musculoskeletal symptoms dominate the complaints of America's middle-aged and older-adults—and are the leading cause of disability and lost quality of life! It all starts when your joints, muscles and nerves that make up your musculoskeletal system aren't functioning properly.

Lives Changed for the Better!

Chiropractic specializes in balancing the musculoskeletal system. Depending on your condition, keeping your spine aligned can also slow down the degenerative process. When function is regained and health is maintained, lives are changed for the better!

Sadly, many later-in-life hip fractures and fatal injuries are linked to falls caused by body weakness or drug-induced unsteadiness. Chiropractic helps to maintain structural stability—without drugs—which can help avert potentially dangerous falls.

Enjoy "Pain Free" Activity

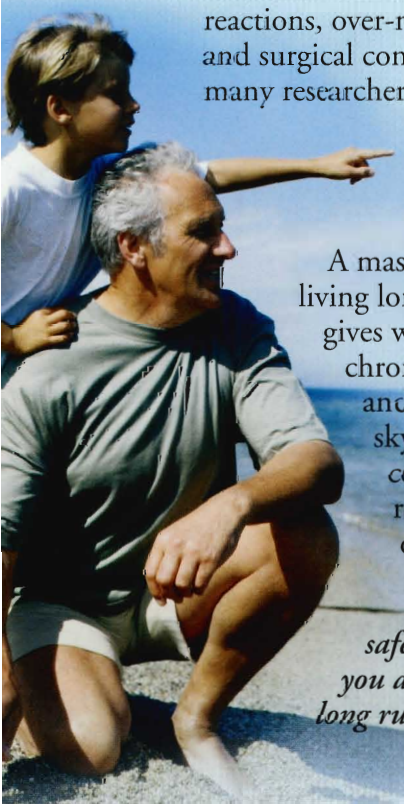
Because Chiropractic adjustments aim to reduce painful nerve interference and tissue inflammation, often we can help improve range- of- motion.

Many patients also report that consistent Chiropractic care increases energy levels and sparks that "feel good" feeling when they get up in the morning…

Honestly, who doesn't want that!!

Looking ahead, you should know that studies have actually shown that Chiropractic patients are less likely to require hospitalization or nursing homes later in life! Talk about good news!!

No Drugs! No Surgery!



Understandably, adverse drug reactions, over-medicated patients and surgical complications have left many researchers, doctors and patients questioning whether drugs and surgery are indeed sensible options.

A massive aging population is living longer…that longer life also gives way to a life with multiple chronic conditions. Healthcare and nursing care costs have skyrocketed…and lastly, consumers, just like you, are reclaiming control over their own personal health.

Chiropractic is natural, safe, effective and can save you a ton of money over the long run! Call us today!! ❖

LOOK What Chiropractic Can Do For You...

- **Enable you to remain active**
- **Enhance your joint health**
- **Control pain, naturally**
- **Reduce the symptoms of arthritis**
- **Decrease inflammation**
- **Accelerate tissue healing**
- **Minimize degeneration**

"...Chiropractic patients are less likely to require hospitalization or nursing homes later in life."

"Choose It" or You Lose It!!

Go back to that time of your life when you felt your best.

Imagine when you were able to do just about anything you wanted or needed to do on any given day, without pain or discomfort. Now think of how everything changed following your injury, accident or after years of "wear-and-tear."

We think you'll agree that life is so much better when you can move freely, and when you can think clearly, without fatigue or nagging headaches. Since Chiropractic has helped you in the past…why stop now!

Maybe we haven't seen you within the last several months because your accident case has settled. Remember, a closed case doesn't mean you have to ***close*** yourself off from Chiropractic!

Maybe your HMO excludes Chiropractic coverage or perhaps you've used your allotted Chiropractic benefits. Don't forget, you can still take full advantage of all that Chiropractic care has to offer you and your family!!

As you know, not everything in life that promotes optimal health is covered by insurance. When you go to the gym or spa, take a vacation or purchase nutritional supplements, you enhance your well-being. Yet these aren't "covered" benefits.

Limiting yourself to what insurance will cover is limiting your quality of life. Get the health you deserve. After all, there is no substitute for Chiropractic care.

Schedule your spinal exam today! ❖

"That's all the alternative medicine your HMO will pay for."

You *Still* Haven't Told Your Family and Friends About Us?

There is so much we can do for patients of all ages. If you know anyone who suffers from: arthritis, whiplash, headaches, sciatica, back, shoulder, wrist, knee or foot pain, please share this newsletter with them.

Thank you for your personal referrals to this office!

"I'm 84 Years YOUNG, Thanks to Chiropractic!"

By Martha Griffin

I don't know what I would do without Chiropractic care. I'm almost 85 and I've got arthritis of the spine. By getting Chiropractic adjustments twice a month, I am able to stay off pain medications and stay active!

Thanks to regular Chiropractic care over the past 12 years, I am able to take care of myself today.

Recently, I had to be hospitalized for an unrelated condition. I missed two Chiropractic appointments that month and I sure could tell the difference. I couldn't wait to get back into the office for another adjustment. Boy, did it help!!

I highly recommend Chiropractic care to many of my friends. The problem is some of them go once and say, "It didn't work," And never go back. Chiropractic doesn't work like a pill! I feel really sorry for older folks who are suffering needlessly because they don't give Chiropractic a chance.

When you stick with your program, it works wonders!! ❖

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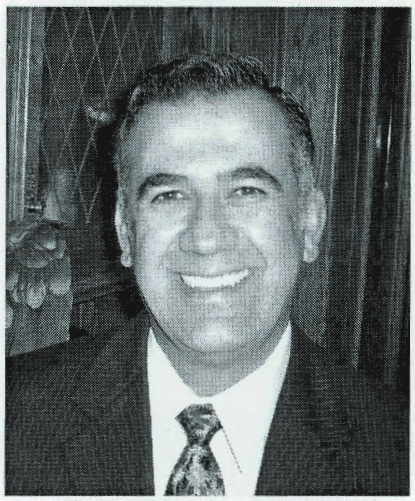
DATED MATERIALS
PLEASE RUSH

PRSRT STD
U.S. POSTAGE
PAID
DCM



Dr. Albert D. Mansour

When "Zero" Doesn't Mean "Zero"!

Interestingly, the *American Psychological Association* has now recognized that there is **more** to obesity than genes or lack of exercise.

Spokesperson Kelly Brownwell, Ph.D. said that the problem isn't so much a lack of self-control as it is a "**toxic food environment.**" Dependence upon fast food and distorted advertising that doesn't give consumers the whole picture are a concern.

The issue of **trans fats** is one example. The problem is, you can buy food labeled **0 grams trans fat,** which is misleading because if the food contains less than 0.5 grams of total fat combined per serving, the manufacturer is not required to report total fat content!

Stay Informed • Stay Healthy
Make Your Appointment Today!

Spring into Health!

FREE SPINAL EXAM!

- Maximize joint mobility
- Boost your resistance
- Prevent further injury
- Speed your recovery
- Feel your best!

Transferable. Please share with your family and friends! Offer expires 6/30/08.

Call Now!
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Mansour CHIROPRACTIC CLINIC

Dr. Albert D. Mansour
Mansour Chiropractic Clinic

Dear Friend,

Protect Your Spinal Health
And Your Overall Health!

We haven't seen you in a while and are really concerned about your health. **A lot could have happened since your last visit! Whatever it is** that has kept you away, we want the opportunity to ensure your Spinal Health.

You may be suffering from backaches, neck problems, leg pain, muscle tension or joint stiffness. **Remember, pain relief isn't the *only* proven benefit of chiropractic care! Let us help you!!**

We have a **SAFE, natural, drug-free alternative** for pain control and health restoration. There's *no sense* in letting *anything* stop you from getting the care you need!

Please don't ignore your symptoms—avoid a serious problem and **CALL TODAY!**

Yours For Natural Health,

Dr. Mansour

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