



by  
**DR. A. A.  
 ALTMAN,  
 D. C.**

**ARM & SHOULDER PAIN.**

Hardly a week passes without someone coming into the office complaining of pain in the shoulder and upper arm that may or may not extend into the hand or fingers. Most of them have already been diagnosed as having Bursitis. Various things have been tried for relief, from heat on the shoulder, to novacaine or procaine injections. When nothing has succeeded and the pain is still unbearable, many of them go to a chiropractor as a last resort. Thank-heavens, in most instances their efforts are not in vain.

There are various types of shoulder and arm conditions but more often one primary cause, a ~~spinal~~ displacement that is pinching or pressing upon one of the nerves that lead into the affected area. The disorder is at first acute neuralgia and if not corrected becomes chronic neuritis or arthritis and will be much harder to correct. If a chiropractor is consulted when any such condition exists, many days of suffering for the patient will be eliminated and the cost of getting well will be reduced to a minimum.

Presented in the public interest for Better Health by the  
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 OFFICE**

205 Grove St. Roseville  
 SU 3-7210

**OFFICE HOURS**

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**Your Health**

by  
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The general public is hearing more and more about the **slipped or herniated intervertebral disc.**

A recent research study of 1,000 herniated and slipped disc cases revealed that 49.6 per cent of the cases became well, 39.1 per cent were much improved, 7.9 per cent were slightly improved, 3 per cent showed no change, and 0.4 per cent became worse.

Consolidation of the first three groups shows that **96.6 per cent of all cases became well or showed some improvement under Chiropractic care.**

While, in extreme cases, surgical intervention may be necessary, this type of case is rare. There is much evidence that diagnosis of "herniated disc" is a catch-all for many low back disabilities. In fact, there is much to indicate that most so-called "herniated disc syndromes" are nothing more than vertebral subluxations.

Nevertheless, 483 out of 1,000 cases were reported medically diagnosed as "herniated disc or ruptured disc," and the remaining cases manifested the same outward symptoms. Since such a diagnosis can be confirmed only by surgery, and since few symptomatically diagnosed cases are later confirmed upon surgical intervention, it would seem all the more important that a person suspected of having a herniated disc condition consult a Chiropractor FIRST.

Phone SU 3-7210 for FREE  
 Booklet "Slipped Disc"

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**"NEURITIS"**

So many patients have a past or present history of Neuritis. This can be hardly called a disease as it means inflammation of nerve, and is more or less a condition. The nerve is sick and irritated and cannot repair itself normally. Treating the nerve may work, usually it doesn't. In almost all cases, the nerve has been pinched somewhere along the spinal cord, and it's no wonder the patient has Neuritis. Pinch any part of the body and it hurts. Keep it pinched and it will stay hurting.

So if you are tired of having chronic Neuritis, just find the spot where the trouble is, correct it and the result — no Neuritis.

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### "LIVER DISTURBANCES"

Symptoms of liver congestion begins with fatigue, aching of the limbs, feverishness, headaches, depression of the spirit, loss of appetite, nausea, and sometimes vomiting. Constipation is a very frequent sensation of fullness and soreness in the liver region, and a dull pain extending to the right shoulder.

Usually rest will give nature a chance to restore normal function; however, in the more severe chronic conditions, nerves feeding to the liver aren't carrying proper nerve supply. Spinal adjustments release these nerves, and once again normal liver function is restored and the distressing symptoms subside.

Send self addressed stamped envelope for free booklet on "Liver".

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### "HEARTBEAT"

I have just finished reading about a new discovery that some of my readers might be interested in. From Time magazine, "One of the newest wonders of medical electronics lets many bed-ridden patients lead near normal lives. It's the Artificial Pacemaker, a pocket size device wired directly to the heart. This instrument transmits electrical impulses to the patient's heart to preserve its steady beating."

Isn't this amazing? However there is a natural pacemaker in the heart itself, connected to the brain through your spinal column. When your pacemaker is not working normally, it is because a vertebrae in your spine has shifted and pinched off the nerve supply to your own pacemaker. Seems to me that it would be much simpler to restore the heartbeat to its norm through Specific Chiropractic than go around wired up for sound. What if there was a short circuit?

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### "IRRITABLE"

This is written for the husband or wife whose mate is irritable, or just plain mean at times. Irritability is as much a disease as any other illness, except its symptoms are chronic not acute with no pain. With the start usually early in childhood. Have'nt you noticed "irritable children"? A fall or an accident early in childhood usually is the cause. A vertebrae in the neck has shifted into the spinal cord and remains undisclosed as the victim goes through life being irritable. Tranquilizers may relieve the condition but will never cure it. The CAUSE must first be removed.

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### "CHILDREN"

So many associate Chiropractic with back conditions only, but upon investigation find that nerve flow disturbance is the cause of so many other ailments. This is especially true with children. Children have their teeth examined twice a year, physical examinations every so often yet the life line itself, the spinal column is very seldom investigated. If your child is one that doesn't eat right, sleep well, is nervous or suffers from any one of the many chronic disorders, a consultation with a Doctor of Specific Chiropractic will usually reveal the hidden cause, and result in a normal, healthy child. Instead of treating symptoms, don't you think it would be wiser to remove the cause for good.

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### "NERVOUS STOMACH"

Digestive disorders create sort of half-life. In addition to the suffering of the pain of "heartburn", the gnawing ache of ulcers, gastritis and what have you, the patient begins to wear down until all that is left is an irritable replica of what once was a normal individual. Most such disorders are the end result of reduced function in the hyperirritable stomach. This is due to lack of proper nerve supply to the organ involved.

Specific Chiropractic is the science specializing in restoring normal nerve function, the logical corrective method for digestive disorders. When the area of involvement in the spinal cord is properly located and corrected, normal nerve supply to the affected organ is re-established, function returns to normal, and health is the natural result. Health restored in this manner is permanent because the CAUSE of the condition has been corrected.

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### "SLEEP"

This article is written for you who just don't sleep well; or have to take something to induce sleep. If it takes half the night before you can fall asleep, or you toss and turn, then wake up at 2 or 3, you should know by now something is wrong. Some where in the central nervous system there is a short circuit and this is nature's way of telling you to do something about it.

Remember for every CAUSE there must be an EFFECT, and if the effect in your case is troubled sleep, investigate new Specific Chiropractic Pleasant Dreams . . .

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### "SINUSITIS"

Sinusitis, or infection of the sinuses of the head, is not a head cold, nor is it an involvement of the nasal passages, but rather it involves the small cavities located in the bones of the head. The symptoms are headache, nasal discharge, watering of the eyes, pain and tenderness over the affected areas, swelling of the jaw, and protrusion of the eyeballs.

From a Chiropractic viewpoint sinusitis is caused by a depletion of nerve force which flows from the brain to the delicate mucous membranes lining the sinuses, for when this nerve involvement is properly corrected, all the symptoms leave and gone are the worries about climatic conditions, colds and other phobias of the sinus sufferer.

Phone SU 3-7210 for free booklet on "Sinusitis."

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### "TONSILITIS"

Chronic infected tonsils in youngsters is so common, I thought that some of you worried parents might like to know just what specific chiropractic does for this illness. In the first place, the tonsils are the first line of defense in the throat, put there for the purpose of combating infection. If they remain infected, it is because the body itself is not able to cope with the infections trying to invade the youngster.

When they are removed, they no longer become inflamed, but then the lymph glands in the throat and chest have to take over — so all you are doing is swapping sore tonsils for sore throats and sore chests. Before removing the tonsils, you might try Specific Chiropractic and watch the entire body function normally. Results — no tonsillitis.

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### "HEART TROUBLE"

Heart trouble may be of various kinds and affects people of all ages and in all walks of life. It is one of the most common diseases of the present day and is one which is calculated to give the patient the greatest concern. Drugs usually offer the patient only temporary relief, but the condition remains. However, the heart is the strongest organ in the body and repairs itself quickly, when treated properly. Most heart disorders owe their existence to nerve involvement, and Chiropractic is the modern, scientific method of correcting nerve involvements. You don't have to stay a "Cardiac", Chiropractic effectively corrects heart disease.

Phone SU 3-7210 for free booklet on "High Blood Pressure"

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### "LEG PAINS"

So many patients complain of various aches and pains in the lower limbs. Either they tingle or feel numb, ache or burn, or sometimes just don't seem to be the legs "they used to be." Tonics and treatment don't seem to give relief and finally the patient tries to learn to live with it. A careful examination will usually reveal a spinal misalignment which is the cause of the disturbance.

To you who have given up trying to get your lower limbs feeling good again, you might investigate Specific Chiropractic, I don't think you will be disappointed!

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### "NATURAL MEANS"

Chiropractic works with natural means. It puts nothing new into the body and does not remove any natural gland or organ. Chiropractic releases life forces within body, sets free rivulets of energy over nerves, and lets nature do her work in a normal manner.

Chiropractors know that all trunk nerves are branches from spinal cord, and these nerve bundles make exit thru grooves between joints of spine. For that reason, spine must be in normal alignment, or displaced vertebra will squeeze on nerve trunks, interrupt passage of energy over nerves, and thus lower resistance. This is forerunner of dis-ease.

By locating and adjusting this cause of dis-ease Chiropractors set free nature's forces. Nothing else is required because nature knows what should be done, and once her channels are free she does her work well.

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### "MIGRAINE"

Headaches that persist or reoccur frequently are danger signals that something is amiss. Masking the pain with aspirin or pain killers may seem an easy way for relief, however if the trouble is not corrected, related symptoms begin to appear. Usually the headaches that used to present themselves in different areas begin to localize in one area or one side of the head, and the patient's illness is diagnosed as migraine. After extensive examinations for tumors, past fractures and what have you, the patient begins to believe that they just have to live with it. Don't believe it. If more people knew about the effectiveness of Specific Chiropractic, I truly believe Bayer would have to start making hair tonic or paint. Don't ever forget that for every effect there must be a cause. Remove the cause and you have no headaches.

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