

## “Good Posture” Can Enhance Your Health and Eliminate Your Pain!

your shoulders, where it should be. Envision a plumb line from the top of your head to your waist (*see illustration on page 2*).

According to French surgeon, Dr. Adalbert I. Kapandji, in his book *Physiology of the Joints, Vol. 3*—as far as the muscles in your upper back and neck are concerned—for every inch your head moves forward, it gains 10 pounds in weight because they have to work much harder to keep your head from dropping onto your chest!

The muscles at the back of your neck keep your head in proper position. Spinal misalignments can cause those muscles to remain in constant contraction, putting pressure on the nerves in the neck at the base of your skull.

Due to the constant contraction, some muscles can become overactive while others become weak and fatigued. This can result in abnormal biomechanics and is a frequent cause of headache, neck and shoulder pain!

### Your Spine is Your Lifeline!

*Forward Head Posture (FHP)* not only detracts from your appearance it

can be downright dangerous to your health!

A recent medical study published in *Spine*, the scientific community’s most prestigious orthopedic journal, demonstrated the link between Forward Head Posture and poor health.

The study of 752 adults found clear evidence of adverse health status, increased pain and decreased function as the forward head position increased—even minor forward head position was found to be detrimental!!

**A regular program of Chiropractic care can result in noticeable improvement in your posture, your appearance and your overall well-being!**



It wouldn’t surprise you if your neck and shoulders became sore with a 20-pound watermelon hanging around your neck! Well, that’s what “*forward head posture*” can do to you!

We all remember Mom’s pleas to “*Stop slouching!*” She may not have had the science to back it, but she knew that bad posture wasn’t good for you.

**There is now a wealth of scientific evidence that supports your mom’s advice and traditional Chiropractic thinking when it comes to the importance of good posture!**

**It’s Not Just a Theory...  
It’s a Proven Fact!!**

The proper position of each vertebrae of your cervical spine allows your head to sit back atop

**Inside...  
Find out how  
Retired Brigadier Gen. Becky  
Halstead got relief from the  
pain of Fibromyalgia!!**



# How "Rounded Shoulders" Can Compromise Your Health!

Rene Cailliet, M.D., former director of the Department of Physical Medicine and Rehabilitation at the *University of Southern California* states, "The head in forward posture can add up to thirty pounds of abnormal leverage on the cervical spine."

This can pull the entire spine out of alignment. Forward Head Posture may result in the loss of 30% of vital lung capacity."

The abnormal curvature of the cervical spine and rounding of the shoulders creates reduced volume within the ribcage and can restrict respiration.

In addition, due to the gradual loss of joint motion, the entire spine can eventually become rigid and "hunched"!

Surely, you've seen older folks with the "Dowager's Hump" and wondered if there were something they could

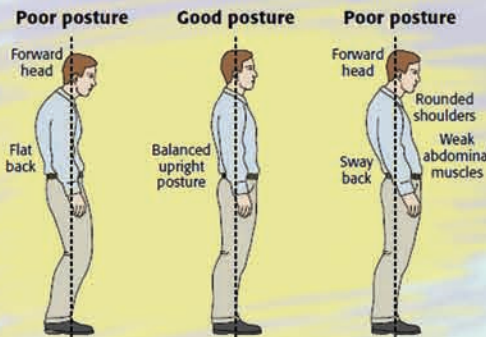
have done to prevent it. Keeping your spine aligned is a good way to start!!

## Chiropractic Can Make a Noticeable Improvement!

Remember, standard manipulation or physical therapy does not realign the spine—neither will taking medications, nor having surgery.

**A program of Chiropractic care can effectively help realign your vertebrae and restore the proper biomechanics to your spine and surrounding joints. ❖**

**We'll help you stand tall to look and feel your best!  
CALL NOW!!**



## Retired U.S. Army Brig. General Says Chiropractic Gave Her

# "A 'Tremendous' Amount of Relief From My Pain!"

**R**etired U.S. Army Brigadier General Becky Halstead, was the first woman in U.S. history to command in combat at the strategic levels in both Iraq and Afghanistan, but her historic career was cut short by an enemy within: *Fibromyalgia*.

Gen. Halstead is now a spokesperson for the *Foundation for Chiropractic Progress*, dedicated to increasing public awareness

of Chiropractic, because of her positive experiences and dramatic improvements with Chiropractic care.

"Listening appears to be a major tool of my Chiropractor's doc kit in order to get to the root cause of my pain and discomfort without just masking the problem

with drugs and all their side effects.

One of the greatest emotions in the world is relief from pain and that is exactly what my Chiropractor provides me...a tremendous amount of relief from my pain.

**Chiropractic care has not only been a very essential part of my recovery, but it has also aided me by preventing more serious health concerns. It continues to assist me in my recovery from strains and other injuries.**

My Chiropractor is genuinely interested in me, my life and my health, and takes a holistic approach to my wellness.

I hope others can learn from my experience." ❖

Ret. U.S. Army Brig. General  
**Becky Halstead**



# Freedom From Fibromyalgia Pain & Fatigue

Are you sick and tired of feeling sick and tired? Do you hurt all over—yet nothing shows up on lab tests, scans or X-rays? You could have Fibromyalgia...and the good news is Chiropractic can help!

**A**s suggested by its name, fibromyalgia affects the fibrous tissues of your body—the muscles, ligaments and tendons. You may experience multiple “tender points” that are painful to the touch. The cause of this chronic condition is unknown; however, we do know it involves heightened nervous system responses.

**An overactive nervous system increases faulty firing of nerves to the soft tissues, leading to overactive and irritated muscles, tendons and ligaments—resulting in tender points.**

Your overall health is affected by your nervous system. **A balanced nervous system contributes to a greater sense of well-being!**

Doctors of Chiropractic are proficiently trained to address imbalances within the nervous system—by correcting structural misalignments. **By removing nerve interference, improving nerve flow and restoring joint motion, Chiropractic adjustments can effectively reduce, or in some cases eliminate, joint and muscle pain!**

Once your pain is under control, other common symptoms associated with fibromyalgia, such as fatigue, sleep deprivation and depression, can also diminish.

## Don't Just Take Our Word For It.

Due to the incapacitating symptoms of fibromyalgia, West Point graduate, Brigadier General Becky Halstead was forced to retire after 27 years of service to her country.

**She credits Chiropractic care with helping her return to a normal, pain-free life after retiring.** Brig. Gen. Halstead says that the time spent with her Chiropractor is **better than any drug she has ever had prescribed!**

**You Can Get the Same RESULTS that Brig. General Halstead Got!**

“Agonizing pain, debilitating fatigue, joint stiffness and sleep deprivation—you name it and I felt it,” recalls Brig. General Halstead. “There I was in Iraq, responsible for over 20,000 military men and women and I privately struggled to physically keep myself going.

“Personally, I hope that some day, all soldiers will have the opportunity to benefit from the care that only a Doctor of

Chiropractic can provide. The regular spinal adjustments and nutritional advice from my Chiropractor **significantly reduced my pain levels...and made me feel better on a day-to-day basis,”** she said.

Brig. Gen. Halstead's message of hope is intended to reach military personnel and civilians, alike. If Chiropractic care can help someone like Brig. Gen. Halstead, who was debilitated by fibromyalgia, imagine what we can do for you and those you refer to us! ❖



**Brig. General Halstead**

**Make your appointment today!**

## Fibromyalgia's “18 Tender Points”

