Chiropractic
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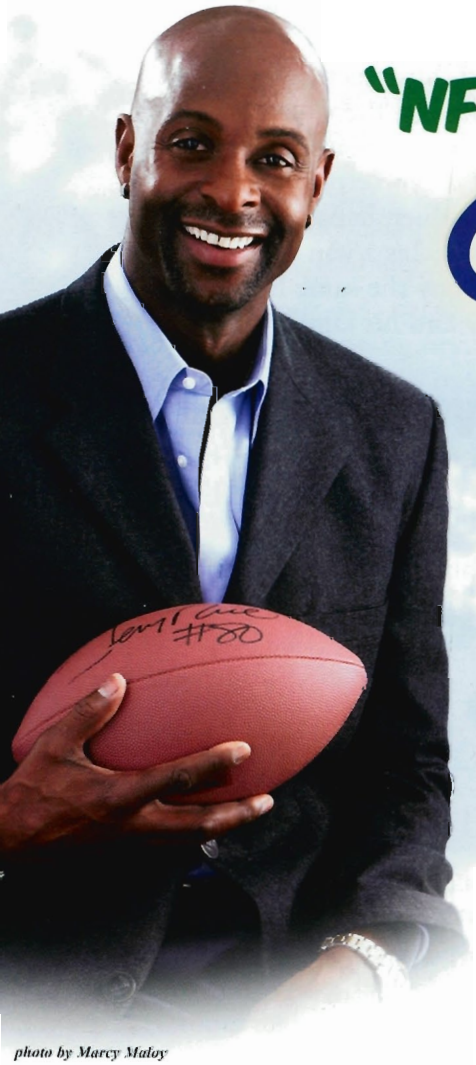


photo by Marcy Maloy

"NFL LEGEND" JERRY RICE CREDITS Chiropractic FOR HIS SUCCESS...

on the "Football Field" and the "Dance Floor"!

NFL legend and "Dancing With the Stars" runner-up, Jerry Rice has a formula for success that's grounded in hard work, a positive attitude—Chiropractic and Chiropractic care! He attributes much of his long-term success to receiving regular Chiropractic adjustments.

Considering the average NFL career spans only 3.5 years, the fact that Jerry Rice played in the NFL for 20 years is a huge accomplishment in and of itself. Widely touted as the best receiver to ever play the game—holding 38 career records—his spectacular career includes 16 seasons and three Super Bowl wins with the San Francisco 49ers. He was with the Seattle Seahawks when he retired in 2005—but clearly has no plans to rest on his laurels!

Today, he shares his positive Chiropractic experiences as the official spokesperson for the ***Foundation for Chiropractic Progress,*** a not-for-profit organization dedicated to promoting the value of Chiropractic care.

Jerry Has a Message for YOU!

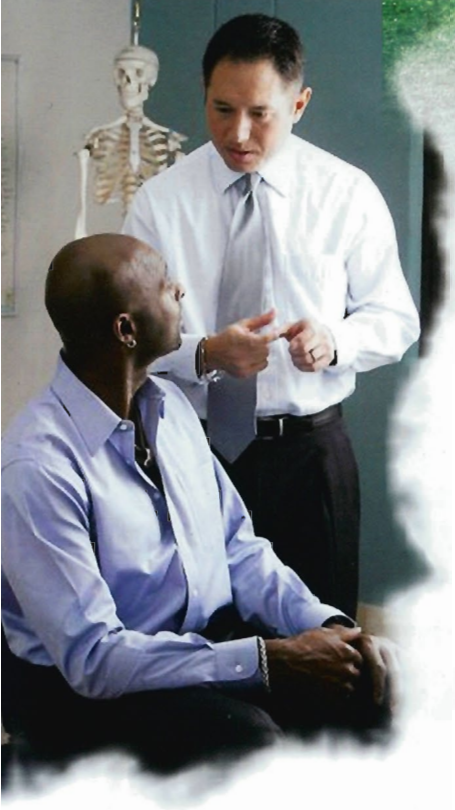
Jerry Rice understands what it takes to maintain a healthy body. And he has an important message to share about how you can maximize your health and wellness—whether you're an elite athlete, a weekend warrior or anywhere in between.

"Chiropractic care has been instrumental in my life, both on and off the field, and I am excited to share this with the American public," says Rice.

"I have been blessed with a long and healthy career as a professional athlete, and as I move forward into the next stage of my life, Chiropractic care will continue to be an important part of my game plan."

Rice says that Chiropractic has been a **vital part of maintaining good health and flexibility during his retirement years.** He also believes his Chiropractic program helped him to become a finalist in the physically demanding and widely popular television show *"Dancing with the Stars!"*

Inside: See Rice Getting Adjusted...



A Proven "Game Plan" For Healthy Living!

Rice credits Chiropractic care for his achievements on the gridiron, the dance floor and life, in general! **"Optimal health has been a key to the success of my athletic career, my dancing experience and my ability to enjoy my life to the fullest.**

Chiropractic care is an important part of my game plan for healthy living."

Granted, Chiropractic care may not make you the world's best receiver or ballroom dancer—but it can certainly help you live a healthier, happier life, **free from pain.** It's a win-win situation!! Enjoy the same health benefits Jerry and his family receive! ❖

Give Us A Call Today!!

"I Don't Know Where I'd Be Without It!"

By Savannah Bush

My life is so much better since starting Chiropractic! Before Chiropractic program, I was very limited in my activities. **Now I can do everything with no problem!!**

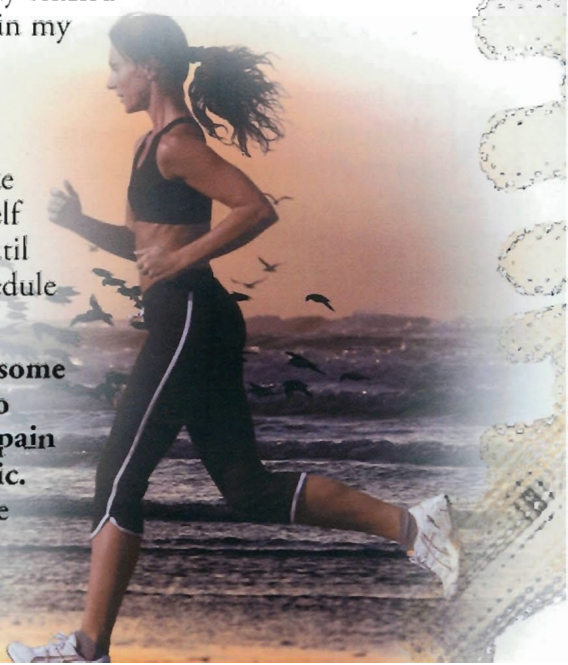
I may be in high school, but I've already had back and neck problems for years. My back and neck would start hurting as soon as I woke up. It got to the point where just sitting in class would cause me to have a sore back.

I used to do gymnastics and ballroom dancing—until the pain finally stopped me from continuing. I noticed how much pain relief my mom got from her Chiropractic care. We thought it would be a good idea to see if it could help me, too.

And it did!! From the very first appointment, I had less pain! Often within an hour of my adjustments, my back pain would be gone. Chiropractic care released my chronic back tightness and totally relaxed the severe tension in my neck.

Thanks to Chiropractic, I've learned how to take better care of myself and not to wait until I'm in pain to schedule an appointment.

I've even told some of my friends who suffer from back pain to try Chiropractic. I don't know where I'd be without it!



Feel Better "All Over" With Chiropractic Care!

Do you suffer from chronic pain in your neck, shoulder, wrist, back, hip or leg? Do you have headaches or chronic fatigue? Do you experience asthma, allergies or frequent colds? Regular Chiropractic care can set the stage for improved health!!

You can't be totally healthy when your spine is out of alignment!

That's because your well-being depends on a well-functioning nervous system. Health-giving messages travel to and from your brain. Your brain is the "power plant" that produces nerve energy needed for proper functioning of your cells, tissues, organs and glands.

Your brain communicates with the rest of your body by transmitting "energy impulses" through your nervous system.

"Spinal Health" is Linked to "Total Health"!

Housed in your spinal column, the spinal cord transmits this vital energy to your body through nerve roots that exit the spine. When your vertebrae are properly aligned, the flow of nerve energy can reach its intended destination—whether it's your heart, lungs, liver, kidneys, discs, and so on—to ensure proper function.

On the other hand, a misaligned spine creates narrowed openings that irritate or inflame nerves and surrounding tissue. The resulting nerve interference can distort messages traveling through the nervous system. Your nerves can become either over-stimulated (i.e., muscle spasm, pain or light-sensitivity) or inhibited (i.e., lowered resistance, breathing problems or stiff joints).

"My wife says I have two left feet. She insists Chiropractic is the only hope for improving my Fox Trot."

Misalignments Do Matter!

The impact of nerve interference depends on which part of your body is affected. You don't necessarily "feel" the dysfunction early on. That's why it's so important to have a Chiropractic spinal exam before you experience pain or any other symptom.

Regular Chiropractic care can help prevent minor problems from turning into serious health issues later on.

Imbalances result when spinal joints are out of position and can't move within their normal range of motion. These long standing "fixations" result in degeneration of the spinal bones, the facet joints and the discs which can lead to chronic or recurrent pain or nerve damage.

Chiropractic care specializes in correcting the underlying cause of musculoskeletal imbalance.

Chiropractic Corrects the Cause...

Spinal adjustments restore displaced vertebral joints to their normal position and motion. A program of Chiropractic care can relieve pressure from the nerves and improve the flow of energy throughout the body. Eliminating nerve interference helps reduce painful nerve irritation and inflammation and can even slow down the degenerative process.

Restoring normal nerve transmission can mean the difference between "illness" and "wellness"—and between living with pain and living without it! With regular spinal care, it's possible to experience optimal health—the likeness of which you may have never known before!

So, even if you're symptom-free and feeling pretty good—that doesn't mean you can't feel better. When you WANT to be more relaxed, have more energy, vitality and flexibility at any age—**you NEED Chiropractic in your life!**

If you've had a motor vehicle collision, a fall, sports or work-related injury, you can enjoy natural pain relief and improved health.

No drugs! No surgery! Call Us Today!! ❖

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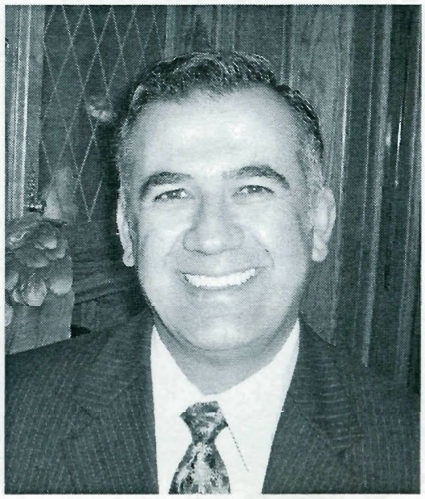

Dr. Albert D. Mansour

St. Patrick's Day Trivia!!

St. Patrick is the patron saint of Ireland. We celebrate St. Patrick's Day each year on March 17th, the anniversary of his death in the fifth century.

March 17, 1762, was the first St. Patrick's Day parade which was held in New York City. In 1848, several New York Irish aid societies united their parades. Today, it is the world's oldest civilian parade and the largest in the United States.

The city of Chicago began dyeing the Chicago River green in 1962. They released 100 pounds of vegetable dye into the river, keeping it green for a week! Today, only 40 pounds of dye are used, making the river green for several hours, to minimize environmental damage.

Source: www.history.com/content/stpatricksday/history-of-the-holiday

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Dear Friend,

The "Secret" You Can Now Tell Everyone!

How many times do you pick up the phone to make an appointment and question whether you really need to come in again?

With this special edition, you'll discover exactly why National Football League legend **Jerry Rice** doesn't question what Chiropractic can do for him and his family!

After all, we provide this wellness newsletter for one reason —to **encourage, inspire** and **motivate** you. Okay, maybe that was three reasons...*but it's true!*

We stay in touch with you because we genuinely care about your well-being. We know how busy life gets and how tight budgets are. Please don't lose sight of the need for routine spinal exams, even when you're not in pain!

Please take Jerry's message to heart and take the time to share this important issue with your family and friends! **CALL NOW!**

Yours for Natural Health,

Dr. Mansour

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We also accept:

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