

# Chiropractic

NATURAL HEALTH™

Vol. 24, Issue 8

## LIVE A Healthier, AND MORE Productive Life AS YOU AGE!

Thanks to our **safe, gentle and effective program of Chiropractic care—growing older is getting better!**

Over half of the senior population lives with pain. And the average senior fills more than 31 prescriptions a year! Which half do YOU want to be in?

A program of Chiropractic care can **remove nerve interference and get rid of a lot of your pain or maybe even all of it—while enhancing your health. Without drugs or surgery!**

Do you experience unsteadiness or dizziness? Proper spinal alignment can help support your balance and coordination. **A series of adjustments can often reduce the need for pain medications,** which can help minimize your risk of falling and **dramatically improve your quality of life!**

Many of our older patients who come to us regularly for pain relief also experience **more energy, improved digestion, feel calmer and have fewer colds, asthma and allergies.**

While Chiropractic care primarily focuses on your spine, freeing your nervous system from interference allows your entire body to function at its maximum capacity. **That's how Chiropractic care promotes joint health, a stronger immune system and improved well-being—at any age!**

### **“HEALTH NEWS” THAT EVERYONE NEEDS !**

A recent study found that geriatric Chiropractic patients, who averaged 80 years of age, were “less likely to have been hospitalized, less likely to have used a nursing home, more likely to exercise vigorously and more likely to be mobile in the community.”

The study also found that **Chiropractic patients were more likely to report their health as “excellent,” reporting less arthritis and fewer chronic conditions, including depression,** as compared to the non-Chiropractic group.

Did you catch all of that? **Excellent health...happier...less pain...more mobile...vigorous exercise...average age 80!**

The next time you're thinking about skipping your “routine” monthly spinal exam or wonder whether one more Chiropractic appointment really matters, please keep in mind that **there are many cumulative health benefits of lifetime spinal care.**

While results vary with each patient, the very real possibility of **being happier, healthier and more independent longer,** should be great reasons to start your Chiropractic program now and stick to it over the long haul!

*Inside:*

Discover how “hands on” care can help you and your loved ones...



# PLAN NOW to Have a "Healthy Spine" in Your Retirement Years!

## BACK TO THE FUTURE...

Planning ahead for preventive Chiropractic care, including routine exams, regular spinal adjustments and prescribed exercises, can help you stay in control of your life!

We understand. It's human nature to postpone planning ahead when you can't see your future needs.

An innovative research firm has found an interesting way around that planning obstacle!

The Palo Alto Research Center uses Age-Morphing Virtual Reality Software to motivate people to improve their lives when "human nature" overrides logical thinking. In fact, their recent retirement planning study earned national media attention.

The study involved individuals who initially saw absolutely no need to plan ahead for their retirement years. However, after seeing their avatar—or their computerized "older self" in a virtual mirror—their attitude about

planning for their future completely changed!

## NOW HERE'S YOUR "REALITY CHECK"...

While it's not high-tech imagery, take a moment to seriously imagine your "older self" in 10 to 30 years from now. Even if you've never had a serious accident or injury, your musculoskeletal system naturally ages over time.

Chances are those aches, pains and health issues that you've been dealing with for some time now—will only get worse with age!

Unfortunately, many older patients turn to medications for their ailments. No drug is 100% safe and adverse drug reactions (ADRs) are the sixth leading cause of death in the U.S. For many, Chiropractic can be an effective natural solution—without drugs or surgery! ❖



# We Can Help You, Your Parents and Your Grandparents!

Spinal aging can sneak up on you. There can be huge delays between the onset of spinal deterioration and the symptoms that creep up later.

No matter how "fit" or active you may be, everyone will eventually experience some degree of spinal deterioration. Consistent Chiropractic care can help protect your spine against premature aging.

You'll need a healthy spine and flexible joints to enjoy all of the things you love doing like gardening, dancing, traveling, hobbies, exercising; and all the things you must do to care for yourself and loved ones later in life.

# "No More Headaches!"

by Ryan Dean

I had been to a Chiropractor before and had received relief from my low-back pain, but didn't think of going when I started to get really bad headaches.

My headaches began to come around on a monthly basis. I would just take some drugs for them and forget about it. Eventually, because I was ignoring the problem and just covering it with drugs, the headaches got worse.

It got to the point where I was getting a really bad headache every day



that would last most of the day. After talking to some friends, I decided to go to a Chiropractor that one of them suggested. It was the best thing I did! With every adjustment, my headaches became less severe and less frequent.

Now, because I took care of the problem instead of just the symptoms, my headaches are completely gone! I don't have to take any drugs and a headache isn't keeping me from missing out on an enjoyable life! ❖

Chiropractic care is especially important for maturing and elderly adults because of the dramatic changes that occur in your spine with increasing age. With age, spinal discs, joints, ligaments, muscles and other spinal tissues become weaker, less hydrated and less able to withstand daily "wear-and-tear."

The truth is, this normal aging process may leave you and your loved ones at risk for injury. Spinal misalignments can occur from the activities you do every day and can lead to damaged discs and joint dysfunction which accelerate spinal aging!

Chiropractic spinal adjustments help remove painful pressure from your spinal nerve roots to reduce irritation and

### Phases of Degeneration

		<ul style="list-style-type: none"> <li>• Healthy</li> <li>• Pain-Free</li> <li>• Physically Fit</li> <li>• Stress Free</li> </ul>
		<ul style="list-style-type: none"> <li>• Headaches</li> <li>• Neck Pain</li> <li>• Strained Muscles</li> <li>• Shoulder Tension</li> </ul>
		<ul style="list-style-type: none"> <li>• Arthritis</li> <li>• Disc Disease</li> <li>• Degenerated Joints</li> <li>• Fatigue</li> <li>• Joint Pain</li> </ul>
		<ul style="list-style-type: none"> <li>• Chronic Pain</li> <li>• Irreversible Damage</li> <li>• Spine Disease</li> </ul>

inflammation—for lasting, natural pain relief.

As your Doctor of Chiropractic, we can help you maintain your spinal alignment and restore proper biomechanics to help slow down the rate at which your spine ages.

We all know someone who could use this important health information. In fact, this would be the perfect newsletter to share with your own family, friends and co-workers! ❖

**If a long, healthy, productive life is your priority, don't make Chiropractic a last resort...make it your first choice! Call us today!!**

## Our "Life-Long" Wellness Plan is designed to...

- Relieve back, neck, shoulder, arm, and wrist pain
- Decrease muscle stiffness and spasms
- Increase mobility and range of motion
- Increase balance and coordination
- Boost your overall sense of well-being and energy levels
- Decrease tissue inflammation
- Reduce fall injuries and other injuries
- Minimize degeneration

