CHIROPRACTIC for CHILDREN...

Just think of the number of times your children have fallen without apparent harm. Yet, many people do not realize that these falls may cause a subluxation—a type of injury to one or more of the spinal vertebrae.

Every part of the body is supplied by nerves that pass from the spinal cord through openings between the vertebrae. A subluxation can cause irritation to the involved nerves, upsetting body functions.

Common results of subluxations in children are structural changes like:

- Sway back
- Round shoulders
- Impaired development of chest and no cage
- Head tilt
- Leg and foot problems
- One shoulder higher
- One hip, higher than the other

Correction of the subluxation which removes the nerve irritation can result in a spectacular recovery. These subluxations corrected at an early age usually produce more rapid and lasting recovery, and tend to prevent the appearance of complications in skeletal development and growth.

TUCCI CHIROPRACTIC OFFICE

Belle Vernon, PA.
Before I sought chiropractic care from Dr. Harbisky of the Charleroi Chiropractic Clinic, I was suffering from constant fatigue, painful shoulder, ulcer type stomach pain with a constant hunger, and craving for sweets. I suffered from these conditions for at least three years without any relief whatsoever, even though I had been to several M.D.'s who had put me on pain pills, sleeping pills, tranquilizers, heating pads, rubs, the whole trip. Nothing helped. Dr. Harbisky gave me the feeling that he was interested in my progress as I was. He tested my reflexes and my condition showed that I was not a normal person and that I needed a diet that would keep my system in good working order. Dr. Harbisky first found, after testing me, that I was hypoglycemic and worked out a diet for me. No one else had bothered to look into this deep into my problem, how have more energy than I ever thought possible, with a welcome weight loss. Through specific chiropractic adjustments, I am now free of pain, seveny of my shoulder pains that I had suffered from for so long are gone. I don't have one stomach pain and I have not taken medication of any kind since I have been treated by Dr. Harbisky. I have taken only vitamins so that, in spite of today's depleted foods, my nutrition is assured.

It is a pleasure to go to the clinic, and I am glad to tell anyone, don't put your health off any longer, Dr. Harbisky can help you too.

Lois Toth

Charleroi Chiropractic Clinic

Dr. Paul J. Harbisky

305 McKEAN AVE.

CHARLOERI

Phone 489-9100 or 489-4225
YOUR BODY
HAS A LOT OF
COMMON SENSE

The body is a lot smarter than most
people think. It knows how to stay
well — if allowed to do so. It has been
proved in many thousands of cases that
often the difference between good health and
poor health is a vertebrae out of place (from a
twist or a fall or a bump). The nerves that reach out
from between vertebrae to serve the body organs
are then kept from doing their job properly. To permit the
body to regain its natural health, the "offending" vertebrae
must be returned to its normal position. And that's what
chiropractic is all about. It's a matter of common sense.

Stay
Healthy
Naturally
get a chiropractic checkup

DR. DANIEL MILLER
411 Oak Ave., Dunmore, Pa.
Phone 678-2919

GIRAN CHIROPRACTIC
LIFE CENTER
1321 Pennsylvania Ave., W. Mifflin
Phone 466-0441

Dr. Giran Office Hours
Mon., Wed., Fri. 10 a.m. to 2 & 4 to 8
Sat. & Sun. 9 a.m. to 5 p.m.
Pedrow
Chiropractic Center

"Have You
Made The Rounds"

Chiropractic does not claim to be
mixture-all. The following is a par-
tial, but, however, of conditions
which thousands of chiropractors
are treating successfully in millions
of patients throughout the world.

1. Sinus Trouble
2. Constipation
3. Allergies
4. Female Trouble
5. Acne
6. Shingles
7. Sciatica
8. Toothache
9. Nervitis
10. Headaches
11. Lumbago
12. Rheumatism
13. Burns
14. Spinal Curvature
15. Arthritis
16. Stiff Neck
17. Breach
18. Whiplash
19. Stomach Trouble
20. Shoulder Pain
21. Asthma
22. Bronchitis
23. Nerves
24. Numbness in Hands
25. Loss of Sleep
26. Knee Pain
27. Chest Pain
28. Joint Pain

If Your Condition Has Not Responded To
Other Forms Of Care, Let Us Determine
If Yours Is A Chiropractic Case. — REMEMBER
Consultation is FREE & WITHOUT OBLIGATION.

PHONE FOR APPOINTMENT
823-8090

HOURS:
MON. - FRI.
9:30 to 2 & 4 to 7

RT. 30, NORTH HUNTINGDON
ENTRANCE TO BLUE BELL DRIVE-IN
Chiropractic For Nervousness

The brain is like any other organ in the body. It is dependent for normal function upon the proper supply of mental impulses to it. Just as the liver, stomach, or the heart is supplied with nerve fibers which carry tiny telegraphic messages to these organs, so are the tissues of the brain supplied. Tiny fibers convey these impulses from one part of the brain to another. They pass out from the spinal cord and turn back into the cranial cavity. They are known as recurrent fibers. If anything happens to prevent these fibers from carrying the proper quantity and quality of vital energy, then the tissues which they supply became abnormal in their function. The chiropractor is thoroughly trained in the correction of these abnormalities of the spinal column. When the vertebra is replaced (adjusted) to its normal position and the interference upon the nerve fibers is removed, the cause of nervousness has been taken away.

Chiropractic offers the common sense, practical method for the victim of nervousness to free himself from this condition and become again the normal, natural person for which he was intended.

RITTER CHIROPRACTIC CLINIC

DR. EARL RITTER
808 OLD BERWICK ROAD
BLOOMSBURG
SUBLUXATIONS ... SILENT KILLERS

These "silent killers" may cause any of the following:
- HEADACHES
- ARM & LEG PAINS
- BACKACHES
- BURSITIS
- HIGH BLOOD PRESSURE
- SHORTNESS OF BREATH
- NEURITIS
- POOR CIRCULATION
- STIFF NECK
- ULCERS
- SCIATICA
- RHEUMATISM
- MANY MORE!

Chiropractors, through years of study, training and experience, are best qualified to detect and correct subluxations. You owe it to yourself to find out if the "Silent Killer" subluxation is responsible for your health problems.

CHIROPRACTIC...
SAFE ... NATURAL ... EFFECTIVE

HEVERLEY CHIROPRACTIC LIFE CENTER
191 EAST MARKET ST., BLAIRSVILLE
APPOINTMENTS PREFERRED, PHONE 459-5180
If you are sick, if you have tried other methods and have given time for recovery, but you still are suffering, it may be the one causative factor has been overlooked. ...spinal nerve pressure. Chiropractic adjustments correct the interference to restore vital nerve energy flow to all parts of the body to bring you health.

Regardless of what your ailment is called. ...no matter how long you have suffered. ...Chiropractic may be the exact answer to your specific health problem. Chiropractic succeeds many times after all other methods have failed.

Trout Chiropractic Clinic

Northumberland, Pa. RD1 Danville Highway 473-3585
Characterized by sneezing, swollen mucus membranes, runny nose, itching, watery eyes, headaches, difficulty breathing. It is the result of an inability of some people to neutralize specific types of pollen. The Chiropractor by removing interference to the nerve system allows the body to do the job of neutralizing pollen. Thousands of hayfever sufferers helped annually thru Chiropractic care.

STILL SICK? Chiropractic may be the answer to your health problems.

THE KEIBLER CHIROPRACTIC OFFICE
West Hempfield Plaza
IRWIN, PA.
APPOINTMENT: PHONE 864-0440
SCATICA

Its name is derived from the nerves that are inflamed. The condition results in mild to severe pain or numbness traveling down one or both hips, legs, ankles, and feet. Without proper care it can disable a person for weeks or months.

Sciatica is caused by irritation to the nerve roots.
Chiropractors correct the cause of that irritation.

DR. WILLIAM KEIBLER

CHIROPRACTIC
SAFE, NATURAL, EFFECTIVE

THE KEIBLER CHIROPRACTIC OFFICE
WEST HEMPFIELD PLAZA, IRWIN, PA.
BY APPOINTMENT. PHONE 864-0440
HEADACHES

Pain in the head, visual disturbance, nausea, neck stiffness — know as headaches — 50 tons of aspirin are used in the U.S.A. daily. Also a variety of prescriptions and shots are used to get rid of the symptoms, only to have them return.

Chiropractic looks for the nerve interference (caused by a vertebral subluxation) and corrects it by hand only, and not through the use of drugs, shots, medicine, or pills (red, white, pink, or blue ones), but through looking for the cause and correcting it and allowing the body to heal.

KRUPAR CHIROPRACTIC
LIFE CENTER

327 W. Pittsburgh St., Greensburg, Pa.
Dr. Andrew C. Krupar — Dr. Betty O. Krupar
Dr. Homer L. Bowers

PHONE 834-1887
HEALTH

HAY FEVER

Pollens, goldenrod, ragweed, and dust are merely irritants and not the primary cause of hay fever. If it were the sole cause, everyone who whiffed the air that floats pollen, dust, and aromas would be a victim. But, since all such persons do not catch hay fever, the cause must be in the person rather than the substances he comes in contact with.

The brain is the body's power plant that produces vital nerve energy to keep the organs of the body healthy and to fight off foreign substances entering the cells and tissues that influence allergies. This nerve energy is transmitted from the brain through the spinal cord and out to nerve trunks through openings between each vertebrae. If one or more vertebrae becomes displaced, nerve fibers become impinged. Without this vital nerve energy, resistance to some part of the body is lowered to the extent that some foreign substance may present an allergic affect on some part of the body.

If you are a hayfever sufferer; start Chiropractic care now without delay.

Presented for the public interest by,
Dr. Louise A. Froehlich
Chiropractor, Richboro, Pa.
355-1133
Is WITH
CHIROPRACTIC
spinal adjustments
GOOD HEALTH DOESN'T COST,
IT PAYS!
HAVEN'T YOU WAITED LONG ENOUGH?
TELEPHONE THE CHIROPRACTOR OF YOUR CHOICE:

CLARK RICH, D.C.
Golden Rod Farms, Clearfield 765-8301

GARY M. CASTEEL, D.C.
214 S. 3rd St., Clearfield 765-7111

METRO FERRANCE JR., D.C.
Phillipsburg-Osceola Highway 342-0324

WALTER P. THORP III, D.C.
11 N. Front St., Clearfield 765-3792

WILLIAM STADTMILLER, D.C.
616 State St., Curwensville 236-3090
YOUR SPINE IS YOUR LIFE LINE
THE BRAIN
BY WAY OF THE
SPINAL CORD AND NERVES
CONTROLS
EVERY PART AND
EVERY FUNCTION
OF YOUR BODY

DISPLACEMENT OF THE SPINAL BONES

Pinched Nerves
Kidney Infections
Rectal Problems
Numbness
Sleeplessness
Double Vision
Ear Ache
Burrsitis
Plurisy
Rheumatism
Colitis
Change of Life
Constipation
Chest Pains
Stomach Ulcers
Nervous Tension
Skin Disease
Sinus Trouble
Throat Conditions
Thyroid Conditions
Pneumonia
Menstrual Trouble
Hot Flashes
Poor Circulation
Dizziness
High Blood Pressure

CAUSES
NERVE
INTERFERENCE
AND
DISEASE

Asthma
Back Trouble
Leg Pains
Children Diseases
Gall Bladder Diseases
Neuritis
Fatigue
Shoulder Pain
Migraine Headaches
Shingles
Nervousness
Itching
Neuralgia
Heart Trouble
Diabetes
Shortness of Breath
Liver Disorders
Knee Pains
Chest Pains
Paralysis
Skin Eruptions
Sciatica
Whiplash Injury
Hay Fever
Run Down Condition
Arthritis
Stomach Disorders

CHIROPRACTIC CORRECTS THE CAUSE

Telephone The Chiropractor of Your Choice.

CLARK RICH, D.C.
Golden Rod Farm, Clearfield 5-6828

GARY M. CASTEEL, D.C.
215 2nd St, Clearfield 762-9171

METRO FERRANCE JR., D.C.
WALTER P. THORP III, D.C.
PH Sports-Garver Highway 382-0134
21 W. Berry St, Clearfield 728-3141

WILLIAM STADTMILLER, D.C.
114 Third St, Newport 1. 526-3000
Who want a healthier, happier and longer life... as free from pain and suffering ... as free from fear of disease as Chiropractically possible.

No experience necessary.

APPLY AT YOUR CHIROPRACTOR'S OFFICE

WHY CHIROPRACTIC?

Chiropractic is the largest drugless healing profession in the world.
It offers a different approach to your health problems.
It offers health care that allows the body to heal itself.

Chiropractic is recognized world-wide as a major health profession.
Its services are covered under virtually every insurance policy, including medicaid and medicare.
This drugless approach to health is enjoyed by over 40 million people in the United States alone.

WHAT CONDITIONS CAN CHIROPRACTIC HELP?

Chiropractic DOES NOT claim to heal or cure anything. We recognize the fact that all healing is done by the body itself, and that one man cannot heal or cure another.

By using the Chiropractic approach patients have been able to heal themselves from conditions ranging from solution to the common cold.

Chiropractic has helped millions to break the bonds of sickness and go on to live a healthier, happier life.

Such conditions as: Migraine headaches - Multiple Sclerosis - Nervousness - diabetes - ulcers - colitis - emphysema - asthma - allergies - bursitis - arthritis - sinusitis - epilepsy - tonsillitis - and many, many others have been helped the the Chiropractic approach to health.

No matter what the condition or disease may be, Chiropractic adjustments can be of benefit in helping your body to heal itself properly.

WANT TO KNOW MORE ABOUT CHIROPRACTIC?

AND IF IT CAN HELP YOUR SPECIFIC PROBLEM? CALL US AT ANY TIME AND WE WILL GLADLY SET UP AN APPOINTMENT FOR A PRIVATE CONSULTATION AT NO CHARGE, AND ANSWER ANY QUESTION YOU MAY HAVE.

"YOUR FAMILY'S HEALTH IS OUR ONLY CONCERN"

CLARK RICH, D.C.
Golden Rod Farms, Clearfield 765-8301

MARTIN R. CASTEEL, D.C.
214 S. 3rd St., Clearfield 765-7111

METRO FERRANCE JR., D.C.
Phillipsburg-DuBois Highway 312-0534

WALTER P. THORP III, D.C.
WILLIAM STADTMILLER, D.C.
11 N. Front St., Clearfield 765-3702

616 State St., Conewago 236-2010
ATTENTION
SEWING
MACHINE
OPERATORS!

Do You Suffer From Any Of These Danger Signs?

1. Headaches.
2. Stiffness of the Neck or Back.
3. Pain between the Shoulders.
4. Indigestion.
5. Loss of Sleep.
6. Increased Nervousness.
7. Painful Joints.
8. Numbness or Pain of the Arms or Legs.

Working 8 hours a day, 40 hours a week, in the same position at your sewing machine causes nerve interference and spinal defects . . .

Don't Suffer Any Longer . . . A Telephone Call To One Of These Area Chiropractors Could Mean The Difference Between Health or DIS-EASE FOR YOU!

CLARK RICH, D.C.
GARY M. CASTEEL, D.C.
METRO FERRANCE JR., D.C.
WILLIAM STADTMILLER, D.C.
WALTER P. THORP III, D.C.
BACK PAIN? LEG PAIN?
CHIROPRACTIC HEALTH CARE MAY OFFER REMARKABLE CORRECTION.

5 Danger Signals of Possible Spinal Misalignment:
1. Stiffness or pain in the lower back.
2. Numbness, pain or tingling in legs or feet.
3. Extreme fatigue in the lower back or legs.
4. Painful hips or knees.
5. Pain radiating down the thighs or calves.

ARE YOU A CHIROPRACTIC CASE?
Only a chiropractor can tell... FIND OUT TODAY!

Call Dr. Kirk W. Chadwick
CLARION CHIROPRACTIC LIFE CENTER
817 Main, Clarion, Ph. 226-4033
CARLISLE, PA.
AUG 30 1977
Evening Sentinel (e)
Circ. 16,106

The Spinal Column
By Thomas A. Boch, D.C.

RHEUMATISM

Constantly increasing pain, tenderness, swelling of the joints; fever, rapid pulse, a general aching and heavy sweating are all part of the agony suffered by the person afflicted with rheumatism. Only one who has endured the suffering knows how rheumatism can drain the physical and mental strength of the body. But there is no need to suffer the agony. Once the cause is removed, nature can act to restore the affected parts to normal use. Dulling the symptoms is not enough; the condition which causes the disorder must be corrected.

The chiropractor, through study and training, is scientifically equipped to trace rheumatic pains to their source. He locates the nerve pressure of subluxation which is responsible for the disorder and, through competent, gentle adjustments, eliminates the cause. Vital nerve energy flows to the affected area, and the body promotes its own healing. The aches, pains and accompanying discomforts disappear.

FOR FURTHER INFORMATION CALL

BOCH CHIROPRACTIC CLINIC
240 South Hanover Street, 243-7717, Carlisle, Pa. 17013
Emergency Service Available 24 Hours
Daily — 7 Days a Week
Your back is made up of 24 movable segments — called vertebrae — which surround and protect the spinal cord. Nerves from the spinal cord branch out from between the vertebrae to work directly or indirectly with various body organs. A bump or a fall or a twist can cause a muscle spasm, which can pull one or more vertebrae out of position. This, in turn, can affect the nerve branch and the functioning of the organs it serves. The health problems that can develop would seemingly have nothing to do with the back; but because of the interrelationship of the back, nerves and organs, your state of health can be directly related. Once the out of position segment is restored to its proper position, the body is provided with the potential to regain normal health. For every member of the family to stay healthy naturally, be sure to get a chiropractic checkup.

POCONO CHIROPRACTIC HEALTH CENTRE
Dr. Richard K. Frey
1012 W. Main St. Stroudsburg, Pa.
FOR APPOINTMENT: Phone 424-6782
Although a headache is a painful experience, often-times the one who suffers from it should be thankful for it is an indication that something is wrong with the mechanism of the body. It is like a red light on the railroad track that warns one to stop, look and listen.

Headaches may mean that something is wrong with the liver, the stomach, the ears, the eyes, or other organs. It is the beginning of preventable illness. It comes as a warning in time to repair any initial damage and ward off the ultimate consequences. Taking an aspirin or other drug to relieve the headache is like the ostrich putting his head in a hole in the ground to avoid danger. The drug may temporarily relieve the pain but will not remove the cause.

Chiropractic adjustment removes the cause of many types of headache and may avert future trouble.

WHAT CAN YOU LOSE EXCEPT YOUR ILL HEALTH?
WHAT IS CHIROPRACTIC?

Millions of people have seen conditions respond to Chiropractic care after all other types of health care failed. Many people do not understand the reason for this, and for them the "last resort" method remains something of a mystery.

Actually, Chiropractic literally translated from Greek language means simply "to practice by hand." This is, essentially, what is done to the patient's spine. But beyond this, to look further into the reasons for this adjustment to the spine reveals the real fact to the effectiveness of Chiropractic. More than a system of backbone adjusting, Chiropractic is a scientific method of total health care. Chiropractic is based upon the concept that every cell in the human body is controlled by the nervous system. We recognize that the nervous system is the master system of the body regulating all other systems. An interference with the function of the nervous system can result in discomfort, disorder disease conditions anywhere in the body; and the removal of the nerve interference will allow the body to return to normal health. Chiropractic adjustment of the spine remove this interference and allow for normal health to return.

—— Phone ——
Office . . . 424-5993  Home . . . 992-6022
OFFICE HOURS BY APPOINTMENT
"Your trouble is nerves, just nerves, that's all," many have been told. But, your nerves are too important to your body to be dismissed so easily.

Nerves, make possible every function of your body. Your nerves transmit all sensations to and from the brain. Your nerves make possible sight, smell, taste and hearing. Nerves maintain your balance and keep your body temperature at 98.6 degrees. Nerves control your blood pressure, stomach action, blood flow, speech and breathing. Nerves make your bowels move. Nerves make it possible to swallow. In fact every function taking place in your body is under the control the nerve system, often called "THE MASTER SYSTEM OF THE HUMAN BODY."

STUDY THIS CHART CAREFULLY...

1. A slight "pinching" of nerves at this point can cause headache, some eye disorders, ear problems, insomnia, abnormal blood pressure, colds, hay fever, sinus trouble, nervousness, wry or stiff neck, some types of arthritis, colic in babies, glandular trouble, etc.

2. A nerve difficulty in this part of the spine can be the cause of so-called throat trouble, neuralgia, pain in the shoulder and arms, goiter, nervous prostration, etc.

3. In this part of the spine a "pinched" nerve can cause so-called bronchitis, pain between the shoulder blades, rheumatism and neuritis of the arms, shoulder, or hands, bursitis, etc.

4. A blocked nerve at this point can cause so-called nervous heart or fast heart, asthma, difficult breathing, bronchial congestion, etc.

5. Stomach and liver trouble, pleurisy and a score of other troubles can be caused by pressure on this part of the spine.

6. Nerve pressure at this point can cause gall bladder problems, dyspepsia or gas of upper bowels, shingles, hiccups, etc.

7. Certain kidney problems, eruptions and other skin diseases can be caused by nerves being pinched in the spinal openings at this point.

8. Chiropractic adjustments here often help such troubles as so-called lumbago, constipation, colitis, etc.

9. Nerve pressure at this point can cause bladder frequency, prostate pains.

10. A slight slippage of one or both of the hip bones or the sacrum may cause so-called sciatica, leg or knee pains, and many other leg problems.

For Further Information or Appointment Call

ALLEN CHIROPRACTIC CENTER

Dr. Thomas J. Allen, D.C.
Barclay Building
120 W. John St.
Bedford, Pa. 15522

Phone 623-9619
SUFFERING from
HIGH BLOOD PRESSURE

Chiropractic FIRST – not LAST

Nerves which carry nerve impulses to blood vessels, which contract or relax, pass through openings between the vertebrae of the spine. We know that these vertebrae can become displaced, causing pressure on the nerves which supply the blood vessels with nervous energy. If pressure is produced on the nerves, the nerve impulses become irregular and cause the blood vessel to function improperly, causing blood pressure to raise or lower. Chiropractic has been successful in reducing high blood pressure, and can effect much help to you provided there is no vascular pathology.

DAHLSTROM
CHIROPRACTIC
FAMILY CENTER

1202 Mission Road
Latrobe, Pa.
(Behind Needham Chevrolet)
PHONE 539-9445; if no answer 539-8342
"Where Good Health Becomes Reality"
STOP

Treating Symptoms with Artificial Methods.
Chiropractic Removes the cause of DIS-EASE
Your Trouble May Well Be Explained in the Chart Below...

The diseases mentioned on this chart are only a few caused by the vertebrae "pinching" nerves as they enter or leave the spinal column, transmitting vital nerve energy from the brain to the organs of the body.

1. Slight "pinching" of nerves on this point will cause so-called headaches, eye diseases, dizziness, palpitations, arteriosclerosis, abnormal blood pressure, anemia, colds, hay fever, sinus trouble, nervousness, etc.

2. A slight nerve difficulty in this part of the spine is the cause of so-called throat trouble, neuralgia, pain in the shoulders and arms, gout, carpal tunnel, in gimp, nose bleed, disorder of gums, boils, etc.

3. The arrow head marked No. 3 locates the part of the spine wherein "pinched" nerves will cause so-called bronchitis, diphtheria, pain between the shoulder blades, rheumatism, and neuralgia of the arms and shoulders, etc.

4. A blocked nerve at this point causes so-called heart disease, palpitations, tuberculosis, asthma, difficult breathing, other lung troubles, etc.

5. Stomach and liver trouble, enlargement of the spleen, pleurisy and a score of other troubles so-called, are caused by pressure in this part of the spine so light as to remain unnoticed by others except the trained Chiropractor.

6. Here we find the cause of so-called gall stones, diabetes, of upper bowels, fever, shingles, constipation, etc.

7. Bright's disease, floating kidney, skin disease, boils, eruptions, and other diseases so-called are caused by nerves being pinched in the spinal openings at this point.

8. Repeated or such troubles as so-called appendicitis, peritonitis, constipation, etc. Chiropractic adjustments of this point.

9. Why have so-called kidney stones, rectal troubles, female troubles, many lower abdominal pains, etc., when Chiropractic adjustments at this part of the spine will remove the cause?

10. A slight slippage of both innominate bones, located here, will likewise produce so-called stenosis together with many "diseases" of pelvis and lower extremities.

DO THESE QUESTIONS BOTHER YOU? ...

Can Chiropractic Cure Me? How Long Will it Take? How Much Will it Cost? You can find the answers at Magee Chiropractic Clinic.

WHY BE SICK WHEN YOU CAN BE WELL?
WE ACCEPT ALL CASES REGARDLESS OF ABILITY TO PAY
FREE SPINAL X-RAYS*

TELEPHONE 371-1270
Dr. Gary K. Magee
CHIROPRACTOR
424 FIRST ST.
DUBoIS, PA. 15801

*Except insurance cases
CHIROPRACTIC HEALTH CENTER

GETS SICK PEOPLE WELL and KEEPS THEM WELL.

Nerve Interference is the CAUSE of HIGH BLOOD PRESSURE.
We Correct the CAUSE and the SYMPTOM is gone without drugs or surgery.

CHIROPRACTIC HEALTH CENTER
Dr. Stephen S. Grim
RD#1, Thomasville—(6 mi. west of Rt. 30 By-Pass)

PH: 225-3661
SPINAL PROBLEMS
CAUSE: (partial list)
Indigestion
Kidney Disorders
Low Pressure
Lumbago
Migraines
Menstrual Disorders
Neuritis
Nervousness
Scleritis
Stiff Neck
Stomach Disorders
Anemia
Bronchitis
Bursitis
Constipation
Chest Pain
Dizziness
Digestive Disorders
Fatigue
Headaches
High Pressure
Insomnia

Your nerves control all systems of the body. To illustrate this statement try touching any part of your body and not feeling it. If you do not feel anything go to see your chiropractor without delay, he will help correct this or any of the above mentioned problems.

If you are having a problem not mentioned come in and discuss it with us, there is no fee for consultation.

Dahlstrom Chiropractic
Family Center
1202 Mission Rd., Laboe
(2 miles from Needham Chiropractic) Phone 539-9445
if no answer: 539-8342

"Where good health becomes reality"
On-The-Job-Injuries

A terrific toll in suffering, pain and anxiety is exacted by on-the-job injuries.
Loss of income to the worker and loss of production to the employer are other tolls exacted by such injuries.
Because of the staggering losses attributed to job-associated injuries, continuing campaigns are waged by worker organizations, industry and the government.

Care and treatment which will return the workman to his job with the least possible loss of time and income are most desirable.
Back injuries account for one-tenth of the total time loss injuries in American industry. It is in this field that chiropractic is rendering the greatest service to labor and management.
The chiropractor provides the most effective, least expensive methods for getting the injured person back on the job. Chiropractic adjustments employing modern scientific skills, reduce suffering, time loss and the possibility of permanent injury. Progressive employers, labor organizations and state agencies realize the value of and depend on competent chiropractic care in cases involving on-the-job back injuries.

Another Life and Health Article from the Office of

DR. R.J. BROZICH
3706 W. 6th Ave.
BEAVER FALLS
(West Mayfield)
843-2807
Suffering from HAYFEVER?

Most people believe that hayfever is caused by pollen. If this were true, why don’t we all have hayfever? We all breathe the same air.

The spine and spinal nerves control the function of the ENTIRE body, including the sinuses and mucous membranes. Those people who suffer from hayfever and other allergies may have pinched or blocked nerves which could interrupt the flow of vital nerve energy to these irritated areas.

Chiropractors correct blocked nerves and allow the natural healing forces within the body to correct the condition.

Natural health is your best defense against illness.

MEDICARE NOW INCLUDES CHIROPRACTIC COVERAGE

DR. ARNOLD R. BARISCH

CHIROPRACTOR

Colonial and Hillsdale Roads

Phone 545-1818

1420 State St.

Harrisburg

Phone 236-4481

Office Hours By Appointment Only
Have you ever pulled a wire out of a clanging fire alarm in an effort to put out a fire? Have you ever painted the oil warning light of your automobile black so you wouldn't know when the oil was low? Have you ever interfered with any warning device in an attempt to correct what the warning was telling you about?

Have you ever taken aspirin for a headache or back pain in an attempt to correct the cause? If you have you are only working against nature's warning, telling you that something is wrong somewhere in your body. You are not removing any causes - just covering up the signs of disease.

If anyone ever believed that aspirin or any drug ever cured a headache, they would only put one pill in every bottle. Besides, once you stop taking the drugs the pain would never recur. Please think about this ... If you feel that elimination of a symptom via drugs is total health, you are being fooled, you are in actual fact jeopardizing your health.

Chiropractic seeks to find and remove the cause of your health problem, rather than just treat symptoms. Don't you think it's time for a change? After all, if those pills you take are working, why are you still sick?

MIDDLETOWN CHIROPRACTIC HEALTH CENTER
219 Spring St. 944-4476
HOURS BY APPOINTMENT ONLY

We accept all families and patients regardless of Condition or Financial ability to pay.
WHY IS IT THAT
CHIROPRACTIC
SUCCEEDS
AFTER OTHER METHODS
HAVE FAILED?

No matter how long you have been sick, no matter what you are suffering from, no matter what you have been told about your problem, it may be that you are strictly a Chiropractic case and have been treated for something else. You cannot say everything has been done unless you have first tried chiropractic.

WHY BE SICK WHEN YOU CAN BE WELL?

WE ACCEPT ALL CASES REGARDLESS OF ABILITY TO PAY.
BLOOD PRESSURE DROPS 54 POINTS!

Mrs. B.H., age 62, from Washington, was referred into our center with blood pressure of 190/110. Other symptoms included severe daily headaches, heart flutter, fatigue, pain between the shoulder blades, stomach pain, ulcerative colitis and a burning pain in the left foot.

Prior care included a 7-week hospital stay, Malox and a bland diet. No relief of the above symptoms was in sight.

Unfortunately no one took the time to locate the underlying cause of Mrs. B.H.'s many symptoms. Our examination and x-ray study clearly revealed severe spinal stress and nerve irritation. The end result was a gradual deterioration and malfunctioning of this patient's body.

Following only 2 months of a carefully planned treatment program utilizing spinal manipulation, chiropractic therapy, and nutritional control, our patient reports to us that she now feels like a new lady.

The blood pressure change was very interesting to watch. A 26-point reduction took place after 4 weeks of care. This was followed by another 30 point reduction to 136/62 at the end of the second month.

High blood pressure puts a severe strain on the heart as was evidenced by heart flutter in this patient. It can also lead to a very dangerous stroke. Why take chances with your life? Good health is your birthright, but you must see to it. Proper nutrition and good spinal care is a must.

For Further Information Call

SANTAVICCA CHIROPRACTIC CENTER
225-1655
144 North Main Street Washington, Pa. 15301
Dear Friends and Patients,

More and more people are discovering chiropractic care consistently gets results—day in and day out—regardless of the name attached to the illness, regardless of how long the patient has suffered, and regardless of what he might have been told about his health problem.

Chiropractic is successful because it is modern, natural, scientific approach to health; it is a fact accepted by all healing arts that to obtain permanent cures for various illnesses to which mankind is subject, the cause various illnesses to which mankind is subject, the cause within the body itself must be found and removed; thus allowing nature to effect her wonderful cures. Chiropractic is that simple, that fundamentally sound! It looks for causes—knowing that once the powers of nature are normalized health is the inevitable result.

Folks who once were helpless and a burden to their friends and family; many times unable to work, are now living useful happy lives because of chiropractic. No matter what you have been told about your condition, it may be that natural methods employed in chiropractic science can restore buoyant health to you as they have to thousands upon thousands of others.

Chiropractic searches for and removes causes. It does not treat effects. Delay allows any condition to grow worse. Be regular with chiropractic adjustments; help others by speaking up for chiropractic.

Yours for better health, naturally,

Dennis Ridenour, D.C.
Chiropractor

We accept all cases regardless of financial ability to pay.
Ph. 695-8027 for appointment.
Naturally, You're Healthy

Anything other than good health is a deviation from nature. Every natural instinct of the body tends toward good health. Why then do some people, even with a sensible program of proper rest, good diet, exercise and a sound mental attitude, suffer poor health? Often, the trouble springs from the back. Even if the health problem doesn't center in the back, body organs are served, either directly or indirectly, by nerves, which reach from between the moveable vertebrae that make up your spine. Suppose one or more of these vertebrae gets out of place. It can, and does, happen. Maybe from lifting a bowling ball, or a fall. Or a bump. Then there can easily be an interference with the function of the nerve, and the corresponding organ. Restore the vertebrae to its natural position, then the nerve can do its job, and the organ can once again function. It's like an ecology chain. Ecology of the body. Chiropractic helps you to enjoy good health. Naturally.

MT. HOPE CHIROPRACTIC CLINIC
16TH & MT. HOPE AVE., POTTSVILLE
622-7786
Office Hours By Appointment
MON., WED., FRI.
9:30-11:30, 1-4:30, 6-8:00
TUES., 1-4:30, 6-8:00
SAT., 10:00-2:00

Dr. David G. Nayatnak
Arthritis is being blamed to be the cause of almost every symptom, pain and complaint a patient can have— but only by the doctor that cannot find the true cause of the ailment.

We have found a vast majority of patients suffering from pains of medically diagnosed arthritis (who have been told they'll have to learn to live with it) actually have no arthritis at all.

Under Chiropractic care, the cause of the problem has been found to be irritation to spinal nerves roots. By adjusting the misaligned vertebra of the spine, the Chiropractor removes pressure applied to the affected nerves (which causes the irritation) allowing the body to restore itself to normal function and health, with all symptoms and pains gone.

Why Be Sick When You Can Be Well?

Only a chiropractor, after examination of the spine and nerve system, can determine if you are a chiropractic case. If you are, only he can help you! Phone 655-3827
Ulcers are nothing more than open sores on the lining of the stomach or the upper part of the small intestine.

Pain is by far the most common sign of ulcers. This pain may vary from a mild discomfort to a sharp, severe and sometimes penetrating pain. It generally is of the same type, and reoccurs in the same location. It tends to maintain a rhythm of recurrence and has a tendency of regular periods of remission and later becomes chronic.

Other symptoms of ulcers include constipation, heartburn, swelling, nausea, vomiting and weight loss.

The science of chiropractic, in most cases of ulcers, provides the safest, surest and most effective pathway to relief. Skilled chiropractors can locate and correct the cause of the nerve interference which results in lowered resistance in some part of the body.

The competent hands of the chiropractor can make gentle adjustments to correct vertebral misalignments which result in pressures on the spinal cord and spinal nerves and provide one of the primary factors in the development of peptic ulcers. Another Health and Life Article from the Office of:

Dr. Leo S. Oakchunas
Chiropractor
120 Wyoming Ave.
Wyoming, Pa. 18644

Monday, Wednesday, Friday
10 to 12; 1:30 to 4
6 to 8 p.m.
Tuesday and Thursday
4 to 8 p.m.
By Appointment Only

For Appointment
Questions and Answers

Q: Why is a proper diet so essential?
A: Your body depends on natural nutrients such as vitamins, minerals, enzymes, etc., to sustain life in a healthy manner. If you eat junk foods, you will soon turn into a junk box. The end result is an unhealthy body.

Q: What is the education of a modern day Chiropractic Physician?
A: Six years of intensive study including anatomy, physiology, biochemistry, x-ray, pathology, and clinical diagnosis. This is followed by an internship at a recognized chiropractic clinic.

Q: Why is an annual chiropractic spinal examination necessary when a person is feeling good?
A: To identify any problem in the developmental stage before symptoms are present. Correction of the stress is such more rapid at this time.

Q: Doctor. I've been under chiropractic care for many years but my problem always returns. Is there anything else I can do?
A: Two factors are necessary. First the spinal column must be stabilized through a prescribed therapy program. Second, any irritants to the nervous system should be eliminated. Food allergies are the prime suspects in this area.
ACQUAINT YOURSELF WITH HEALTH

Backache can be very painful. What's more, it can lead to serious disorders not associated with pain itself. Pain is nature's way of warning that something is wrong. Frequently pain in any part of the back is caused by a misaligned vertebrae somewhere in the spinal column, which causes nerve pressure. Permanent relief is not possible until the vertebrae is restored to its normal position. Chiropractic for a healthy, happier you.

CERICOLA CHIROPRACTIC CLINIC
Pembroke Rd. at Elm, Bethlehem 866-0543
To Whom It May Concern:

I have suffered for about five years with severe migraine headaches. For the first three years, I doctored with a medical doctor receiving a shot every week along with medicine. After getting no relief, I was admitted to the hospital.

A friend of mine told me about Dr. Bengel, so I made an appointment. He took an x-ray of my spine and began giving me Chiropractic adjustments regularly. I have been receiving adjustments periodically for the last two years, and haven't received a shot since. Along with my headaches, I had bursitis in my left arm. I am no longer bothered with that.

I wanted everyone to know how wonderful Chiropractic is and how much it has helped me.

Sincerely,

Mrs. Dorothy Porter
Leesburg, Pa. 15656

WHY BE SICK WHEN YOU CAN BE WELL?
WE ACCEPT ALL CASES—REGARDLESS OF ABILITY TO PAY.

BENGEL CHIROPRACTIC CLINIC
825 FREEPORT ROAD (RT 28) TARENTUM
DR. BENGEL 224-2224    By Appointment Only
Can Chiropractic Help my Asthma?

Remember Chiropractic does not cure, M.D.'s do not cure, drugs do not cure. Only the body can cure. Chiropractic sees to it that all body organs and tissues are functioning properly by restoring the "Life Giving Nerve Energy."

That is all the Chiropractor needs to do. For example, what about the finger you cut? Did the band-aid heal it or the metholiate? No...the body did. Now if your body can heal a cut finger and digest your food, don't you think it can heal the rest of your body too? Providing you keep the "Life-Giving Nerve Energy" flowing.

Trout Chiropractic Clinic
Northumberland, Pa. RD1 Danville Highway 473-3585
Chiropractic Family Care

Chiropractic has been the method of choice for restoring health and vitality to millions of families throughout the world. More and more intelligent people everywhere are realizing that good health is gained and maintained only when a normal flow of nerve energy flows from the brain, down the spinal cord, and out between important spinal vertebrae to our vital body organs and tissues.

Pain, stiffness, and swollen joints indicate the presence of inflamed joints. Because chiropractors are especially trained to normalize spines and restore a normal nerve energy flow to all of the joints, the kidneys and adrenal glands, they have been highly successful in caring for arthritis and other disorders that affect the joints.

Junior may suffer with bed wetting, frequent colds, irritability, constipatiotion, loss of appetite and many other conditions. Tension on the nerves in the neck may also affect his school work. Many parents report an increase in the scholastic ability as soon as their children's spines are normalized.

High blood pressure over a long period of time causes a great strain on the circulatory pump, the human heart. It is often the predisposing factor in heart attacks or paralytic strokes. High blood pressure many times is caused by spinal pressure-on nerves that lead to the major blood vessels.

We accept all cases regardless of ability to pay.

Tucci Chiropractic Office
609 Broad Ave, Belle Vernon
Phone 929-6100
ARE YOU EXPERIENCING A HEALTH PROBLEM?
If you have any of the following symptoms

1. Headaches
2. Painful joints
3. Numbness in hands & arms
4. Leg pain
5. Numbness of feet
6. Loss of sleep
7. Neck stiffness
8. Shoulder pain
9. Low back pain
10. Bursitis
11. Sciatica
12. Upset or nervous stomach

YOU CAN BENEFIT FROM CHIROPRACTIC CARE
Rostraver Chiropractic Clinic
Dr. Jack R. Taylor, Director
(Next to Rostraver Central Fire Co.)
Fellsburg, Pa.
"Come in or call for consultation to find out how Chiropractic can help you.

OUR CORRECT PHONE NUMBER IS 379-6160

HOURS:
MON., TUES., THUR. 9 to 2 P.M. 6 to 9 P.M.
FRI. & WED. 9 to Noon 2 to 6 P.M.
8 danger signs... often symptoms of serious disease

The highways and streets we drive along have many warning signs that we recognize immediately. They tell us: 'stop,' in advance that potential danger lies ahead.

A similar set of signals is found within the human body. These "siginals" or symptoms are very often forerunners of more serious diseases that can be averted if the eight danger signs are heeded in time.

These are the 8 danger signs to look for:

1. Headache
2. Painful Joints
3. Numbness in Arms or Hands
4. Numbness or Pain in Legs
5. Loss of Sleep
6. Stiffness of Neck
7. Pain Between Shoulders
8. Stiffness or Pain in Lower Back

Consult Your Family Chiropractor.

There are certain stresses and strains created by our occupations, and they create spinal pressure and tension and dislocate sensitive nerves. This is true of all workers, heavy construction laborers, men whose muscles are always under strain.

Pressure or tension on a vital nerve short circuits the nervous system and adversely affects normal nerve energy flow. The vital organs are then robbed of their proper controlling force. Chiropractic care releases the latent force, and normal function of these organs may be resumed.

Should any one of these important danger signs appear in a member of your family, consult your family chiropractor immediately. With quick action on your part, and the training and ability of the chiropractor, it is entirely possible that pain and illness will be replaced by glowing good health.

Chiropractic Succeeds Many Times After All Other Methods of Healing Have Failed

We Accept All Cases Regardless Of Ability to Pay.

For further information or appointment, call

DR. J. O. STERNER
(CHIROPRACTOR)
226 Ohio Street
Johnstown
HOURS BY APPOINTMENT ONLY 535-8091
ARE YOU DISSATISFIED
WITH YOUR PRESENT METHOD
OF HEALTH CARE?

DO YOU STILL SUFFER FROM:
• HEADACHES
• PAIN BETWEEN THE SHOULDERS
• LOW BACK PAIN
• NUMBNESS IN THE ARMS OR LEGS

THEN IT’S TIME YOU SWITCH TO....

CHIROPRACTIC!

TO HELP YOU DO THIS THE....

POOLE CHIROPRACTIC LIFE CENTER
WILL BE OFFERING

→ FREE SPINAL X-RAYS ←

if taken from family budget
from Sept. 6 - 20

A LANSFORD patient speaks:

"I had suffered for 4 months with a pain in my lower back
and down my leg before I tried going to a chiropractor.
After going to Dr. Poole, I have no pain in my back or my
leg. I would definitely recommend chiropractic to others
because of the relief it gave me without surgery."

Paul Rokita, Lansford, Pa.

POOLE CHIROPRACTIC
LIFE CENTER
JAY H. POOLE, D.C.
1751 E. BROAD ST., HAZLETON, PA.
Located between Beaver Meadows & Hazleton
on Rt. 93.
OFFICE HRS. BY APPT. (717) 455-5893
MON., WED., FRI. 9:30-NOON, 1:40 P.M.-7:00 P.M.
REACHES BIOCHEMICAL AND NUTRITIONAL
BODY-ANALYSIS— TUES. 12-6 P.M."
Get a Chiropractic Check-up Today at CHIROPRACTIC CLINIC.
905 W. Beaver Ave. State College, PA 234-1811.
Open: M, T, TH, F, 9-9 Saturdays by appointment.
THE WORKING MAN
AND
CHIROPRACTIC

Long working hours, tension and demands for more and more productivity may result in myo-spinal (muscle-spinal column) stress which inflicts surrounding tissues. Such muscle spasm cause headaches, stiff necks, insomnia, numbness or pain.

Frequently, these physical problems are compounded by exposure to a wide range of weather conditions increasing the worker's susceptibility to arthritis and rheumatism. The nature of his work could produce additional health threats such as herniated or ruptured discs from lifting heavy objects or spinal curvatures from prolonged standing or bending.

Every occupation creates its own stresses and strains creating spinal pressure and tension on delicate nerves. This is true of office workers and construction-laborers. This impingement of normal nerve energy flow may rob the organs of their proper force. Chiropractic care releases this latent force and restores normal function to cells, tissue, muscle and organs.

Presented for the public interest by:

Louise A. Froehlich
Chiropractor, Richboro, Pa.
355-1133
DR. KIRK W. CHADWICK

says:
PAIN or NUMBNESS are warnings that something within the body is not functioning correctly. Spinal vertebrae may be misaligned and causing abnormal nerve pressure. Don’t ignore these warnings by thinking they will just go away!! Chiropractic attempts to locate the cause of the pain or numbness and restore normal function by adjusting the misaligned vertebrae. Are misaligned vertebrae causing your health problem?? Find out today!!

Call:

CLARION CHIROPRACTIC LIFE CENTER
Dr. Kirk W. Chadwick
Clarion, Pa. 817 Main St. 226-4033
MAN CAN'T CREATE LIFE—
LIFE CREATES LIFE! LIFE HEALS—
NOT MAN!

Healing is a matter of cell division and multiplication. It's a process of creation. We grow new fingernails every three months, all cells in the heart are new every ninety days, liver cells are replaced every six months. All tissue cells in the body are new every nine months. Sick cells never recover. When a person that was not well gets well it's because the sick cells died and were replaced with new healthy cells.

The power that made the body and heals the body is what is important. This Energy or Life Force expresses itself through the nervous system. It needs no help, just no interference. If life to a certain organ is partial or less than it should be, because of a subluxation then the cells in that organ will be replaced with defective cells and it will continue to be abnormal. Remove the blockage and life and health return; the body then heals itself.

APOLLO CHIROPRACTIC CLINIC
FIRST ST. & PARK AVE.

Dr. R. C. REEFER 478-2210

The policy of this office is to accept all cases regardless of condition or financial ability to pay.
"Nerves, just nerves". The pressures of modern life are becoming more difficult to cope with. Nearly every person suffers stress. It is possible to get relief the modern way, with chiropractic care. With this type of care it's possible to reduce nerve pressures along the spinal column to increase the vital life force into your body. With a more vital force it's easier to cope with stress. If you're suffering from stress you can't say that you've tried everything unless you've included chiropractic care.

To Your Good Health From
DR. V.F. RIZZO CHIROPRACTIC CENTER
108 N. Center Street in Ebensburg. Phone 472-9310.

Hours: 9-5 Daily except Thursday; Tuesday and Friday evenings by appointment. Sat. 1-3

Specializing in spinal corrections and the rehabilitation of chronic disorders.
PINCHED NERVE...

IN THE FOLLOWING SPINAL AREAS .... MAY CAUSE

1. Headaches, Nervousness, Dizziness, and Tension.
3. Muscular aches of upper back, shoulders, & arms.
4. Chest pains, functional Heart distress, difficult breathing, and asthma.
5. Stomach and liver disorders.
6. Shingles, and disturbances of the upper bowels.
8. Slipped disc, lumbago, and low-back pains.
9. Sciatica, constipation, menstrual problems, and sacro-iliac pains.
10. Bladder disturbances, leg cramps, and colon disorders.

WHY BE SICK WHEN YOU CAN BE WELL?

West Hazleton Chiropractic Clinic

Dr. T.M. Eyerly  Dr. R.F. Brundage

19 E. Broad St., W. Hazleton

Office Hours
Mon.-Wed.-Fri. 9-12, 2-4, 6-9
Tues., Thurs 1-5, Sat. 9-12

Phone: 455-5822
WHY IS IT THAT CHIROPRACTIC SUCCEEDS AFTER OTHER METHODS HAVE FAILED?

No matter how long you have been sick, no matter what you are suffering from, no matter what you have been told about your problem, it may be that you are strictly a Chiropractic case and have been treated for something else. You cannot say everything has been done unless you have first tried chiropractic.

WHY BE SICK WHEN YOU CAN BE WELL?

WE ACCEPT ALL CASES REGARDLESS OF ABILITY TO PAY.

BOUMA Chiropractic CLINIC

1350 INDIAN SPRINGS RD.
INDIANA, PA. 15701
Area Code 412-465-4080
HEADACHES, OFTEN THE DANGER SIGNAL

Although a headache is a painful experience, often times the one who suffers from it should be thankful, for it is an indication that something is wrong with the mechanism of the body. It is like a red light on the railroad track that warns one to stop, look and listen.

Headaches may mean that something is wrong with the LIVER, the STOMACH, the EARS, the EYES, or OTHER ORGANS. It is the beginning of the preventable illness, and it comes as a warning in time to repair any initial mischief and ward off the ultimate consequences. Taking an aspirin or other drug to relieve the headache is like the ostrich putting his head in a hole in the ground to avoid danger. The drug may temporarily relieve the pain, but will not remove the CAUSE.

Chiropractic adjustments removes the cause of many types of headache and may avert future trouble.

WHAT CAN YOU LOSE EXCEPT YOUR ILL HEALTH?

DAHLSTROM CHIROPRACTIC FAMILY CENTER

1202 Mission Rd., Latrobe
(Behind Needham Chevrolet)
Phone 539-9445
If no answer... 539-8342

"Where Good Health Becomes Reality"
Where has this nation's pride in its health gone? We are a sick nation. We are a drugged nation, and it's about time all of us become aware of it. Just listen the next time a group of people are talking. You'll learn about all the details of their operations. You'll learn about all the pretty little pills they take. You'll learn about their sickly trips to the doctor, and after all that they will say how terrible they feel. This is all quite "normal" and acceptable.

On the other hand, let someone mention that they feel fine - braggard; that they take daily walks for exercise - crazy; that they try to eat the freshest and most natural foods - faddist; that they get regular Chiropractic adjustments for prevention - quacks! We've got ready labels for anyone who tries to stay healthy. Yet we accept sickness and disease as a way of life.

Doesn't that seem backwards to you? It does to me! HEALTH MUST BE PROTECTED WHILE YOU HAVE IT! Don't wait until your health is gone to do something about keeping healthy.

Chiropractic seeks to build and maintain strong resistance and natural health. Have you doomed yourself to sickness and suffering because you aren't willing to make any effort to protect your health? Are you convinced that health comes in pill bottles? If so—don't go to a Chiropractor.

Chiropractic seeks to remove nerve interference, and to restore normal body function resulting in natural lasting health.

MIDDLETOWN CHIROPRACTIC HEALTH CENTER
219 Spring St. 944-4676
HOURS BY APPOINTMENT ONLY
We accept all families and patients regardless of Condition or Financial ability to pay.
TIRED OF BEING SICK?

Are you sick and tired of being sick? Do your symptoms remain the same with a few newly added side effects? Is your prescription guaranteed to work or your druggist will refund your money? Did you MD say try this drug and if it doesn’t relieve your symptoms, come back and we will try something else? How much longer are you going to be a human guinea pig? Has your doctor ever told you it could be NERVE interference between the brain and the organ or organs involved?

If the above paragraph fits you, then it’s time you switched to CHIROPRACTIC. We get 75% of our patients after they have been the medical route. CHIROPRACTIC works . . . it gets results and that’s what counts.

We Accept All Cases ... Regardless of Condition or Financial Ability To Pay!

DAHLSTROM CHIROPRACTIC FAMILY CENTER

Dr. S. L. Dahlstrom
Chiropractor

1202 Mission Rd., Latrobe (behind Needham Chevrolet)

PHONE 539-9445
(if no answer: Phone 539-8342

"Where Good Health Becomes Reality"

LATROBE, PA.

BULLETIN (e)
PINCHED NERVES...

IN THE FOLLOWING SPINAL AREAS...MAY CAUSE

1. Headaches, nervousness, dizziness and tension.
2. Neck pains, torticollis.
3. Bursitis, and arm pains.
4. Muscular aches of upper back, shoulder and arms.
5. Chest pains, functional heart distress, difficult breathing and asthma.
6. Stomach and liver disorders.
7. Shingles and disturbances of the upper bowels.
8. Kidney disorders, skin disturbances and mid-back ache.
10. Sciatica, constipation, menstrual problems and costovertebral pain.
11. Bladder disturbances, leg cramps, and colon disorders.

Approximate representation of spinal nerve areas.

Dr. Fred C. Edge

Edge Chiropractic Life Center
1215 Butler Ave.
Phone: 649-1779
Testimonial:

"Before I sought Chiropractic Care I was having upper back pain, sinus problems, heartburn and indigestion along with foot cramps. A good friend of mine recommended Dr. Paul J. Harbosky because of the good results he had obtained.

I also received excellent results with all my problems. The pain is completely gone and so are the causes of my problems. After suffering with this for years Dr. Harbosky cleared out my complaints in a matter of weeks.

I would recommend Chiropractic Care for everyone to enjoy general good health and those with real problems."

Wayne E. Ray
Charleroi, Pa.

Dr. Paul J. Harbosky
33 McKee Ave.
Charleroi, Pa.
(412) 487-9160
Why Do Chiropractors Advertise?

Many people have wondered why chiropractors advertise and other doctors don't. In answer to that, think about this: almost everyone knows what an M.D. can and can't do with regards to health care. But how many people really know and understand what chiropractic can do? People who go to a chiropractor only after suffering through various other kinds of health care methods probably would have tried chiropractic first had they only known how it could help them.

In addition, some people receive faulty information about chiropractic from other kinds of doctors. If you want advice regarding chiropractic and your health — ASK A CHIROPRACTOR — not someone who knows very little about it.

If you have a question or health problem you would like to see answered, please write or phone the office and state your question.

Mt. Hope Chiropractic Clinic
16th & Mt. Hope Ave., Pottsville
Phone 622-7786
Office Hours: By Appointment
Mon., Wed., Fri. 9:30-11:30 1:00-4:30 6:00-8:00
Tues. 1:00-4:30 6:00-8:00
Sat. 10:00-2:00
All bodily actions are controlled by nerve impulses from the brain. If these messages cannot reach their proper destination because of pressures or impingements in the spinal column, the worn-out old body just doesn't want to respond to the order to get up and move.

That healthy, happy feeling returns fast, however, when a competent chiropractor gently adjusts the spinal column to allow free flow of nerve energy through the body. Nature imports the glow of health and the man again becomes the master of the body, and life is a pleasant, new experience every day.

Another Health and Life Article from the Office of:

Dr. Leo S. Oakchunas
Chiropractor
120 Wyoming Ave.
Wyoming, Pa. 18644
Monday, Wednesday, Friday
10 to 12; 1:30 to 4
4 to 8 p.m.
Tuesday and Thursday
4 to 9 p.m.
By Appointment Only
For Appointment
Call 693-0177
Free Spinal X-Rays
WHEN NECESSARY
Testimonial:

"I was involved in an automobile accident where I was hit on the left side of my car. The accident did extensive damage to my car, and left me with severe pain in the left side of my neck and shoulders. I was having terrific headaches and could find no relief for them.

My girl friend recommended Dr. Harbosky to me. The doctor took X-rays to fully understand the problem before beginning treatment. I have gotten complete relief from pain. The results I received from the treatment are fantastic. My post X-rays show the difference and great improvement I have made.

Dr. Harbosky treats each person as an individual. He takes time with each patient and doesn't hurry you along. He answers all your questions, is patient, honest and truthful."

Carol Reda

Charleroi Chiropractic Clinic

Dr. Paul J. Harbosky
305 McKean Ave.
Charleroi, Pa.
DR. CHARLES J. ZEMO
THREE POINTS CHIROPRACTIC CLINIC
114 N. Hanover St.
Carlisle, Pa. 17013
717-249-1120

Mon., & Fri.
9:00 to 12:00 A.M.
4:00 to 8:00 P.M.
Wed.
1:00 to 6:00 P.M.

Tues. & Thurs.
9:00 to 12:00 A.M.
2:00 to 6:00 P.M.
Sat.
9:00 to 12:00 A.M.

OVER THE CASUAL SHOP
HEALTH TIPS

by Dr. Louise A. Froehlich
Chiropractor

Arthritis

Often the arthritic patient has a poorly functioning nervous system, causing direct or indirect spinal problems. The joints of the body need a strong, normal nerve supply to function properly.

Over 50,000,000 Americans suffer from arthritis. It can strike quickly or cause several months to develop. Early attention to symptoms can prevent secondary complications.

Chiropractors are specialists in locating and correcting abnormal nerve impulses, transmitters and spinal misalignment, both of which are factors in arthritis. Chiropractic is a natural healing science which maintains and restores good health by keeping nerve impulses flowing freely.

Presented for the public interest by
Dr. Louise A. Froehlich, Chiropractor,
Richboro, Pa. 18954.
ST. MARYS, PA.
SEP 12, 1977
Daily Press (e)
Circ. 4,881

SINUSITIS
(Ofteen Thought To Be A Common Cold)
 Doesn't Need To Be
So "Common"

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 headaches, 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, from 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.

Why be sick when you can be well?

KURTZ CHIROPRACTIC LIFE CENTER
781-7117
CHIROPRACTIC LECTURE

BY: Michael Jude Loquasto, D.C.; Ltd.

SUBJECT: Sinusitis, Colds & Flu

Tuesday, September 20, 1977 5:30 to 6:30 p.m.

Clinic of Hope
127 Mauch Chunk Street, Nazareth, Pa.

Public Invited

We offer "HOPE" to all people at a time in their lives when everything else has failed.
Questions and Answers

Q: Is there any help for the arthritic patient?
A: Absolutely! Our center has obtained some very fine results using a combination approach. Elimination of spinal stress through manipulation is essential. Chiropractic therapy reduces inflammation and returns mobility to the spine. A very careful nutritional program involving natural foods and vitamin supplements is a must. The body can heal itself if only we give it a chance.

Q: I understand the governor has appointed a chiropractor to head up the black lung problem. How does chiropractic help black lung disease?
A: Proper chiropractic care will insure that the lungs have an uninterrupted nerve supply. The end result is that the lungs will function at top capacity. Foreign substances such as coal dust, etc., can then be eliminated more effectively before they accumulate to cause severe problems.

Q: Angina pains in the chest are very distressing. How does chiropractic help this problem?
A: All the major chest muscles receive their nerve supply from the middle of the spine. A vertebral misalignment in this area may produce irritation to the resulting nerves. Chest muscle spasm with pain is often the end result. Correction of the misalignment usually brings relief from pain in a short time.
INFLAMED SINUSITIS

Dr. Thomas F. Snyder D.C.

Someone suffering from Sinusitis usually has severe aching in face and head. This is due to swelling of the mucous membrane causing drainage channels to become blocked with a thick discharge. The membranes and channels of sinus normally produce a liquid to moisten the air passage which are controlled by nerve impulses. In sinus trouble these nerve impulses usually occur in the spinal column and are called subluxations. These subluxations can be caused by a fall, a jar, or involuntary muscle contraction and can be detected with a Chiropractic examination and usually corrected by treatment.

(One of a series of articles published in the public interest to explain and illustrate the scientific practice of Chiropractic, written by Dr. Thomas F. Snyder, Chiropractic Orthopedist, Brodheadsville, Pa. Phone 992-4787.)
"Have you made the rounds"? Spinal nerve pressure can cause many ailments. Do you experience one of the following 10 danger signs?

1. Headaches
2. Allergies or Asthma
3. Nervousness
4. Numbness In Hands & Arms
5. Low Back & Leg Pain
6. Sciatica
7. Shoulder Pain & Bursitis
8. Arthritis
9. Skin Diseases
10. High or Low Blood Pressure

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Dr. John Pedrow

PEDROW CHIROPRACTIC CENTER

IRWIN, PA.
SEP 12 1977
The Daily Standard-Observer (e)
Circ. 10 765
ARE YOU HAVING AN ENERGY CRISIS?

It has been estimated that 90% of the people of the world are having an energy crisis: (a nerve energy crisis). This is a lack of nerve energy getting to certain areas of the body. This is caused by a subluxation. (A bone in the spine out of place causing an interference of the flow of nerve energy).

The lack of nerve energy can cause headaches, allergies, back pain, asthma, high blood pressure or just plain sickness and disease.

Are you sick of suffering? It's time to see a chiropractor and see if you are having an energy crisis.

Phone 473-3585

Trout Chiropractic Clinic

RD1 Danville Highway, Northumberland, Pa.
CHIROPRACTIC
Questions and Comments

Q: I'm amazed. After being under medical care for two years, with little or no results, and after spending a small fortune on the medical merry-go-round, (G.P., orthopedist, neurologist, internist, G.P.), I finally decided to go to a Chiropractor. I now feel like my old self again. No headaches, neck pain and edgy nerves and best of all no dozy feeling from drugs.
A: How old do you have to be to have Chiropractic care?
Q: My youngest patient, so far, has been six days old. My oldest, 92. The lightest - 9 lbs. The heaviest - 325 lbs. If you have a health problem, you are eligible for Chiropractic care.
Q: Do you always take an X-ray of a new patient?
A: Depends. Every Chiropractor has X-ray equipment and we use it when and if it is needed.
Q: Is there a beginning of better co-operation between Chiropractors and medical people?
A: A little. The mere fact that less than half of the M.D.'s belong to the A.M.A. is encouraging.

By P. E. Bernold, Chiropractor
5 Primrose Ln. (Corwollen) West Chester/696-4813
A Vertebral Subluxation is a condition in which a bone (A) in your spine is misaligned to a degree which may or may not cause pain. The spinal nerve passageway (B) between two vertebrae (bones of the spine) is choked off which causes nerve pressure. This pressure interferes with vital nerve messages from the brain which controls the function of organs in your body (Arm, Leg, Stomach, Heart, Kidney, Etc.) Accidents, bad posture, and occupational hazards can cause a vertebral subluxation. Even after years a slight pressure on nerves will result in lowered resistance and disease processes. Chiropractic adjustments to your spine restore the misaligned vertebra to its proper position enabling the normal flow of life energy to resume over the nerves. When this happens nature works to heal your body as only it can. You may be taking pills to treat the symptoms of what vertebral subluxation has been causing. Chiropractors don't treat diseases, but correct the cause as it relates to the nerve system.

Do you have a Vertebral Subluxation? Only a Chiropractor can tell by simple examination.

DOYLESTOWN CHIROPRACTIC CENTER
33 SWAMP RD. • CROSS KEYS • DOYLESTOWN • 348-3751
THE POWER THAT MADE THE BODY HEALS THE BODY

OUR PATIENTS SPEAK

To Whom It May Concern:

For two months I suffered with bronchitis. I doctored with medical doctors took all kinds of medication but I received no relief. After getting no better, I decided to see a Chiropractor. The Chiropractor took an x-ray of my spine, located the nerve interference and began adjustments that very same day. I now no longer have the trouble breathing and the bronchitis no longer troubles me. I have also received much relief from my arthritis in my spine and my legs I can walk better, feel better and I even look better!

I still receive Chiropractic adjustments regularly and urge everyone with bronchial trouble or arthritis to see a Chiropractor today. After all, what have you got to lose except the pain!

Most sincerely,

Mrs. Susanna Wick
New Kensington, PA

To Whom It May Concern:

Have you ever felt like your outlook and thoughts on life were dull and without understanding? This is how I felt until I started receiving Chiropractic adjustments. I was very depressed and did not feel like doing even my everyday housework. I was bothered terribly with severe headaches and could not even sleep well at night. I made an appointment with a Chiropractor in my area. I thought I had tried everything else, why not a Chiropractor? The Chiropractor took an x-ray of my spine and began Chiropractic adjustments that very same day. I have been receiving Chiropractic adjustments regularly and have felt wonderful. I recommend Chiropractic to all my friends and family. Why suffer needlessly? I know how much Chiropractic has helped me, now won't you find our too?

Most sincerely,

Mrs. Marilyn Wilson
New Kensington, PA 15065

WHY BE SICK. WHEN YOU CAN BE WELL?

WE ACCEPT ALL CASES—REGARDLESS OF ABILITY TO PAY

BENGEL CHIROPRACTIC CLINIC
825 FREEPORT ROAD (Rt. 28) • BRACKENRIDGE, PA
Phone 224-2224
HAY FEVER

How often have you heard, "I'd love to drive in the country these nice fall days, but I can't stand to be out in the outside air. My hay fever is terrible when I breathe dust, ragweed, and dry grass."

Perhaps you have made similar comments yourself. If so, you know how miserable a person can be who is subject to "hay fever." What is this thing called hay fever that causes so many people to suffer? Allergy is the effect of substances, to which a person is sensitive. A condition of exaggerated or unusual specific susceptibility to a substance which is harmless in similar amounts for the majority of people.

Pollen, goldenrod, ragweed, and dust are merely irritants and not the primary cause of hay fever. If it were the sole cause, everyone who whiffed the air that floats pollen, dust and aromas would be a victim. But, since all such persons do not catch hay fever, the cause must be in the person rather than the substances he comes in contact with.

If there is insufficient nerve supply to the usual organs of elimination, then the skin may have to carry more than its share of toxins and rash, hives, and skin blemishes will result. If the nasal passage and lungs are susceptible because they lack the controlling amount of nerve energy, then additional trouble in the blood streams may cause asthmatic or hay fever reactions. The symptoms each person has will vary depending on the area or areas of the spine affected and the nerves that are involved. However, if there is a proper amount of nerve energy supplying all parts of the body, such symptoms are less likely to cause distressing results.

Dr. George L. Sabo
— Chiropractor —
516 Chestnut St., Reading, Pa.
Hours Mon., Wed. & Fri.
10 A.M. to 10 P.M.
FOR APPOINTMENT
PHONE: 372-0589
BACKACHE SPELLS TROUBLE

When Neck and Back Pains, no Matter how Infrequent or seemingly inconsequential is cause for Serious Consideration. If Pain is frequent or of long duration it is cause for deep concern and immediate action.

Avoid serious Problems later, take the time now to arrange an appointemnt for a Consultation and get Professional advice. IT MAY BE YOUR FIRST STEP TO RELIEF.

CALL 775-3931
The Farina Chiropractic Clinic
404 W. Lancaster Avenue Shillington, Penna.

Dr. Farina
Pedrow Chiropractic Center

"Delay Allows Any Disease To Grow Worse!"

Spinal nerve pressure can cause many ailments. Do you experience one or more of the following:

11 Danger Signs

1. Headaches
2. Pains in Neck
3. Pains in Shoulders
4. Pains in Back
5. Pains in Hands and Arms
6. Pain in Throat
7. Loss of Sleep
8. Upset Stomach
9. Swelling of Hands
10. Sciatica
11. Loss of Hair

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9:30 to 2 & 4 to 7

RT. 30, NORTH HUNTINGDON
ENTRANCE TO BLUE DELL DRIVE-IN
LEG PAINS & CHIROPRACTIC

When a spinal segment is not in its normal position, it partly closes nerve openings between the vertebrae, which in turn causes the nerve to be pinched, the result is nerve pain which extends down the leg.

THE 5 DANGER SIGNALS:
1. Stiffness or pain in the lower back.
2. Numbness or tingling in the legs.
3. Extreme fatigue in the lower back or legs.
4. Painful hips or knees.

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NEW CASTLE, PA.
SEP 13 1977
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Phone: 652-1722

• Numbness In Hands
• Burning or Pain In Legs or Hips
• Low Back Pain
• Slipped Discs
• Allergies
• Arthritis
• Asthma
• Back Disorders
• Constipation
• Dizziness
• General Tension
• Headaches
• High Blood Pressure
• Lumbago
• Menstrual Disorders
• Migraine Headaches
• Nausea
• Spinal Curvature
• Stiff Necks
• Joint Pain
• Blurred Vision
• Pain Between the Shoulders

One Million Will Be Treated by Chiropractic today.
SEVERE PAIN IN LOWER BACK AND BOTH LEGS

Due to an injury at work, I suffered with severe pain in my lower back and in both legs. I had difficulty bending, stooping or reaching without getting sharp pain. This condition persisted for a period of six months, during this time I was consulting with my family doctor, a neurologist and an orthopedic surgeon. Their recommendation was major surgery, with only a 60 to 76% chance of complete success.

At this point, I decided to give chiropractic a try. I didn't want to face possible risky surgery. The relief I have gotten is almost unbelievable! The severe pain is gone. Middle back pain and fatigue, which plagued me for years due to poor posture, is also gone. I now have fewer headaches and seldom do I ever get a slight cold.

An added bonus, after nine years of inconclusive tests, operations and such, I am now happy to announce a long awaited pregnancy.

Would I recommend Chiropractic to others? YES, DEFINITELY! I have gotten fantastic results and relief. I didn't have to undergo possible surgery. If people were willing to seek Chiropractic Care, I feel they'd be healthier and happier.

Mrs. Kathy Barnhart
Bloomsburg, Pa.
Your Health Through Chiropractic

By DR. CARMELO S. BASILOTTA
DC. CHIROPRACTOR
100 WEST MAIN ST.
NORRISTOWN, PENNSYLVANIA 19401

OH! MY ACHING BACK!

Every year over two million additional persons are afflicted with back problems.

From a Chiropractic point of view, the primary cause of low back pain is a continual irritation of the nerve root by a misaligned vertebra. Certain types of occupations and sports develop the body in an unbalanced manner creating spinal problems.

Even a popular sport, such as golf, can be the cause of back problems, especially for people who spend a week sitting at a desk and then using their muscles strenuously on weekends.

If your occupation or sport is giving you a health problem, Chiropractic may be the answer.

FOR AN APPOINTMENT CALL
275-1144
Charleroi Chiropractic Clinic

Testimonial

"I was involved in an automobile accident where I was hit on the left side of my car. The accident did extensive damage to my car, and left me with severe pain in the left side of my neck and shoulders. I was having terrific headaches and could find no relief for them.

My girlfriend recommended Dr. Harbosky to me. The doctor took X-rays to fully understand the problem before beginning treatment. I have gotten complete relief from pain. The results I received from the treatment are fantastic. My post X-rays show the difference and great improvement I have made.

Dr. Harbosky treats each person as an individual. He takes time with each patient and doesn't hurry you along. He answers all your questions. He is patient, honest and truthful."

Carol Reda

Dr. Paul J. Harbosky

228 McKean Ave.
Charleroi, Pa. 15022
(412) 489-9160

Monessen, PA.
Sep 13 1977
The Valley Independent
City 39-382 dent
ARE YOU A STATISTIC OF CHRONIC ILL HEALTH?

DID YOU KNOW

20 MILLION adults suffer with chronic headaches
12 MILLION Americans have high blood pressure
13 MILLION suffer with arthritis

The majority of these people are taking large doses of prescription drugs for their symptoms. Do the drugs eliminate the problem or just cover it up? Why do the symptoms return again?

The answer to these questions is "yes". The cause of your symptoms is often the result of "chiropractic". Let him determine if interference through spinal misalignment is the cause of your being a statistic of ill health.

KRUPAR
CHIROPRACTIC
LIFE CENTER

Dr. Andrew C. Krupar
327 W. Pgh. St.

Dr. Betty O. Krupar
Greensburg, Pa.

Dr. Homer L. Bowers
Ph. 834-1887
Often the arthritic patient has a poorly functioning nervous system, causing direct or indirect spinal problems. The joints of the body need a strong, normal nerve supply to function properly.

Over 50,000,000 Americans suffer from arthritis. It can strike quickly or take several months to develop. Early attention to symptoms can prevent secondary complications.

Chiropractors are specialists in locating and correcting abnormal nerve impulse transmission and spinal misalignment, both of which are factors in arthritis. Chiropractic is a natural healing science which maintains and restores good health by keeping nerve impulses flowing freely.

Presented for the public interest by,

Dr. Louise A. Froehlich,
Chiropractor, Richboro, Pa.
355-1133
A NEW APPROACH IN DIGESTIVE DISORDERS

Some cases of digestive disorders are, of course, due to improper eating and drinking habits, and environmental tension. But, a major cause of digestive disorder is faulty digestion due to abnormal nerve function. The complex chemistry of digestion is dependent upon the function of the nervous system. Any irregularity in digestion or elimination suggests an interference somewhere along the line of nerve supply from the brain through the spine into the digestive tract. This must be corrected before normal function to the digestive organs can be restored.

Chiropractic specializes in restoring normal nerve function and, therefore, offers a most effective approach to correcting the cause of many digestive disorders. Among the many disorders of digestion that respond to modern chiropractic care are: Indigestion, biliousness, colic, gastritis, ulcers, esophageal spasms, nervous stomach, liver and gallbladder dysfunction, irritable or spastic colon, and constipation.

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   ... Without dangerous drugs

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   ... Naturally and economically

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R. M. MISKOVICH, D.C.  R. DAVIS, D.C.
HIGH BLOOD PRESSURE AND CHIROPRACTIC

SYMPTOMS OF HIGH BLOOD PRESSURE
High blood pressure may be indicated in many ways:
- Shortness of breath;
- Dizziness when posture is changed;
- Ringing in the ears.

Any of these symptoms should be taken seriously. Unfortunately, high blood pressure may go undetected for years because in its early stages there may be no symptoms to cause people to seek treatment. This is one of the most important reasons for having a regular chiropractic examination.

Chiropractic adjustments restore normal energy impulses, permitting the organs, muscles and cells of the body to resume normal function.

Appointments Call 379-6290

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3. No Fault (Automobile)
4. Medicare
5. Medical Assistance
6. Major Medical

“The doctor of the future will give no medicine—but he will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.

Thomas A. Edison
Are you the one adult in three who McCall's magazine says is addicted to drugs? Has your doctor told you, "It's just your nerves"? Take these pretty little "happy" pills and you'll feel better.

Did you find out why it's your nerves? Did you find out what causes your nerves to be "UPSET"? Do you know how to remove that cause and prevent it from reoccurring?

If not, you're only fooling yourself into believing you are better when you are not. Indeed, you probably do feel better, but then so does a wretched heroin addict after his fix. Anyone can feel better when they are on drugs. It takes effort to be better.

Find out WHY!

If you have a mental or emotional problem, see a psychologist. However, if you have pressure on your nerves causing tension or digestive upset, see your Chiropractor. Remove the cause of your problem, but don't "cop-out" with drugs!

What have you got to lose except your ill-health and high drug bills?

MIDDLETOWN CHIROPRACTIC HEALTH CENTER
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HOURS BY APPOINTMENT ONLY

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Been Told
"IT'S YOUR NERVES"
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TODAY

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- Tues.-Thurs. 1-5, Sat. 9-12
Pedrow Chiropractic Center

"Delay Allows Any Disease To Grow Worse"

Spinal nerve pressure can cause many ailments. Do you experience one or more of the following:

- 1. Headaches
- 2. Painful Joints
- 3. Numbness in Arms and Legs
- 4. Leg Pains
- 5. Loss of Sleep
- 6. Neck Stiffness
- 7. Shoulder Pain
- 8. Low Back Pain
- 9. Bunions
- 10. Sciatica
- 11. Upper or Lower Stomach

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823-8090
9:30 to 2 & 3 to 7
RT. 30, NORTH HUNTINGDON
ENTRANCE TO BLUE DELT DRIVE-IN
Arm Pain & Dizziness

For three months I had arm pain & dizziness. Now through Chiropractic care both the dizziness and arm pain are completely gone.

William Pilch
New Castle, Pa.

HEADACHES—LOW BACK PAIN — SINUS — NECK PAIN
ARTHRITIS—SHOULDER PAIN—NUMBNESS—ALLERGIES

Your Body Has The Ability to
HEAL THESE & MANY OTHER PROBLEMS

CHIROPRACTIC Release
This Inborn Power.
EDGE CHIROPRACTIC
LIFE CENTER
1212 BUTLER AVE.

Dr. Fred C. Edge
(Across from Blair Strip Steel)
1212 Butler Ave.
Phone: 652-1772
Time marches on! It really doesn’t seem possible that this month (September) marks the 82nd anniversary of the discovery of chiropractic. Every year more and more people are learning what great good, from a health standpoint, is derived from this, the largest drugless healing art in the world.

Can you imagine what struggles were experienced by the early practitioners who were trying to “tell the story” that health comes from within? People laughed and scoffed at such philosophy because, to them, it just did not make sense. How wrong they were!! Throughout these 82 years, chiropractic has been the target of those who were, and are, too biased, opinionated and selfish to try to understand that it is the body that heals. Chiropractic is really a simple philosophy once real thought is given to it. How much more simply can it be said that the NERVE system controls all the other systems of the body and function of the chiropractor is to correct and maintain the efficiency of this great system. He does this by seeing to it that there is no interference in the transmission of the life giving force from brain cell to the tissue cell. These impulses can be blocked by an impingement and therefore the quantity and quality of nerve supply is cut off. Step on your garden hose and see what happens to the flow of water coming out of the nozzle!! The same happens in the body. This has been the story, the practice and the theory of chiropractic all these years and chiropractic is adding years to life and life to years.

WE ACCEPT ALL CASES REGARDLESS OF ABILITY TO PAY

Dr. Lawrence Bouma
CHIROPRACTOR
465-4080

chiropractic CLINIC

San Springs Rd.
INDIA, PA 15201

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STOP AND READ THIS!

1. Arthritis
2. Backache
3. Asthma
4. Nervousness
5. Chronic Colds
6. Hay fever
7. Headaches
8. Sinus Trouble
9. Sore Throat
10. Stiff Neck
11. Stomach Trouble
12. Hypertension
13. Arm Pain
14. Leg Pain

Can result from spinal nerve pressure.

Clip this ad out and bring it to our office for a FREE consultation or give it to someone you care about. This ad will admit you to our spinal hygiene class to answer any questions you have about chiropractic. Wednesday, September 21, October 5, 7:30 P.M. in our office. Appointment Only. CALL 722-3220.

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Highway Street
Yukon, Pa.
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FOR RESULTS?
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Dr. P.D. Cook III

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303 North Center St.  664-3573  Corry, Pa.
CHIROPRACTIC EMPHASIZES PREVENTION

HIP and LEG PAIN
Chiropractic Can Help...
Delay may make hip and leg pain become worse

If you suffer from lumbago, rheumatism, neuritis, or sciatica, or any other hip or leg problems, ask your chiropractor to examine your spine and nervous system. If indicated, he will provide chiropractic spinal adjustments which can restore vital nerve energy to these affected parts. Once the nerve interference has been removed and the normal flow of nerve energy has been restored, nature can go to work and promote healing from within.

Yes, chiropractic can help nature relieve and heal ailments that cause hip and leg pain. But remember, delay makes any condition worse. So seek a chiropractic examination immediately to see if yours is a condition which comes within the range of chiropractic science, one that may have been overlooked for too many months - or perhaps years!

MT. HOPE
CHIROPRACTIC CLINIC
16TH & MT. HOPE AVE., POTTSVILLE
622-7786
Office Hours By Appointment
MON., WED., FRI.
9:30-11:30; 1-4:30; 6-8:00
TUES., 1-4:30; 6-8:00
SAT., 10:00-2:00
Dr. David G. Novatnak
Suffer With Arthritis??

Seven million people are disabled yearly in the United States because of arthritis attacks. Most forms of arthritis can be relieved of pain, but unless properly treated this condition usually progresses in severity. Outstanding results are being achieved with Chiropractic even in the most stubborn cases.

Individuals who have experienced the discomfort and nervous tension of joint pains owe it to themselves and their families to solve this health problem through Chiropractic:

THE 10 DANGER SIGNALS...

1. Stiffness or pain in the lower back.
2. Numbness, pain or tingling in the legs.
3. Extreme fatigue in the lower back or legs.
4. Frequent pain between the shoulders.
5. Persistent pain and muscle tension in back of neck.
6. Grating and popping noises when turning head.
7. Recurring headaches.
8. Numbness, pain or tingling in the arms or hands.
9. Painful joints, shoulders, elbows, hips or knees.
10. Loss of Sleep.

"Prompt attention prevents long sages of disability."

Dr. W. B. Keneskey
CHIROPRACTOR

601 Centre Street Ashland
Phone 875-1919 FOR AN APPOINTMENT
Five Phases of Recovery

As the first step in eliminating disease and obtaining the proper adjustment, the case is studied in detail. The hallmark of spine analysis is the ability to detect the cause of spinal irritations in the initial examination. This enables us to move forward with healing.

Dr. Leo S. Oddlemons
Chiropractor

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Free Spinal X-Rays when necessary
DR. JACK D. HERD & STAFF ARE PROUD TO ANNOUNCE THE ASSOCIATESHIP OF DR. MICHAEL J. BARTELL IN THE FAMILY PRACTICE OF CHIROPRACTIC AT THE HERD CHIROPRACTIC CLINIC, 2704 Market Street, Camp Hill, PA. Office Hours by appointment, call 732-1681, Monday thru Saturday & Evenings.

Dr. Bartell is a graduate of Bishop McDevitt High School. He received a Bachelor of Science degree from Lebanon Valley College in 1972, with a major in Biology and minors in Chemistry and Psychology, in the pre-chiropractic curriculum. Dr. Bartell also studied Biology in the Masters of Science program at Shippensburg State College. He also studied at M.S. Hershey College of Medicine of Pennsylvania State University, Department of Behavior Sciences in the Drug Abuse Education Program. Before entering New York Chiropractic College, Dr. Bartell taught Secondary Science in both the Harrisburg and East Pennsboro School Districts.

While at S.Y.C.C., Dr. Bartell was on staff at New York Institute of Technology in the Counseling Division, and was a guest lecturer on Chiropractic at Long Island University, C.W. Post College Center.

Dr. Bartell did post-graduate studies in Human Biology at New York Institute of Technology and was co-author to an original research proposal to examine, Chiropractically, the low-back syndrome called Glomer's Back, a problem very prevalent in the Long Island fishing industry. He was also a contributing author to the N.Y.C.C. Clinic Intern Manual. As a graduate of N.Y.C.C., Dr. Bartell is certified in Radiology, Clinical Diagnostic Sciences and is National Board certified in Physiotherapy. He is a candidate for diplomat-status with the National Board of Chiropractic Examiners, and is a diplomat of the Pennsylvania State Board of Chiropractic Examiners. Dr. Bartell is also an affiliate of the Parker Chiropractic Research Foundation.

even more adamant in his opinion today.
Disc Injuries

Spinal discs are cartilage pads separating and cushioning the 24 vertebrae of the spine. The discs not only help shape the normal curves of the spine, they make flexibility of the spine possible, and act as important shock absorbers.

Slipped discs usually occur simultaneously with subluxation, or displacement, of the spinal vertebrae, and the most common cause of this type injury is a sudden, forceful movement of the spine, such as a fall, auto accident, lifting, or a blow on the neck or back.

The effects of disc injuries may be very extensive and distressing with pain, limited spinal motion, neurological symptoms and organic dysfunction resulting from nerve impairment.

Surveys show that more than 80 per cent of all injured disc cases can be corrected through specific application of chiropractic spinal adjustments. If you have suffered an injury, consult your doctor of chiropractic promptly. Chiropractic science has pioneered in the field of manipulative correctional care of disc injuries.

(One of a series of articles published in the public interest to explain and illustrate chiropractic, published by Dr. A. P. Karpowicz, chiropractor, whose office is located at 701 S. Blakely St., Dunmore, Pa. Ph. 342-9745)
HEARTBURN IS NOT WHAT IT SEEMS
Dr. Thomas F. Snyder D.C.

A recent article in the D.C. Digest states, "Heartburn is a misnomer, according to a University of Illinois scientist, Dr. Dillison, because it has nothing to do with the heart...nor is it caused by excess stomach acid.

That burning pain in the lower chest which sufferers mistakenly link with the heart is really an inflammation of the esophagus caused by a leaky valve which permits bile to seep from the intestines into the stomach, where it mixes with gastric acid. The source of the irritation, says Dr. Dillison, is really bile secreted by the liver into the small intestine to aid digestion.

Chiropractic care for malfunction of the liver and gall bladder can be effective by restoring more normal supply of the nerves to the digestive apparatus.

(One of a series of articles published in the public interest to explain and illustrate the scientific practice of Chiropractic, written by Dr. Thomas F. Snyder. Chiropractic Orthopedist, Brodheadsville, Pa. Phone 992.4787).
YOUR SPINE IS YOUR LIFE LINE

The brain is the center of body intelligence (life).

By way of the spinal cord and nerves

This intelligence controls all body processes

Circulation

Respiration

Digestion

Repair processes

Urinary function

Muscle action

Nervous system

Perfect health is present when every body part receives full nerve life. Disease does not occur in a body that has balanced function of every part.

Nerve life is reduced when there is pressure on the spinal cord or nerves by slightly displaced spinal bones or thin discs. Poor function, pain and illness are the result.

Chiropractic adjustments restore nerve life to normal. Health is the result.

Regardless of your health problem, a decision to try Chiropractic could well be the best decision of your life.

Trout Chiropractic Clinic

Northumberland, Pa. RD1-DANVILLE HIGHWAY Phone 473-3585
ACQUAINT YOURSELF WITH HEALTH

Modern chiropractors meet the problem of disease through the physical and mechanical approach, rather than through the chemical or drug approach. Frail, sick, aged or even infants are cared for without pain. Chiropractic is the safe sure way to health.

Dr. Leo Cericola
Pembroke Rd. at Elm
Bethlehem, Pa.

866-0543
Tried Everything For

MIGRAINE

HEADACHE

Not unless you've tried

CHIROPRACTIC

DR. ROBERT T. GLASS
CHIROPRACTOR

344 NORTH 5TH ST.
READING, PA. 19601

PHONE 375-2021

OFFICE HOURS
MON., WED., FRI. 10-4, 6-8 P.M.
SATURDAY 10 A.M.-12 NOON
THE POWER THAT MADE
THE BODY HEALS THE BODY
OUR PATIENTS SPEAK

To Whom It May Concern:

Six years ago I had an extremely unfortunate mishap in which I fell from a 12-foot roof. For a period of six months I could walk only with the use of crutches and pain in my lower back was excruciating. Even after this initial six month period of severe pain my lower back continually gave me problems.

It was nearly a year after the initial fall that a friend of mine suggested I see a Chiropractor, which I did, and I'm glad I did. After the first few adjustments I noticed a substantial change, and within a few weeks the pain was totally gone. I still periodically see my Chiropractor just for a check-up and I find that keeping my spine in line helps me with the normal stress and strain that I incur in my occupation.

Chiropractic has been a big help to me so if you are having a health problem and have tried everything but Chiropractic, do yourself a favor and see a Chiropractor in your area.

Joe Rose
Cheswick, Pa. 15024

WHY BE SICK WHEN YOU CAN BE WELL?
WE ACCEPT ALL CASES—REGARDLESS OF ABILITY TO PAY.

BENGEI CHIROPRACTIC CLINIC
825 FREEPORT ROAD (RT 28) TARENTUM
DR. BENGEI 224-2224 By Appointment Only
Are Your Vital Health Nerves In A Straight Jacket?

See Your Chiropractor!

For Further Information or Appointment Call:

DR. DANIEL MILLER
111 North Ave., McKeesport, Pa.
Phone 678-2919

GIRAN CHIROPRACTIC
LIFE CENTER
1122 Pennsylvania Ave., Mt. Mifflin
Phone 466-0441

DR. MILLER
DR. GIRAN
THE POWER THAT MADE
THE BODY HEALS THE BODY
OUR PATIENTS SPEAK

To Whom It May Concern:
I've been suffering with arthritis and bronchial asthma for over fifteen years. My family had been telling me for years a chiropractor would be able to help me. I just kept on taking my pills trying to ease the pain. I thought, well I have what I have and I'll have to put up with pain and shortness of breath.

Over a year ago the pain got so bad that there were days I couldn't sit right, lay down in bed or hardly walk. Even dressing I had to have help. One day my son suggested I let him call Dr. Bengel, a chiropractor, for an appointment. Dr. Bengel took an X-ray of my spine and found out my hips and parts of the spine were out of place. I started with the adjustments and even after the first one I felt better.

I have my adjustments regularly. I'm so grateful I can walk, lay down in bed and dress myself. I can take deeper breaths than I have in years. I'm sorry I didn't listen to my family sooner because going to a chiropractor was the best thing I've done in years. I wish everyone with arthritis or bronchial asthma would go and see a chiropractor and see what a help he can be to you.

Mrs. Florence Fraysier
2408 W. Hardies Road
Gibsonia, Pa. 15044

WHY BE SICK WHEN YOU CAN BE WELL?
WE ACCEPT ALL CASES—REGARDLESS OF ABILITY TO PAY.

BENGEL CHIROPRACTIC CLINIC
825 FREEPORT ROAD (Rt. 28) • BRACKENRIDGE, PA.
Dr. Bengel — 224-2224
CHIROPRACTIC

Questions and Comments

C. I'm amazed. After being under medical care for two years, with little or no results, and after spending a small fortune on the medical merry go round, (G.P., orthopedist, neurologist, internist, G.P.), I finally decided to go to a Chiropractor. I now feel like my old self again. No headaches, neck pain and edgy nerves and best of all no dopey feeling from drugs.

Q. How old do you have to be to have Chiropractic care?
A. My youngest patient, so far, has been six days old. My oldest, 92. The lightest 9 lbs. The heaviest--325 lbs. If you have a health problem you are eligible for Chiropractic care.

Q. Do you always take an X-ray of a new patient?
A. Depends. Every Chiropractor has X-ray equipment and we use it when and if it is needed.

Q. Is there a beginning of better co-operation between Chiropractors and medical people?
A. A little. The mere fact that less than half of the M.D.'s belong to the A.M.A. is encouraging.

If you have a question, write. All will be answered.

Dr. Peter J. Bernosky CHIROPRACTOR
5 Primrose Ln. (Caswellen) West Chester/696-4813
The Valley
Independent
Circ. 18,382

It will be easier for unions to organize after the minimum wage bill passes in the Senate. Labor lobbyists will try to regain some of the ground they lost in the House on the minimum wage bill when it comes to a vote in the Senate.

NECK PAINS...
CAN BE CORRECTED...
THE 9 DANGER SIGNALS

1. Persistent pain and muscle tension in back of the neck.
2. Recurring headaches.
3. Numbness pain or tingling in the arms or hands.
4. Grating and popping noises when turning the head.
5. Painful joints, shoulders, elbows.
6. Frequent pain between the shoulders.
7. Loss of sleep.
8. Dizziness.

We accept all cases regardless of ability to pay.

TUCCI
CHIROPRACTIC OFFICE
BELLE VERNON, PA.
PHONE 929-6100

DR. F.F. TUCCI
Chiropractor
EASTON, PA.

Mid-Atlantic Newspaper Services, Inc.
2717 N. Front St., Harrisburg, Pa. 17110

CHIROPRACTIC LECTURE
BY: Michael Jude Loquasto, D.C.; Ltd.
SUBJECT: Sinusitis; Colds & Flu
Tuesday, Sept. 20, 1977—5:30 to 6:30 P.M.
Clinic of Hope
127 Mauch Chunk St. Nazareth, Pa.
Public Invited
Mrs. B. B., age 64 — from Washington, suffered a bad fall 40 years ago. Her symptoms included low back pain, stiff neck, headaches, rib cage discomfort at night, extreme nervousness, heartburn, right calf pain and difficulty in sleeping.

Following only nine treatments, Mrs. B. B. reports that she is sleeping better, has no more heartburn, and no more calf pain. The other symptoms have diminished considerably.

A VERTEBRAL MISALIGNMENT CAUSING irritation to the spinal cord can cause a large number of symptoms as expressed in this patient.

Many patients have a physical examination every year. The exam includes blood pressure, urine and blood check, listening to heart sounds, etc.

It is interesting to note that very few people ever have a good spinal examination. This is sad because it is the lifeline of your body. It contains the all-important nervous system. Many of the above symptoms in this case history could have been avoided if the spine would have been checked following the fall. Forty years of suffering was not necessary!

SANTAVICCA CHIROPRACTIC CENTER
225-1655
144 North Main Street Washington, Pa. 15301
When Neck and Back Pains, no Matter how Infrequent or seemingly inconsequential is cause for Serious Consideration. If Pain is frequent or of long duration it is cause for deep concern and immediate action. Avoid serious Problems later, take the time now to arrange an appointment for a Consultation and get Professional advice. IT MAY BE YOUR FIRST STEP TO RELIEF.

CALL 775-0931
The Farina Chiropractic Clinic
Dr. Farina
404 W. Lancaster Avenue Shillington, Penna.
Nerve pressure at point 1 may cause severe HEADACHES, beginning at the base of the skull, radiating to above the eye, the forehead, or the top of the head.

NECK PAINS, DIZZINESS, NERVOUSNESS, EMOTIONAL DISORDERS and HIGH BLOOD PRESSURE are but a few more conditions associated with nerve disturbance in this area. Consult a Chiropractor for the exact location and correction of the cause of these conditions.

PINCHED NERVES MAY BE THE CAUSE OF YOUR PROBLEM.

Chiropractic Succeeds Many Times After All Other Methods of Healing Have Failed

We Accept All Cases Regardless Of Ability to Pay.

For Further Information or Appointment, Call

DR. J. O. STERNER (CHIROPRACTOR)
226 Ohio Street Johnstown
HOURS BY APPOINTMENT ONLY 535-8691
R. A. SCHIFFER
CHIROPRACTOR
25 SOUTH MAIN STREET
SHENANDOAH

Phone 462-2336
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MON., TUES., THURS., FRI.
9:30 A.M. TO NOON
3 TO 8 P.M.
WED. & SAT. 9 A.M. TO NOON
24-HOUR
EMERGENCY SERVICE

SUFFER WITH ARTHRITIS?!

Seven million people are disabled yearly in the United States because of arthritic attacks. Most forms of arthritis can be relieved of pain, but unless properly treated, the condition usually progresses in severity. Correcting this is being accomplished with Chiropractic, even in the most stubborn cases.

Individuals who have experienced the discomfort and nervous tension of joint pains due to themselves and their families to solve this health problem through Chiropractic.

THE 10 DANGER SIGNALS...

1. Stiffness of pain in the lower back.
2. Humminess, dizziness, or blurring of vision.
3. Extreme fatigue in the lower back.
4. Formation of fluid between the disk.
5. Formation of fluid in the muscle on or near the neck.
6. Numbness and tingling of the toes when turning head.
7. Raising arm.
8. Trembling, especially in the arms or hands.
9. Painful joints, shoulders, elbows, hips or knees.
10. Loss of sleep.

"Prompt attention prevents long siege of disability."
WHAT CAUSES HEADACHE?

Many persons go through life complaining of headache or neck pain and every year the number of patients complaining of these symptoms increases at an alarming rate. Before considering the treatment of headache, it is necessary to recognize this painful condition as a symptom of many clinical disorders. Thus, a different diagnosis must first be made. The following, with the exception of a few serious disorders, is a simple classification of headache:

1. Traumatic headache - following injury to the upper cervical spine
2. Emotional headache - deriving from anxiety or nervous tension
3. Inflammatory headache - caused by sinusitis, miosis, and arthritis involving tissues of the head
4. Vascular headache - caused by high blood pressure, arteriosclerosis, etc.
5. Metabolic headache - arising with patients with a vitamin deficiency

Treatment towards the alleviation of these symptoms primarily caused or aggravated by emotional tension, metabolic disorders, and interference with nerves controlling the body systems, is one of the Chiropractor's main concern.

If you have been suffering with recurrent headaches, Chiropractic could be the answer to your problem.

FOR APPOINTMENT
TELEPHONE: 275-1144
Many women have discomfort each month with their monthly menstruation cycle. Some have cramps, others are nauseated, some are weak. Don’t think for one minute that monthly discomfort is every woman’s fate. If a woman is functioning properly there is no discomfort.

There should be no cramps—no nausea. There could be NERVE interference to this vital area. CHIROPRACTIC adjustments remove the nerve interference allowing the NERVES to function normally again.

WHY BE SICK WHEN YOU CAN BE WELL?

We Accept All Cases Regardless of Financial Ability to Pay

KRUPAR
CHIROPRACTIC
LIFE CENTER

Dr. Andrew C. Krupar
Dr. Betty O. Krupar
Dr. Homer L. Bowers
327 W. Pittsburgh St. Greensburg
Phone 834-1887
BACK PAIN?
LEG PAIN?

CHIROPRACTIC HEALTH CARE
MAY OFFER REMARKABLE
CORRECTION.

5 Danger Signals of
Possible Spinal Misalignment
1. Stiffness or pain in the lower back.
2. Numbness, pain or tingling in legs or feet.
3. Extreme fatigue in the lower back or legs.
4. Painful hips or knees.
5. Pain radiating down the thighs or calves.

ARE YOU A CHIROPRACTIC CASE?
Only a chiropractor can tell... FIND OUT TODAY!

Call Dr. Kirk W. Chedwick
CLARION CHIROPRACTIC
LIFE CENTER
817 Main, Clarion,
Ph. 226-4033
Chiropractic — Sound, Sensible and Satisfying

Men, women, and children have used the services of a competent chiropractor and continue to do so simply because of the results obtained. The chiropractic principle is one that is sound, sensible, and satisfying. Sound, in that it knows the nervous system is the most important system of the body because it controls all others. The principle of chiropractic is to keep the flow of mental impulses from the brain to all parts of the body so that all parts of the body may function normally. This flow can only be free by being assured that no impingement exists anywhere along the line from the brain to every tissue cell.

Chiropractic is sensible in that we should realize that if something retards or stops the flow of mental impulse, that area of the body will be affected as a result.

Chiropractic is so satisfying because so many thousands have found health again through its application. What is more satisfying than to feel good? To enjoy living? To be free of pain? To sleep and eat well? Thousands of people have sought chiropractic care and attest to the fact that life is worth living when health is present.

Presented for the public interest by

Dr. Louie A. Froehlich
Chiropractor, Richboro, Pa.
355-133
Delay Allows Any Disease To Grow Worse"

Spinal nerve pressure can cause many ailments. Do you experience any of the following:

1. Headaches
2. Painful Joints
3. Numbness in Hands and Arms
4. Leg Pains
5. Loss of Sleep
6. Neck Stiffness
7. Shoulder Pain
8. Low Back Pain
9. Bursitis
10. Sciatica
11. Upset or Nervous Stomach

Pedrow Chiropractic Center

CHIROPRACTIC CARE OFFERS
MAXIMUM RESULTS . . . MINIMUM TIME
LEAST COST TO YOU

PHONE FOR APPOINTMENT 823-3090
HOURS: MON. - FRI.
9:30 to 2 & 4 to 7
RT. 30, NORTH HUNTINGDON
ENTRANCE TO BLUE BELL DRIVE-IN
Although a headache is a painful experience, oftentimes the one who suffers from it should be thankful, for it is an indication that something is wrong with the mechanism of the body. It is like a red light on the railroad track that warns one to stop, look and listen.

Headaches may mean that something is wrong with the liver, the stomach, the ears, the eyes, or other organs. It is the beginning of preventable illness. It comes as a warning in time to repair any initial damage and ward off the ultimate consequences. Taking an aspirin or other drug to relieve the headache is like the ostrich putting his head in a hole in the ground to avoid danger. The drug may temporarily relieve the pain but will not remove the cause.

Chiropractic adjustment removes the cause of many types of headache and may avert future trouble.

WHAT CAN YOU LOSE EXCEPT YOUR ILL HEALTH?

MIDDLETOWN CHIROPRACTIC HEALTH CENTER
219 Spring St. 944-4676
HOURS BY APPOINTMENT ONLY

We accept all families and patients regardless of Condition or Financial ability to pay.
DOYLESTOWN, PA.
SEP 21, 1977

Daily Intelligencer
Circ. 21,111

Sick and Tired of being Sick and Tired?

THIS IS YOUR CHANCE to learn everything you always wanted to know about HEALTH but were afraid to ask... As a community service, Dr. Ken. Albano, Chiropractor, will be lecturing on HEALTH

TUES. & THURS. each wk. 7-8 P.M.

NEW AGE
CHIROPRACTIC LIFE CENTER
Kenneth Albano, Chiropractor
Route 202, Lahaska, 215-794-8028
(next to the Buttonwood Inn)
Five Phases Of Recovery

Restoration Of Nerve Flow

An individual suffering from disease or bodily disorder goes to his chiropractor for trained, competent care.

The chiropractor uses scientific equipment and his training in the function of the body's nervous system as it relates to the spine.

He locates the cause of the disorder and determines the proper adjustment procedure to correct the cause of the disorder.

The chiropractor knows that impingement of one of the spinal nerves is the cause of the bodily disorder. The impingement, or pressure, on the nerve interferes with the flow of nerve energy to the affected part. Once the adjustment realigns the spine and removes the impingement, the vital nerve energy is restored to the body, and recovery begins almost at once.

The chiropractor says, "The power that made the body is the power that heals the body," and restoring the efficient flow of nerve energy gives nature her power to heal.

Dr. Leo S. Oakchunas

Chiropractor

120 Wyoming Ave.
Wyoming, Pa. 18644

Call 693-0177
Headaches are one of the most potent warning signals that the human body has in detecting any disorder you may have. They are nature's way of telling you something is wrong.

Headaches may be caused by a variety of ailments such as kidney troubles, circulation trouble; digestive disorders, blood pressure and neuralgia.

YOU HAVEN'T TRIED EVERYTHING UNTIL YOU'VE TRIED CHIROPRACTIC

Office hours by Appt.
Mon. Wed. Fri.
9:30-11:30 1-4:30 6:00-8:00

Tues. Thurs.
1-4:30 6:00-8:00
Saturday 10:00-2:00

MT. HOPE
CHIROPRACTIC CLINIC

16TH & MT. HOPE AVE. POTTS. 622-7786

Dr. David G. Novaknak
WHAT IF THERE WERE NO CHIROPRACTORS

Can you imagine what would happen if there were no doctors of chiropractic? Just suppose that at noon tomorrow all the people who have ever been freed from a wheel chair by chiropractic were forced to return. Who could supply the demand? And who would push them from place to place? Just suppose all of the men and women who are able to work today because of chiropractic help were to fall to show for work tomorrow. Who would man the machines? How many plants would close? Just suppose that tomorrow all of the people who have been freed from braces, crutches, and canadilcanes were to descend upon the orthopedic shops and demand supports. Just suppose all of the people who have been saved from operations were to descend upon the hospitals and surgeons, demanding immediate attention. And just suppose that at noon tomorrow every person who is alive today . . . whose life has been extended because of chiropractic care . . . were to fall dead upon the street. What would happen? There are some people who would say that the world would be better off without chiropractic. But I wonder what they would say if all the things we have supposed were really to happen. I wonder how many of them would be here to see what happened. RELAX! DON'T WORRY! NOTHING IS GOING TO HAPPEN! Chiropractic is here to stay!

X-RAY SERVICE
Dr. W. B. Kenesky
Chiropractor
601 Centro Street Ashland
PHONE 875-1910
SCRANTON, PA.

JUL 3 - 1971

Tribune (m) 38,101
Scrantonian 91
50,159

Rules For Lifting

1. Size up object and plant feet solidly.

2. Lift with big muscles of legs, thighs, arms and shoulders . . .
   not the spine.

3. Use mechanical lifting devices if load is too heavy. Use common
   sense.

4. Have clear vision and path.


One of a series of articles published in the public press to explain and illustrate chiropractic, published by Dr. A. P. Karpowicz, chiropractor, whose office is located at 701 S. Blakely St., Dunmore, Pa. Telephone 342-0767.
Kidney Disorders

When kidneys fail to function properly, the body is unable to eliminate waste products. A build-up of toxins results in loss of appetite, headache, loss of weight and general disease. The kidneys function in response to brain energy impulses channeled from the brain through the spinal column to numerous muscles, tissues and cells which constitute the kidneys. When nerve energy is impaired, the kidneys are not able to function properly.

The chiropractor, through his knowledge of the body's nervous system, uses scientific methods to determine the location and cause of spinal imbalances. Through gentle, soothing adjustments, the chiropractor can bring measurable relief, and his adjustments eliminate the condition, allowing nature to cure from within. Another Life and Health Article from the Office of:

Dr. Leo S. Oakhamas
Chiropractor
120 Wyoming Ave.
Wyoming, Pa. 18644

Mond•, We•nesday, F•iday
10 to 12; 1:30 to 4
Tues. • and •nd •d
By Appointment Only

Free Spinal X-Rays

Call 693-0177

For Appointment

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Times (m) 40,158
Eagle (e) 47,188
Sunday Eagle (S)

JUL 4 - 1977

SciatICA

Simply, sciatica — leg pain — is an inflammation of the sciatic nerve. However, it is difficult to understand how anything "simple" can be so crippling.

Think first of the toothache. Almost everyone is familiar with that pain. Then, consider that the dental nerve is less than an inch long and that it is invisible to the naked eye. That tiny nerve which cannot be seen, felt or located in any way produces excruciating pain when it is exposed.

Misalignments in the segments of the spinal column which impinge the spinal nerves interfere with the proper flow of nerve energy. Such disorders are the primary and most common cause of leg pain.

Through gentle, competent adjustment using only his hands, the chiropractor corrects the misalignment, removes the impingement and restores the normal flow of nerve energy to the affected nerve.

Once the interference has been removed and the normal flow of energy has been restored, nature goes to work and promotes healing from within.

Dr. George L. Sabo
Chiropractor
516 Chestnut St., Reading, Pa.
Hours: Mon., Wed. & Fri.
10 a.m. to 10 p.m.
FOR APPOINTMENT
PHONE: 372-0989
Doctors Agree.....

The single most important factor in recovery from any disease or injury, is the individual body's recuperative potential. The extent of this potential is governed by how well all body systems can coordinate their function for the collective purpose of recovery. The nerve system is that system which coordinates the function of all other systems and is essential to recuperation. Chiropractors remove interference to the nerve system caused by displaced spinal bones choking off the spinal cord and/or nerves.

**CHIROPRACTIC MAY BE THE ANSWER TO YOUR HEALTH PROBLEMS**

**THE KEIBLER CHIROPRACTIC OFFICE**
West Hempfield Plaza
IRWIN, PA.

**BY APPOINTMENT: PHONE 864-0440**
Don, age 41, civil engineer, came into our office June 2, 1977. He was suffering from lower neck pain, radiating down both arms causing a pinching sensation in his thumb and fingers.

"I was not in mere pain, I was in agony. I had the problem for 8 months before seeing Dr. Pedrow. My results are outstanding or rather unbelievable."

If your condition has not responded to other forms of health care, let us determine if yours is a chiropractic case.

REMEMBER! CONSULTATION IS FREE AND WITHOUT OBLIGATION

PEDROW CHIROPRACTIC CENTER

Route 30
At Entrance To
Blue-Dell Drive-In

Phone 823-8090
For Appointment
CHANGE OF OFFICE HOURS
Mon.-Wed.-Fri.: 9:00-12:30 3:30-7:30
Tues.-Thur.-Sat.: 9:00-11:30

NOTE: During the summer months, the office will be closed on many of the Saturdays because of holidays and office staff seminars. Therefore, to avoid inconveniences, please call for Saturday appointments!

Chiropractic gets sick people well without drugs or surgery. Our approach to your health is drugless and the only side effect is better health. NOW you can find out if yours is a Chiropractic case by calling this office and requesting a FREE consultation and preliminary examination. This FREE consultation and preliminary examination will determine whether or not you are a Chiropractic case. If you are not a Chiropractic case, then Chiropractic will never help you. If you are, however, a Chiropractic case, then no one else will ever help you but Chiropractic. If you are sick and suffering, or dissatisfied with your present health care, NOW is the time to take advantage of this opportunity at NO cost or obligation. The staff at the Miskovich Chiropractic Center is qualified to give you the best Chiropractic care that is available today. Call NOW for an appointment because this opportunity is for a limited time only!

MISKOVICH CHIROPRACTIC CENTER
"ON THE DIAMOND"
Mercer, Pa. 16137 1-662-4299
THE AUTONOMIC NERVE SYSTEM
HOW IMPORTANT!!!

The autonomic nerve system (also called the automatic nerve system) controls the activity of endocrine glands, blood vessels, organs and certain muscles over which the individual has no control. This nerve system is responsive to emotional stimulation. When such things as worry, fatigue, chronic anxiety or emotional disturbances of any kind over-stimulate the autonomic nerve system it does not properly control the functions for which it is responsible. Hence, the gastrointestinal tract which normally contracts smoothly and rhythmically may be overstimulated and contract harshly and spasmodically producing pain, gas and such.

From over-stimulation by the autonomic nerve system the heart's rate may be increased, its rhythm disturbed and such sensations as pounding, tightness in the chest, numbness and weakness may result. In similar fashion headaches, rashes, undue fatigue or other symptoms may result when emotional disturbances disrupt the working of the autonomic nerve system sufficiently to cause disturbance of function of various organs.

The doctor of chiropractic specializes on the nerve system. Knowing this, it is always wise to consult a competent chiropractor to relieve this difficulty.

Trout Chiropractic Clinic

Northumberland, Pa.  RD1 Danville Highway  473-3585
He holds the title of "Diplomate" with the National Board of Chiropractic Examiners and has been awarded a Certificate of Proficiency in Chiropractic Spinalagraphic Roentgenology, Sherman College of Chiropractic.

In addition he has served a two year internship in Chiropractic Health Center, Sherman College for Clinical competency.

Dr. O'Shany is available to give lectures in the education of Chiropractic.

His office is located on Rt. 322, 3 mil west of Clarion, formerly occupied by Dr. Pat Finnegan.

Dr. O'Shany would like the opportunity to serve as your

**CHIROPRACTOR**

Office Hours By Appointment
Call Monday thru Saturday
814-226-4164

"TRIED EVERYTHING? Not Unless You've Tried

CHIROPRACTIC
Your Health Is Our Concern"

Dr. John M. O'Shany

Dr. O'Shany is a native of Sharpsville and a graduate of the Sherman College of Chiropractic in Spartanburg.
OVER WEIGHT!
ARE YOU A COMPULSIVE EATER?
YOU HAVE TRIED EVERYTHING ELSE AND FAILED

There is now a new proven, safe and painless method of losing weight and controlling compulsive eating without drastic dieting or exercise. By now you are saying, have I heard that story before? well maybe you have, but not from us. McCall Research Development Laboratories Ltd., has developed this unique method and device (Patent Applied For) after two years of research and has been clinically used by physicians throughout the United States with overwhelming results of weight loss when used under the direction of your physician.

20-30-40 pounds or more can be lost without drastic dieting or exercise, or if you wish to maintain your present weight by using this safe, painless method, information can be obtained just for the cost of a phone call to the following number.

Charleroi Chiropractic Clinic

Dr. Paul J. Harbisky
305 McKean Ave.
Charleroi
Phone 489-9160 Or 489-4225
THE POWER THAT MADE
THE BODY HEALS THE BODY
OUR PATIENTS SPEAK

To Whom It May Concern:
I've been suffering with arthritis
and bronchial asthma for over fifteen
years. My family had been telling me
for years a chiropractor would be
able to help me. I just kept on taking
my pills trying to ease the pain. I
thought, well I have what I have and
I'll have to put up with pain and
shortness of breath.

Over a year ago the pain got so
bad that there were days I couldn't sit
right, lay down in bed or hardly walk.
Even dressing I had to have help. One
day my son suggested I let him call
Dr. Bengel, a chiropractor, for an ap-
pointment. Dr. Bengel took an X-ray
of my spine and found out my hips
and parts of the spine were out of
place. I started with the adjustments
and even after the first one I felt
better.

I have my adjustments regularly. I'm so grateful I can walk, lay down
in bed and dress myself. I can take deeper breaths than I have in years.
I'm sorry I didn't listen to my family sooner because going to a chiropro-
cator was the best thing I've done in years. I wish everyone with arthritis
or bronchial asthma would go and see a chiropractor and see what a help he
can be to you.

Mrs. Florence Fraysier
2408 W. Hardies Road
Gibsonia, Pa. 15044

WHY BE SICK WHEN YOU CAN BE WELL?
WE ACCEPT ALL CASES—REGARDLESS OF ABILITY TO PAY.

BENGEL CHIROPRACTIC CLINIC
825 FREEPORT ROAD (Rt. 28) • TARENTUM, PA.
DR. BENGEL  224-2224
SHINGLES

Herpes Zoster or Shingles is an inflammation of one or more nerves in the nervous system. The cause of shingles is irritation to the spinal nerves. This is usually caused by some misalignment in the spinal column since that is the main highway for the nervous system.

The chiropractor knows that the key to continued good health is the unimpeded flow of nerve energy throughout the body. He will make a thorough examination to determine the specific causes of your ailment. Gentle adjustments usually eliminate the cause of the problem, the nerve energy begins to flow normally and nature sets about the healing process.

Presented for the public interest by Dr. Louise A. Froehlich, Richboro, Pa. 355-1133, Chiropractor.
HEALTH INSURANCE:

THE COMPLETE ENSLAVEMENT OF DOCTORS

In a free society, a patient can decide to go to any doctor. His decision may be based on the doctor’s specialty, achievements or fees. The doctor is free to decide whether or not to accept the patient and the doctor can choose to make an agreeable fee arrangement with the patient. The doctor and the patient are traders (they are never servants); the doctor trades his time and skill for a fee or for his intangible values and the patient trades his money for better health. The relationship of the two persons is voluntary.

Under the National Health Plan, the voluntary doctor-patient relationship is destroyed. The government, not the doctor, will establish the fee. The government will dictate what services it will or will not pay to the doctor. The doctor is subjugated to a forced servant, a robot of the state. If the doctor does not accept the mandates of the government, he will starve (a change from non-assignment to forced assignment, for the doctor is only a small step for the government to take under this Plan). Everyone will be under this grotesque National Health Plan.

The basic principle is: Do you have a right to your life? If you believe you have a right to your life, your earned income is inextricably related to your life. The government does not have a right to dictate what income or fee you must charge. The right to life and earned income principle applies to everyone.

Don’t let the government take a major part of your life and freedom away from you.

Contact the delegates in your profession now — while there is still time.
HEALTHS

by Dr. Louise A. Froehlich
Chiropractor

FATIGUE

Fatigue is a symptom of a disorder, not a disease. You can treat the symptom of fatigue with stimulants or analgesics, but you will not be getting at the basic underlying cause. Your chiropractor believes in discovering the basic disorder or impairment that produces fatigue.

Almost anytime you find fatigue, you will find vertebral subluxations (misalignments of the spine) that your chiropractor knows not only where to locate, but how to correct. With a free flow of nerve energy again surging through your body, you will then find your body restoring itself to health the natural way.

Presented for the public interest by, Dr. Louise A. Froehlich, Chiropractor, Richboro, Pa. 355-1133.
A Multitude of Trouble
Since neck injuries do not always give rise to immediate symptoms, many people do not realize that the cause of their physical discomfort can be traced to a previous, even mild injury. Pain is eventually the most persistent symptom of neck injuries. About 65 per cent develop headaches. Nervous irritability is a frequent complication and pain in the chest occurs in about 25 per cent of cases. Stiffness of the neck or shoulders, degeneration of the spinal disc and arthritis may eventually result. Blurred vision; loss of balance; dizziness; twitching of the eyelid; numbness and tingling of the arms and fingers; shortness of breath; palpitations of the heart; nausea; vomiting; and muscle twitching are common complaints resulting from neck injuries which may have occurred recently, or in years past.

Clinical research proves chiropractic science to be the most effective health care available for most neck injuries and associated symptoms. Your doctor of chiropractic, through training and experience, is best qualified to correct the cause of neck disorders.
Mr. Donald M. Glenn

Let Don tell you,

"I wasn't in mere pain, I was in agony. I had the problem for eight months before seeing Dr. Pedrow. My results are outstanding or rather unbelievable!"

If your condition has not responded to other forms of care, let us determine if yours is a chiropractic case — REMEMBER — Consultation is FREE & Without Obligation.

MON. - FRI.
9:30 to 2 & 4 to 7
Rt. 30 — Entrance to Blue Dell Drive-In in N. Huntingdon

Phone For Appointment
823-8090
Did you ever wake up with a pain in your neck? More than likely that means you have a subluxation (misplacement) of a vertebrae in the neck. Other symptoms will also surely follow because the spinal cord is involved and all the nerves in the body are a part of this spinal cord in this area, some of which are undoubtedly imprinted. A subluxation (misplacement) at the base of the skull causes not only headaches and neckaches, but indigestion, constipation, and other disorders because the nerves supplying all organs are a part of the spinal cord.

Adjustment of the subluxation is the only logical way to correct the cause of the disease.

DAHLSTROM CHIROPRACTIC FAMILY CENTER
1202 Mission Rd. Latrobe (behind Needham Chevrolet)

Dr. S. L. Dahlstrom Chiropractor

PHONE 539-9445
If No Answer...
539-8342

WE ACCEPT ALL CASES REGARDLESS OF ABILITY TO PAY!

"Where Good Health Becomes Reality"
MY ACHIN' BACK!

"Oh, my aching back!" is more than an expression of disgust. It can be a description of an ailment which can range from mild discomfort to severe pain. It is never really funny, despite the common expression. If you have a backache, it could be that you are suffering from muscle pain, a pinched spinal nerve, or a disease of the spine. Regardless of the basic cause, misalignment of the spinal column should be considered.

THE UNHOLY NINE

Your Doctor of Chiropractic can tell you that the "Unholy Nine" are critical symptoms to look for in back pain. The first is "paresthesias" which are strange sensations like tingling, hot or cold spots, burning and crawling sensations. Others are headache, painful joints, numbness in hands or arms, insomnia, neck stiffness, pain between the shoulder, numbness or pain in the legs, or stiffness and pain in the lower back. These pains or sensations are nature's way of telling you that there is danger somewhere to your nervous system and that it is time to get help.

THE VILLAINOUS FOUR

Disease caused by under-exercised muscles are called "hypokinetis" disease. In this condition, certain muscles grow weak and flabby, destroying the symmetry of the muscle balance in the back, thus allowing the stronger muscles to pull the weaker ones... and with it the spinal column into a misalignment.

On the other side of the coin, muscles which are exercised too much may be unable to relax, with resultant muscle spasms. As everyone who has ever had a "Charleyhorse" knows, this hurts. Poor posture and emotional tension keep a muscle or group of muscles tight and painful.

Pinched spinal nerves and neuralgia are two more sources of backache. Pinched nerves, a very painful condition, may initially be caused by poor posture, strain or misalignment of the spine.

When the pain cannot be pinpointed by the patient, it may be that he is suffering from neuralgia, which is pain deep in body tissues caused by irritation on a spinal nerve.

Disease of the spine such as arthritis and tuberculosis are very serious, but comparatively rare. Slipped or herniated discs occur much less often than is thought by many.

SENSIBLE SOLUTION

Nobody can put up with constant pain very long without relief. Your Doctor of Chiropractic is a specialist. He can tell you what kind of backache you have, and begin treatment immediately correcting abnormalities, and aligning the spine correctly.

Causes of back pain are so varied and complicated that you need a specialist. Your Doctor of Chiropractic studies the human body as a whole through X-rays, clinical laboratory, orthopedic and neurolologic examinations. His object is to help you back to health. He uses no drugs or surgery, and when your pain is gone, it is because he has corrected the cause of the pain.

Back aches? Immediately consult a chiropractor.

The Farina Chiropractic Clinic
"Dedicated to Problem Cases"
775-3931
404 Lancaster Ave., Shillington, Pa.
HARRISBURG, PA.
JUL 6 - 1977
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DR. ARNOLD BARISCH
HEALTH COUNSELOR

MORNING NEWSPAPER
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HEALTHY LIVING
Mrs. C.E., age 63, from Washington suffered from a bad fall 25 years ago in which she lost consciousness. Her symptoms included low back pain radiating into both legs, high blood pressure, and indigestion.

The laboratory evaluation revealed borderline anemia, elevated uric acid, and thyroid depression.

The physical exam and x-ray study pointed out a blood pressure of 190/92 and advanced spinal stress with resulting nerve dysfunction.

Following a 10-week intensive care treatment program, Mrs. C.E. reports to us that she now works in her yard for three hours at a time. Blood pressure dropped to 164/82 and the abnormal lab values returned to normal.

Remove the structural stress through spinal adjustments, stabilize the spine with therapy, support the body organs by implementing a proper nutritional program—then and only then does maximum health return.

For Further Information Call

SANTAVICCA CHIROPRACTIC CENTER

225-1655

144 North Main Street Washington, Pa. 15301
To many people it may seem a far-fetched idea for the chiropractor to confine his work to the spine alone when perhaps remote parts of the body are diseased. Superficial thought would seem to indicate that the organ or part affected should be dealt with. The same person who holds this contention, however, thinks nothing of it when he walks into the modern living room and pushes the wall switch to light the globe suspended from the ceiling. In the latter case, he realizes that a contact is made which forms a connection between the sources of the current and the globe itself.

This is exactly what the chiropractor does. The nerves may be compared to a very complex system wherein the brain is the source of the vital energy responsible for all function in the body. This vital energy sent from the brain through the nerves may be compared to the electricity in a lighting system. It makes no difference whether it be the heart, the stomach, the kidneys or some other organ. Each depends for its normality upon the supply of vital energy conveyed to it, over the nerves, from the brain. These nerves, where they leave the spine, often become squeezed and when this happens the organ supplied by them is affected in the degree to which vital energy is thus cut off. Sometimes this is only slight, while in other cases it is very serious. In either event the chiropractor "turns on the switch", as it were. Nothing is added to or taken from the body. Nature alone is the builder.

Have your spine checked periodically, thus keeping the nerve system free from pressure.
Nerves Been Tested?

A simple, painless and inexpensive spine and nerve test can quickly reveal if you are a chiropractic case. You owe it to yourself and your family to have your nerve system tested and find out for sure. Your health problem has a cause and that cause must be found and corrected before you can get well.

STUDY NERVE CHART CAREFULLY

Look carefully at the nerve chart below, see where the nerves go, see what the nerves do. Perhaps you are suffering needlessly. Perhaps a pinched nerve is causing your health problem. Perhaps by freeing the blocked nerve, your chiropractor can release nature's wonderful healing power.

YOUR LIFELINE CHART

1. A slight "pinching" of nerves at this point can cause headaches, some eye diseases, ear problems, insomnia, abnormal blood pressure, colds, hay fever, sinus trouble, nervousness, wry or stiff neck, some types of arthritis, colic in babies, glandular trouble, etc.

2. A nerve difficulty in this part of the spine can be the cause of so-called throat trouble, neuralgia, pain in the shoulder and arms, gonorrhea, nervous prostration, etc.

3. In this part of the spine, a "pinched" nerve can cause so-called bronchitis, pain between the shoulder blades, rheumatism and neuritis of the arms, shoulder, or hands, bursitis, etc.

4. A blocked nerve at this point can cause so-called nervous heart or fast heart, asthma, difficult breathing, bronchial congestion, etc.

5. Stomach and liver trouble, pleurisy and a score of other troubles, can be caused by pressure in this part of the spine.

6. Nerve pressure at this point can cause gall bladder problems, dyspepsia or gas of upper bowels, shingles, hiccups, etc.

7. Certain kidney problems or diseases, eruptions and other skin diseases can be caused by nerves being pinched in the spinal openings at this point.

8. Chiropractic adjustment here often helps such troubles as so-called lumbago, constipation, colitis, etc.

9. Nerve Pressure at this point can cause bladder frequency, prostate problems, lower bowel and abdominal pains.

10. A slight slippage of one or both of the hip bones or the sacrum may cause so-called sciatica, leg or knee pains, and many other leg problems.

The WATSON CHIROPRACTIC CENTER

Rt. 20 W. Springfield
Ph. 814-392-2800
Tues. & Friday

Third Street
Conneaut Lake, Pa.
Ph. 814-392-7500
Mon. and Thursday
Mid-Atlantic Newspaper Services, Inc.
2717 N. Front St.
Harrisburg, Pa. 17110

HARRISBURG, PA.

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Chiropractic
Strikes At The Fundamental
Cause Of Illness...
Rather Than Attempting
To Treat Its Effects
CALL TODAY FOR AN APPOINTMENT
PH. 939-5401

STEELTON-HIGHSPIRE
CHIROPRACTIC CENTER
Dr. Michael Appleby
747 Pine St., Steelton, Pa.
In the near future, The Bureau of Census will conduct a Special Census in Greene Township. Local residents will be needed to visit each household in the Township and collect some facts about each household member such as name, age, relationship to head of household, etc.

In order to prepare you for this work, a Supervisor from the Bureau of Census will hold a ½ day training session with the Interviewers. You will be paid a training fee for attending this session.

You will receive mileage for the use of your automobile and a fee for each name that you enumerate. The job will be for a period of approximately two weeks.

To qualify for employment with the Bureau of Census, an applicant must be:

1. A citizen of the United States, with a high school education or equivalent, and be at least 18 years old.
2. Be willing and able to work full time for the number of days it will take to do the job.
3. Be willing and able to make whatever evening (or Saturday) calls necessary to enumerate people who were not home during the day.
4. Be in good physical condition as there will be considerable walking and climbing of steps necessary.
5. Be of good appearance and able to write legibly.
6. Applicant must have use of an automobile and have a valid driver's license.
7. Applicants are to reside in the local area.

This employment is expected to commence on or about July 16, 1977 and last for approximately two weeks.

Application forms are available at the Greene Township Municipal Office, Garver Lane, Scotland, Pa. Forms can be obtained each weekday from 8 A.M. to 12 Noon. Applicants must file the application by July 8, 1977.
If you have been a chiropractic patient, and feel you did not experience comprehensive health benefits, ask yourself these questions: "Did I wait too long? Did I follow all instructions for health restoration? Did I help myself by breaking health destroying habits? Did I keep my appointments regularly? Did I follow up on a health maintenance program as recommended by my doctor of chiropractic? Develop good health habits. It's up to you!

CHIROPRACTOR

Dr. P.D. Cook III
Monday - Wednesday - Friday
— Office Hours Are —
10-12 Noon  2 - 5 P.M.  6 - 8 Evenings

All Office Calls By Appointment ONLY

303 North Center street, 664-8573  Corry, Pa.
IS MINE A CHIROPRACTIC CASE?

Yes — it’s caused by pressure, blockage or irritation to nerves anywhere in the body, particularly the spine. But only your chiropractor can tell for sure. This nerve interference can cause headaches, backaches, nervousness, dizziness, and stomach, intestinal, liver or kidney disorders. The chiropractor can successfully treat these as well as asthma, sinusitis, allergy, skin eruptions, eye trouble, nervousness, and many, many other diseases and disorders.

If yours is a chiropractic case, only a chiropractor can help you. If your condition is one that will not respond to chiropractic care, your chiropractor will refer you to another specialist. Terminal conditions, burns, venereal disease, fractures, poisoning, alcohol and drug addiction, and the like are normally treated by methods outside the province of chiropractic.

NOW YOU KNOW

Yes, your chiropractor is eminently qualified to administer or coordinate the care you need to maintain or to restore your health. And since you have only one life to live — why not live it in GOOD HEALTH?

CONSULT YOUR CHIROPRACTOR TODAY.
YOU HAVE NOTHING TO LOSE...
AND VIBRANT HEALTH TO GAIN.

MT. HOPE
CHIROPRACTIC CLINIC
16TH & MT. HOPE AVE. POTTS.
622-7786
Office Hours By Appt.
Mon. Wed. Fri.
9:30-11:30 1-4:30 6:00-8:00
Tues. Thurs.
1-4:30 6:00-8:00
Saturday 10:00-2:00

Dr. David G. Novatnak
Nagging Backaches

Few ailments can be as aggravating, not to mention painful as a constant nagging backache.

Backache may result from a fall, a sudden movement, an accident, a cold or some completely unnoticed happening. Whatever the contributing factor, the direct cause of the ache and pain is easily traced to a pinched or impinged nerve. Once the pressure or "pinch" is removed, the pain departs and normal, healthy glow returns.

Home remedies, sedatives and similar treatments may bring temporary relief, but it remains for the chiropractor to trace through scientific procedures — the cause of the persistent pain and through gentle adjustments, remove the cause and bring quick, long-lasting, effective relief.

The chiropractor, through training and experience, is thoroughly familiar with the spinal column and the nerves which carry vital nerve energy to all parts of the body. With skillful hands, the chiropractor aligns the spine, removes the irritating pressures and replaces exasperating pain with glowing health and well-being. Another Health and Life Article from the Office of:

Dr. Leo S. Oakchunas
Chiropractor
120 Wyoming Ave.
Wyoming, Pa. 18644
Monday, Wednesday, Friday
10 to 12; 1:30 to 4
6 to 8 p.m.
Tuesday and Thursday
4 to 8 p.m.
By Appointment Only
For Appointment
Call 693-0177
Free Spinal X-Rays
WHEN NECESSARY
Fatigue is a symptom of a disorder, not a disease. You can treat the symptom of fatigue with stimulants or analgesics, but you will not be getting at the basic underlying cause. Your chiropractor believes in discovering the basic disorder or impairment that produces fatigue.

Almost anytime you find fatigue, you will find vertebral subluxations (misalignments of the spine) that your chiropractor knows not only where to locate, but how to correct. With a free flow of nerve energy again surging through your body, you will then find your body restoring itself to health the natural way.

Presented for the public interest by, Dr. Louise A. Froehlich, Chiropractor, Richboro, Pa. 355-1133
"Oh, my achin' back!" is more than an expression of disgust. It can be a description of an ailment which can range from mild discomfort to severe pain. It is never really funny, despite the common expression. If you have a backache, it could be that you are suffering from muscle pain, a pinched spinal nerve, or a disease of the spine. Regardless of the basic cause, misalignment of the spinal column should be considered.

THE UNHOLY NINE

Your Doctor of Chiropractic can tell you that the "Unholy Nine" are critical symptoms to look for in back pain. The first is "paresthesias" which are strange sensations like tingling, hot or cold spots, burning and crawling sensations. Others are headache, painful joints, numbness in hands or arms, insomnia, neck stiffness, pain between the shoulders, numbness or pain in the legs, or stiffness and pain in the lower back. These pains or sensations are nature's way of telling you that there is danger somewhere to your nervous system and that it's time to get help.

THE VILLAINOUS FOUR

Disease caused by under-exercised muscles are called "hypoletic" disease. In this condition, certain muscles grow weak and flabby, destroying the symmetry of the muscle balance in the back, thus allowing the stronger muscles to pull the weaker ones and with it the spinal column into a misalignment.

On the other side of the coin, muscles which are exercised too much may be unable to relax, with resulting muscle spasms. As everyone who has ever had a "Charley horse" knows, this hurts. Poor posture and emotional tension keep a muscle or group of muscles taut and painful.

Pinched spinal nerves and neuralgia are two more sources of backache. Pinched nerves, a very painful condition, may initially be caused by poor posture, strain or misalignment of the spine.

When the pain can not be pinpointed by the patient, it may be that he is suffering from neuralgia, which is pain deep in body tissues caused by irritation on a spinal nerve.

Disease of the spine such as arthritis and tuberculosis are very serious, but comparatively rare. Slipped or herniated discs occur much less often than is thought by many.

SENSIBLE SOLUTION

Nobody can put up with constant pain very long without relief. Your Doctor of Chiropractic is a specialist. He can tell you what kind of backache you have, and begin treatment immediately correcting abnormalities, and aligning the spine correctly.

Causes of back pain are so varied and complicated that you need a specialist. Your Doctor of Chiropractic studies the human body as a whole through X-rays, clinical laboratory, orthopedic and neurological examinations. His object is to help you back to health. He uses no drugs or surgery, and when your pain is gone, it is because he has corrected the cause of the pain.

Backaches? Immediately consult a chiropractor.

The Farina Chiropractic Clinic

"Dedicated to Problem Cases"

775-3931

404 Lancaster Ave., Shillington, Pa.
Mrs. F. M., a restaurant owner from Canonsburg, was referred into our center with the following symptoms: stiffness and pain in the neck, pain and numbness in both arms, tightness in the upper chest, low back pain, constipation, fatigue, indigestion, daily headaches and heart palpitations.

This is a classical case of how the entire body malfunctions when the central nervous system is being interfered with by direct cord pressure from a serious spinal column misalignment.

The examination showed 14 signs of stress including a 97mm spinal column displacement from normal. The blood study indicated high uric acid, high cholesterol, high triglyceride levels.

Following an intensive care treatment program of five weeks, the lab values normalized with nutritional support and diet correction. After the spinal stress was eliminated through spinal adjustment, the above symptoms disappeared. The patient is now receiving stabilization care so that the underlying cause does not return.
Spinal Nerve Pressure Can Cause Many Ailments:

1. A slight "pinching" of nerves at this point can cause headaches, some eye diseases, ear problems, insomnia, abnormal blood pressure, colds, hay fever, sinus trouble, nervousness, weak or stiff neck, some types of arthritis, colitis in babies, glandular trouble, etc.

2. A nerve difficulty in this part of the spine can be the cause of so-called throat trouble, neuralgia, pain in the shoulder and arms, goiter, nervous prostration, etc.

3. In this part of the spine, a "pinched" nerve can cause so-called bronchitis, pain between the shoulder blades, rheumatism and neuritis of the arms, shoulder, or hands, bursitis, etc.

4. A blocked nerve at this point can cause so-called nervous heart or faint heart, asthma, difficult breathing, bronchial congestion, etc.

5. Stomach and liver trouble, pleurisy and a score of other troubles, can be caused by pressure in this part of the spine.

6. Nerve pressure at this point can cause gall bladder problems, dyspepsia or gas of upper bowels, shingles, hiccups, etc.

7. Certain kidney problems or diseases, eruptions and other skin diseases can be caused by nerves being pinched in the spinal openings at this point.

8. Chiropractic adjustments here often helps such troubles as so-called lumbago, constipation, bursitis, etc.

9. Nerve pressure at this point can cause bladder frequency, prostate problems, lower bowel and abdominal pains.

10. A slight slippage of one or both of the hip bones or the sacrum may cause so-called sciatica, leg or knee pains, and many other leg problems.

Study this chart carefully.

See how the nerves go through the spinal openings? Nerve pressure at one or more of these points may be the underlying cause of your condition.

We accept all cases regardless of ability to pay.

Tucci Chiropractic Office
609 Broad Ave. Belle Vernon Phone 929-6100
HYPERTENSION

Dr. Thomas F. Snyder, D.C.

Hypertension is generally a synonym for high blood pressure. There are many types of hypertension, but most commonly seen is essential hypertension, which raises and lowers the blood pressure with nervousness. In high blood pressure the blood vessels tighten or the openings of the vessels become narrowed. As the blood pressure rises, the heart is overworked. The effect of high blood pressure on the heart is similar to tightening the nozzle on a hose connected to a pump. The pump must work harder to increase the pressure and keep the water spraying from the nozzle in the same volume. So the heart must work faster to keep the body supplied with blood. The entire system is coordinated and controlled by the nervous system, the spinal cord and brain. In many instances it is the nervous system that is functioning improperly. Chiropractic care and regular adjustments will keep the nervous system free of interference.

(One of a series of articles published in the public interest to explain and illustrate the scientific practice of Chiropractic, written by Dr. Thomas F. Snyder, Chiropractic Orthopedist, Brodheadsville, Pa. 18322. Phone 992-4787.)
LOW BACK PAINS

At one time or another in nearly everyone's life, low back pains are felt. They may be caused by fatigue, strain, over-activity, or inflammation from one or more organs of the body. Frequently pain in any part of the back is caused by a misaligned vertebrae somewhere in the spinal column which places pressure on nerves. A sudden overstrain or continued strain may throw one or more vertebrae into a wrong position creating pressure on nerve trunks. This nerve pressure can cause spasm of certain muscles in the back which may weaken other parts of the spine creating additional stress and strain to the back. Tense nerves and pressure build up fatigue in low back pains.

The correction of displaced vertebrae is a necessary procedure for quicker and more complete relief. A chiropractic examination plus expert care will assure you quick relief from low back pains.

Dr. George L. Sabo
Chiropractor
516 Chestnut St., Reading, Pa.
Hours: Mon., Wed. & Fri.
10 a.m. to 10 p.m.
FOR APPOINTMENT
PHONE: 372-0989
SPINAL NERVE PRESSURE CAN CAUSE MANY AILMENTS

The ailments mentioned below are some which may be caused by vertebrae in the spinal column slipping out of alignment and causing pressure and irritation on nerves. Study the chiropractic chart below and you will understand why over 30 million people have benefited from chiropractic care.

1. Slight pressure on nerves at this point may cause headaches, insomnia, pain in the neck, nervousness, dizziness or emotional disorders.
2. A slight slipping of a vertebra, causing pressure on nerves in this part of the spine, may be the cause of throat trouble, bursts, pain in the shoulders and arms.
3. This arrowhead locates the part of the spine where pressure on nerves could cause pain between the shoulder blades, muscular ache in the arm and shoulder, hay fever, allergies, and bronchitis.
4. Nerve pressure at this point may cause chest pains, asthma and difficult breathing.
5. Stomach and liver troubles, enlargement of the spleen, may be caused by vertebrae slipping and causing nerve pressure in this part of the spine.
6. Many gall bladder problems, and shingles, may be caused by pressure at this point.
7. Skin diseases are sometimes the result of nerve pressure at the spinal openings here.
8. Such trouble as lumbago, low backache, sciatica, slip, slipped disc, are relieved by chiropractic adjustment at this point.
9. Constipation, rectal trouble, sciatica may be corrected by chiropractic adjustments of this part of the spine.
10. A slight slipping of one or both pelvic bones can produce sciatica, cramp in legs, and backache.

Regardless of what your ailment is called...no matter how long you have suffered...chiropractic care may be the answer to your health problem. Find out NOW if yours is a case for chiropractic...

For Further Information or Appointment, Call

DR. DANIEL MILLER
137 North Ave., McKeesport Pa.
Phone 678-2919

GIRAN CHIROPRACTIC LIFE CENTER
2218 Pennsylvania Ave. M. McKeesport
Phone 466-0441

DR. MILLER
Mon. Wed. Fri. 10 to 2 & 4 to 8
Sat. & Tues. 9 to 10 Noon

DR. GIRAN
YOUR SPINE IS YOUR LIFE LINE

BY WAY OF THE
SPINAL CORD AND NERVES
CONTROLS
EVERY PART AND
EVERY FUNCTION
OF YOUR BODY

DISPLACEMENT OF THE SPINAL BONES

Pinched Nerves
Kidney Infections
Rectal Problems
Numbness
Sleeplessness
Double Vision
Ear Ache
Bursitis
Pleurisy
Rheumatism
Colitis
Change of Life
Constipation
Chest Pains
Stomach Ulcers
Nervous Tension
Skin Disease
Sinus Trouble
Throat Conditions
Thyroid Conditions
Pneumonia
Menstrual Trouble
Hot Flashes
Poor Circulation
Dizziness
High Blood Pressure

CAUSES
NERVE
INTERFERENCE
AND
DISEASE

Asthma
Back Trouble
Leg Pains
Children Diseases
Gall Bladder Diseases
Hepatitis
Fatigue
Shoulder Pain
Migraine Headaches
Shingles
Nervousness
Itching
Neuralgia
Heart Trouble
Diabetes
Shortness of Breath
Liver Disorders
Knee Pains
Chest Pains
Paralysis
Skin Eruptions
Sciatica
Whiplash Injury
Hay Fever
Run Down Condition
Arthritis
Stomach Disorders

CHIROPRACTIC CORRECTS THE CAUSE

Telephone The Chiropractor of Your Choice.

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Phone 653-9514

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CHIROPRACTIC CENTER
DR. GARY MAGEE, D.C.
424 First Street
DuBois
Phone 371-1270
Suffer With Arthritis?

Seven million people are disabled yearly in the United States because of arthritic attacks. Most forms of arthritis can be relieved of pain, but unless properly treated this condition usually progresses in severity. Outstanding results are being achieved with Chiropractic even in the most stubborn cases.

THE 10 DANGER SIGNALS...

1. stiffness or pain in the lower back.
2. Numbness, pain or tingling in the legs.
3. Extreme fatigue in the lower back or legs.
4. Frequent pain between the shoulders.
5. Persistent pain and muscle tension in back of neck.
6. Grating and popping noises when turning head.
7. Recurring headaches.
8. Numbness, pain or tingling in the arms or hands.
9. Painful joints, shoulders, elbows, hips or knees.
10. Loss of sleep.

KRUPAR CHIROPRACTIC LIFE CENTER

Dr. Andrew C. Krupar

Dr. Betty D. Krupar

Dr. Homer L. Bowers

327 West Pittsburgh St., Greensburg, Pa.

PHONE 834-1887

Isn't it time to attain better health through Chiropractic — NATURALLY?
HAY FEVER

Pollens, goldenrod, ragweed, and dust are merely an irritant and not the primary cause of hay fever. If it were the sole cause, everyone who whiffs the air that floats pollen, dust, and aromas would be a victim. But, since all such persons do not catch hay fever, the cause must be in the person rather than the substances he comes in contact with.

The brain is the body's power plant that produces vital nerve energy to keep the organs of the body healthy and to fight off foreign substances entering the cells and tissues that influence allergies. This nerve energy is transmitted from the brain through the spinal cord and out nerve trunks through openings between each vertebrae. If one or more vertebrae becomes displaced, nerve fibers become impinged. Without this vital nerve energy, resistance to some part of the body is lowered to the extent that some foreign substance may present an allergic affect on some part of the body.

If you are one of those annual sufferers of allergies, let your chiropractor start your resistance-building program now so that when your usual time for allergic discomfort arrives, the discomfort, if not entirely abolished, will be lessened to an appreciable degree.

Presented for the public interest by,
Dr. Louise A. Froehlich
Chiropractor, Richboro
355-1133
Pinched nerves may be the cause of many painful conditions. When a spinal segment is not in its normal position, it partly closes nerve openings between the vertebrae, which in turn causes the nerve to be pinched. This will cause a reduction in the flow of nerve energy to some part of the body. When this occurs the organs and tissues which the pinched nerve supply cannot function properly, pain and susceptibility to disease will result.

That is why the Chiropractic profession has always stated that to maintain GOOD HEALTH and FREEDOM from DISEASE, all spinal misalignments should be promptly checked and corrected.

Are pinched nerves the cause of your problem?

CHECK THE 10 DANGER SIGNALS...
1. Stiffness or pain in the lower back.
2. Numbness, pain or tingling in the legs.
3. Extreme fatigue in the lower back or legs.
4. Frequent pain between the shoulders.
5. Persistent pain and muscle tension in back of neck.
6. Grating and popping noises when turning head.
7. Recurring headaches.
8. Numbness, pain or tingling in the arms or hands.
9. Painful joints, shoulders, elbows, hips or knees.
10. Loss of sleep.

"Prompt attention will mean BETTER HEALTH and LONGER LIFE."

Dr. Thomas J. Allen, D.C.

ALLEN CHIROPRACTIC CENTER
Mon., Tues., Wed. & Fri. — 9 to 12 - 1 to 4 - 6 to 9
Call For Appointment
Barclay Building — 120 W. John St.
Bedford, Pa. — 623-9619
Dear Patients:

Our office is proud to announce the inception of a new chiropractic health tape library made available free through this office to better communicate to you and the general public the miraculous results that chiropractic care can provide.

This library is made available to you 24 hours a day. By dialing 800-834-6544 you can receive this information merely by asking for the tape you desire by number.

Our offices are continually striving to communicate with our patients the wonders of chiropractic. Make a new friend...tell him about the Chiro-Tel program.

Below is a list of the tapes presently available in the library:

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...IF YOU STILL HAVE FURTHER QUESTIONS, THE FIRST VISIT TO DETERMINE IF YOU ARE A CHIROPRACTIC CASE AND WHAT CAN BE DONE ABOUT IT, IS FREE OF CHARGE.
Your Health Through Chiropractic

By:

DR. CARMELO S. BASILOTTA
CHIROPRACTOR
1008 WEST MAIN ST.
NORRISTOWN, PENNSYLVANIA 19401
TELEPHONE 275-1144

QUESTIONS ON ARTHRITIS

Q. — What is the difference between "Rheumatism" and "Arthritis"?

A. — Rheumatism is a general term commonly applied to painful conditions that affect joints, muscles and associated structures. When the bones and joints are inflamed, the condition is known as "Arthritis." When the muscle tissues are inflamed, it is called "Myositis." When there is inflammation of a tendon, it is called "Tendinitis." 

Q. — Is arthritis the disease of old people?

A. — No. It is popularly believed that arthritis afflicts only old people, but this is not so. There is an old saying that "rheumatism licks the joints of adults and bites the hearts of children." Arthritis and rheumatism do not respect age. Rheumatic fever is one of the most damaging diseases of children. It is estimated that 10% of the mortality among children under 8 years is due to rheumatic fever.

Q. — Are Chiropractic treatments good for Arthritis?

A. — Yes. From my own experience, numerous disorders afflicting the body from head to toe, including arthritis, are successfully treated by chiropractors. Most patients thus treated have shown a general improvement in their health. If you have a health problem, Chiropractic could be the answer.

FOR APPOINTMENT
TELEPHONE 275-1144
NERVES ... JUST NERVES!

"Your trouble is nerves, just nerves, that's all," many have been told. But, your nerves are too important, to your body to be dismissed so easily.

Nerves make possible every function of your body. Your nerves transmit all sensations to and from the brain. Your nerves make possible sight, smell, taste and hearing. Nerves maintain your balance and keep your body temperature at 98.6 degrees.

Nerves control your blood pressure, stomach action, blood flow, speech and breathing. Nerves make your bowels move. Nerves make it possible to swallow. In fact every function taking place in your body is under the control of the nerve system, often called "THE MASTER SYSTEM OF THE HUMAN BODY."

STUDY THIS CHART CAREFULLY . . .

1. A slight "pinching" of nerves at this point can cause headache, some eye disorders, ear problems, insomnia, abnominal blood pressure, colds, hay fever, sinus trouble, nervousness, wry or stiff neck, some types of arthritis, colic in babies, glandular trouble, etc.

2. A nerve difficulty in this part of the spine can be the cause of so-called throat trouble, neuralgia, pain in the shoulder and arms, goiter, nervous prostration, etc.

3. In this part of the spine a "pinched" nerve can cause so-called bronchitis, pain between the shoulder blades, rheumatism and neuritis of the arms, shoulder, or hands, bursitis, etc.

4. A blocked nerve at this point can cause so-called nervous heart or fast heart, asthma, difficult breathing, bronchial congestion, etc.

5. Stomach and liver trouble pleurisy and a score of other troubles, can be caused by pressure in this part of the spine.

6. Nerve pressure at this point can cause gall bladder problems, dyspepsia or gas of upper bowels, shingles, hiccups, etc.

7. Certain kidney problems, eruptions and other skin diseases can be caused by nerves being pinched in the spinal openings at this point.

8. Chiropractic adjustments here often help such troubles as so-called lumbago, constipation, colitis, etc.

9. Nerve pressure at this point can cause bladder frequency, prostate pains.

10. A slight slippage of one or both of the hip bones or the sacrum may cause so-called anitches, leg or knee pains, and many other leg problems.

WE ACCEPT ALL CASES REGARDLESS OF ABILITY TO PAY

Dr. Jeffery O. Sterner -- Chiropractor
226 OHIO STREET Hours By Appointment PHONE 535-8691

Free Spinal X-Ray

WE ACCEPT ALL CASES REGARDLESS OF ABILITY TO PAY
SUFFERING from HIGH BLOOD PRESSURE?
CHIROPRACTIC FIRST, NOT LAST!

Nerves which carry nerve impulses to blood vessels, which contract or relax, pass through openings between the vertebrae of the spine. We know that these vertebrae can become displaced, causing pressure on the nerves which supply the blood vessels with nervous energy. If pressure is produced on the nerves, the nerve impulses become irregular and cause the blood vessels to function improperly, causing blood pressure to raise or lower. Chiropractic has been successful in reducing high blood pressure and raising low blood pressure, and can effect much help to you provided there is no vascular pathology.

DAHLSTROM CHIROPRACTIC FAMILY CENTER
1202 Mission Rd. Latrobe (behind Needham Chevrolet)

Dr. S. L. Dahlstrom Chiropractor

PHONE 539-9445 If No Answer ... 539-8342

WE ACCEPT ALL CASES REGARDLESS OF ABILITY TO PAY!
"Where Good Health Becomes Reality"
Mr. Frank G. Churik

Frank, age 31, machinist, came into our office with low back & leg pain

Let Frank tell you,
"I had the problem for 5 years. I feel better each day & didn't know that Dr. Pedrow could do so much for me healthwise."
If your condition has not responded to other forms of care, let us determine if yours is a chiropractic case — REMEMBER — Consultation is FREE & WITHOUT OBLIGATION

MON. - FRI. Phone For Appointment
9:30 to 2 & 4 to 7 823-8090
Rt. 30 — Entrance Blue Dell Drive-In in N. Huntingdon
When a person becomes ill, he seeks help. And contrasted with other professional services, there is a choice. People in legal difficulty can only consult a lawyer. Those with toothaches must consult the dentist.

But a person who is ill has several choices. He may consult:

- a Medical doctor.
- a Chiropractic doctor.
- or an Osteopathic physician.

The patient chooses the profession he believes can help him the most. This choice depends upon what he was taught as a child and the information and impressions he is exposed to in the world about him.

Newspapers and magazines are filled with reading matter about medicine - either in articles or advertisements by drug companies. Radio and television provide constant exposure to medical themes or medical advertisements. Indeed, one of the most popular programs on TV is the "practice" of "Dr. Marcus Welby, M.D."

The media is strangely silent about Chiropractic. Yet the Chiropractic profession - a licensed profession - has a distinct service to offer. It is a drugless service.

Many patients who have suffered needlessly after months and years of medical therapy, have all too frequently discovered that their symptoms disappear after Chiropractic care has been provided. Chiropractors have heard too many patients ask, "Why didn't I know about this sooner?"

The Chiropractic Doctor has a moral obligation to tell people about Chiropractic - what its theory is and what it has done in clinical cases. No one else will tell that story. There are only the paid public relations firms to produce the copy which is on scientific news - and which gets free space in newspapers.

If a man passes a dangerous deep pit in the road, which cannot be easily noticed and which might cause someone to injure himself, he has a moral obligation to issue a warning and to place a barricade about the pit lest an unsuspecting neighbor injure himself. He cannot remain silent and be a moral person.

Since a Chiropractor knows precisely what Chiropractors can do to help many sick and suffering people, he must tell the public about it himself. To remain silent is to be immoral. To allow people to suffer needlessly, or to die because of their lack of knowledge about his science, is unthinkable.

Chiropractors are morally obligated to tell people the truth about Chiropractic - and to describe the contrasts between Chiropractic and Medicine.

The enormous amount of medical propaganda which is daily unleashed upon the American public can be counteracted only in this way.

Yet when a Chiropractor pays to deliver his healing message, Political Medicine, through its well-paid propagandists, immediately cries "fool", "quack", "unethical practitioner", "fraud!"

The Medical Lobby wants no competition. It wants no one to question its methods, decisions and products. It wants total dominance and dictatorship in the health field.

Without bothering to scientifically prove or disprove the effectiveness of Chiropractic science - which M.D.'s in Western Germany and other nations have proved to their own satisfaction - the American Medical lobby censures Chiropractic merely because it is a different approach.

The Chiropractor is proud to be different.

He will continue to be different, and he will continue to tell people about Chiropractic. He has nothing to hide - nothing to be ashamed of.

Chiropractic works. It is backed up by millions of satisfied and grateful Chiropractic patients - most of whom had previously consulted other types of therapists and physicians.

If telling the true story in this way is fraudulent and unethical - then so be it.

The Chiropractor will continue in his sincere and conscientious effort to bring an important health message to the public.

---

One of a series of articles sponsored by

MIDDLETOWN CHIROPRACTIC HEALTH CENTER
219 Spring St., 944-4676
HOURS BY APPOINTMENT ONLY

We accept all families and patients regardless of Condition or Financial ability to pay.
SLIPPED INTERVERTEBRAL DISC

The general public is hearing more and more about the slipped or herniated disc. The results obtained on this type of case under Chiropractic care are very encouraging. Slipped disc cases revealed that 54.4 per cent of the cases became well, 32.1 per cent were much improved, 7 per cent showed no change and 4 per cent became worse. Consideration of the first three groups shows that 90.7 per cent of all cases became well or showed some improvement under Chiropractic care.

There is much evidence that diagnosis of "herniated disc" is a catchall for many lower back disabilities. Most so-called "herniated disc syndromes" are nothing more than vertebral subluxations. Statistics show rapid recovery under Chiropractic care in the majority of cases, and such recovery would not be possible if extensive pathology or severe trauma had been present. Such a diagnosis can be confirmed only by surgery and 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.

Office .......... 424-5993  Home .......... 992-6022

OFFICE HOURS BY APPOINTMENT
TIRED OF BEING SICK?

Are you sick and tired of being sick? Do your symptoms remain the same with a few newly added side effects? Is your prescription guaranteed to work or your druggist will refund your money? Did your MD say try this drug and if it doesn't relieve your symptoms, come back and we will try something else? How much longer are you going to be a human guinea pig? Has your doctor ever told you it could be NERVE interference between the brain and the organ or organs involved?

If the above paragraph fits you, then it's time you switched to CHIROPRACTIC. We get 75% of our patients after they have been the medical route. CHIROPRACTIC works... it gets results and that's what counts.

We Accept All Cases...
Regardless of Condition or
Financial Ability To Pay!

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1202 Mission Rd., Latrobe
(behind Needham Chevie)

PHONE 539-9445
(if no answer: phone 539-8342)

"WHERE GOOD HEALTH BECOMES REALITY"
YOUR BODY
HAS A LOT
OF COMMON SENSE!

The body is a lot smarter than most people think. It knows how to stay well — if allowed to do so. It has been proved in many thousands of cases that often the difference between good health and poor health is a vertebra out of place (from a twist or a fall or a bump). The nerves that reach out from between vertebrae to serve the body organs are then kept from doing their job properly. To permit the body to regain its natural health, the "offending" vertebra must be returned to its normal position. And that's what chiropractic is all about. It's a matter of common sense.

POCONO CHIROPRACTIC
HEALTH CENTRE
Dr. Richard K. Frey
1012 W. MAIN ST. (717) 424-6783 STROUDSBURG
Could Chiropractic Help You?

Yes...if you experience one or more of these symptoms.

1. Headaches
2. Painful joints
3. Numbness in hands & arms
4. Leg pains
5. Numbness of feet
6. Loss of sleep
7. Neck stiffness
8. Shoulder pain
9. Low back pain
10. Bursitis
11. Sciatica
12. Upset or nervous stomach

"Come in or call for consultation to find out how Chiropractic can help you."

Call 379-6160 For Appointment

HOURS:
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Fri.: 9 to 1:30 P.M., 2 to 6 P.M.
Sat.: 9 A.M. to 11 A.M.
R. A. SCHIFFER
CHIROPRACTOR

25 SOUTH MAIN STREET
SHENANDOAH

Phone 462-2336

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24-HOUR EMERGENCY SERVICE

WHY BE SICK?

If you are sick, if you have tried other methods and have given
time for recovery, but you still are suffering, it may be the
one causative factor has been overlooked... spinal nerve
pressure. Chiropractic adjustments correct the interference to
restore vital nerve energy flow to all parts of the body to
bring you health.
Regardless of what your ailment is called... no matter how
long you have suffered... Chiropractic may be the exact
answer to your specific health problem. Chiropractic succeeds
many times after all other methods have failed.
WASHINGTON, PA. JUL 14 1977

Observer-Reporter

The Spinal Column

By

Dr. Flavian Santavicca, Jr., B.S. M. Ed., D.C.

TOTAL CARE APPROACH — CASE #5

Mrs. J. B., age 39, a Washington Realtor, was in very serious trouble when we first examined her at the center. Her neuro-muscular system was beginning to fail. Double vision was beginning to interfere with her profession in real estate. Heavyness in both arms, sore neck, fatigue, heart fluttering and daily headaches were also quite concerning.

At the young age of 16, this patient was involved in an auto-bus collision in which she struck her head.

Extensive medical care and hospitalization could not reveal the underlying cause. She was taking Clinilin for nervousness.

The examination and special full spine stress x-rays indicated advanced spinal cord pressure at the base of her brain. The nutritional evaluation revealed an atrocious diet including lots of cola drinks and other caffeine products.

Today after six weeks of an intensive care spinal rehabilitative program including nutritional backup and diet correction, this young lady is totally healthy with no symptoms.

Her husband is now a patient with a lifetime history of low back pain. He is responding quite well.

SANTAVICCA CHIROPRACTIC CENTER

225-1655

144 North Main Street Washington, Pa. 15301
For 3 or 4 years I had low back pain and stiffness and could hardly get out of bed in the morning. I had tried pills, linament and the heating pad but nothing helped. Thru chiropractic adjustments I have very little pain in the back now, and the stiffness has left me. The way chiropractic has helped me I would recommend others try it.

Mr. Glenn Young
Roaring Spring, Pa.

I had suffered with backache, and pain and numbness in the arms, legs, hips for more than two years. I had tried pain pills and other things but the pain would not leave. Now thru chiropractic care I honestly can’t believe how much better I’m feeling. After getting the vertebrae back in place the whole body feels better.

Mrs. Norma Mae Young
Roaring Spring, Pa.

Testimonials are not meant to imply a cure all, rather state an example of what modern chiropractic care may do for you.

We accept all cases regardless of financial ability to pay.
Ph. 695-8027 for appointment.
OVER WEIGHT!
ARE YOU A COMPULSIVE EATER?
YOU HAVE TRIED EVERYTHING ELSE AND FAILED

There is now a new proven, safe and painless method
of losing weight and controlling compulsive eating
without drastic dieting or exercise. By now you are
saying, have I heard that story before? well maybe
you have, but not from us. McCall Research Develop-
ment Laboratories Ltd., has developed this unique
method and device (Patent Applied for) after two
years of research and has been clinically used by phy-
sicians throughout the United States with overwel-
mimg results of weight loss when used under the di-
rection of your physician.
20-30-40 pounds or more can be lost without drastic
dieting or exercise, or if you wish to maintain your
present weight by using this safe, painless method,
information can be obtained just for the cost of a
phone call to the following number.

PHONE 489-9160 or 489-4225

Charleroi Chiropractic Clinic
305 McKean Ave. Dr. Paul J. Harbosky
Charleroi
WHAT IS CHIROPRACTIC?

CHIROPRACTIC is a philosophy, science, and art of things natural; a system of adjusting the articulations of the spinal column, for the correction of the cause of dis-ease.

The adult spinal column consists of 24 freely movable bone segments, called vertebrae, together with the sacrum and coccyx. All the great nerve trunks emit thru the openings between these vertebrae which openings are known as the intervertebral foramina. The vital nerve force within man is carried by these nerve trunks from the brain to the various organs, muscles, and tissues of the body.

For every effect you must have a cause; that is a fundamental law of physics. If a person is ill, then the condition of disease, regardless of the name applied to it, is in fact an effect for which there must be a cause.

The chiropractic premise is that the cause of disease is due to the subluxation of vertebrae, which produces pressure upon the nerve trunks and thus interferes with the normal transmission of vital nerve force.

The chiropractic objective is to locate the point in the spine where nerve pressure exists, due to a vertebral subluxation, and through proper adjustment, to restore the subluxated vertebra to its normal position, thus releasing the pressure on the nerves involved and thereby removing the cause of disease in the body. Renewed health is the natural result.
HAVE YOU BEEN TOLD,
THAT YOUR PROBLEM
IS JUST NERVES?

CHIROPRACTOR

Dr. P.D. Cook III
Monday - Wednesday - Friday
— Office Yours Are —
10-12 Noon 2 - 5 P.M. 6 - 9 Evenings

All Office Calls By Appointment ONLY

303 North Center street, 664-3573 Corry, Pa.
Q. A pre-med student told our son at college that the medical dictionary says nerve pressure can cause disease. Now I'm confused. I thought all the famous diseases were caused by germs, or at least a poison of some kind. My son says I'm old fashioned. Am I?

A. Don’t feel bad about not knowing everything about disease and its causes. Science is still learning, discovering. Though some diseases are degenerative and not associated with germs, a good many are.

You are right in thinking some germs and toxic substances can threaten health if the body’s ability to resist and throw them off is too low. But, yes, nerve pressure can also cause disease. In fact, research shows that most diseases are directly related to failure of the nervous system in spite of germs and organisms.

When nerve pressure, usually in the spinal column, prevents some part of the body from functioning normally, resistance to germs, viruses and organisms is lowered. At first glance, it appears that the germs are the cause, but the effective treatment is to restore proper nerve function so the tissue becomes healthy again. Otherwise, killing the germs is only a temporary measure and more germs, perhaps of a different strain, can attack and cause illness all over again.

X-RAY SERVICE

DR. W. B. KENESKY CHIROPRACTOR
601 CENTRE STREET DIAL 875-1919 ASHLAND
Arthritis occurs in many forms. The two most common are called rheumatoid arthritis and degenerative arthritis. Degenerative arthritis is usually associated with older people. It is painful, but rarely disabling. Rheumatoid arthritis causes the greatest concern because it can strike anyone of any age and it does cripple.

Given proper Chiropractic care, no case of arthritis can now be considered hopeless. Chiropractors throughout America are today helping thousands of arthritis victims. Early diagnosis and proper chiropractic care may prevent severe crippling and even if the disease has progressed to a serious stage, the victim has a good chance to recover at least some of his lost functions.

See your Chiropractor Today

If you are confused about your symptoms, if you think you may have arthritis, neuritis, sciatica, doesn’t it make sense to find out precisely what the trouble is? You may be sicker than you think, or your problem may be simple to correct.

Mt. Hope
Chiropractic Clinic
16th & Mt. Hope Ave. Pottsville
622-7786
Office Hours By Appt.
Mon. Wed. Fri.
9:30-11:30 1:45-3:00 6:00-8:00
Tues. Thurs.
1:45-3:00 6:00-8:00
Saturday 10:00-2:00

Dr. David G. Nowatzke
TIPS FOR HOUSEWIVES
TO PREVENT BACK PROBLEMS

1. Don’t lift more than you can handle. Use lifting devices whenever possible.
2. Don’t work in awkward positions for long periods of time without taking a standing break. Don’t overexert yourself.
3. Don’t stand on boxes or precarious devices. Be careful of wobbly ladders.
4. Make certain you have solid footing. Don’t reach too far.
5. Keep areas clear of toys and tripping hazards.


(One of a series of articles published in the public interest to explain and illustrate chiropractic, published by Dr. A. P. Karpowicz, chiropractor, whose office is located at 701 S. Blakely St., Danville, Pa. Telephone 342-6067)
Epilepsy, by definition, is a disease of the nervous system. Chiropractors, by definition and practice, are qualified in the care of diseases and malfunctions of the nervous system. In epilepsy malfunctions which interfere with the normal transmission of mental impulses cause abnormal metabolism. This abnormal metabolism results in the accumulation of toxins in the brain and in increased molecular activity of the cells affected.

The accumulation of toxins continues until the maximum of endurance is reached, and the patient is seized by convulsions. During the convulsion, toxin is discharged from the brain and eliminated through the kidneys.

The chiropractor, by skillful adjustment, eliminates the obstruction which interferes with the normal flow of nerve energy, restores the molecular activity of the cells and permits the body to cure itself from within. With proper nerve function restored, metabolism returns to normal, and the patient feels new life. Another Life and Health Article from the Office of:

Dr. Leo S. Oakchunas
Chiropractor
120 Wyoming Ave.
Wyoming, Pa. 18644

Monday, Wednesday, Friday
10 to 12; 1:30 to 4
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Tuesday and Thursday
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For Appointment
Call 693-9177
Do you have the summer blahs? Do things never seem to get finished? Is your energy at a low ebb? Are the kids getting to you? Is the heat getting you down? Are you always in a chronic state of fatigue? That might be a case of the blahs.

If this is you — see your Chiropractor. Chiropractors believe in finding the basic cause of this dis-order of the body. A body that is not working right does not function adequately. Thus when disorder occurs the body begins to produce warning signals (symptoms) for you.

Most dis-orders are caused by vertebral subluxations (misalignments) of the spine causing pressure on nerves and the spinal cord. Once this nerve pressure is released thru Chiropractic adjustments, a free flow of nerve energy again surges through your body restoring life and health to you once again.

Presented for the public interest by Dr. Louise A. Froehlich, Chiropractor, Richboro, Pa. 355-1133.
Dr. Farina

SCIATICA STRIKES!
The white hot pain of sciatica is sometimes almost unbearable and the hapless victim suffers agonies. Sciatic pain is sharp and tearing, tearing a path down the thigh, leg, foot and to the toes. Although fairly constant, the pain sometimes lets up for an hour ... or a day. It may be mild one minute and then will rage out of control the next, never allowing peace of mind. Patients suffering this terrible pain never know when it will subside and when it will get worse, and the suspense is part of the suffering.

WHAT IT IS
Sciatica is a painful inflammation of the sciatic nerve which supplies the tissue of the thigh, lower leg and foot usually caused by the pinching of one or more spinal nerve roots between the vertebrae of the lower back. This is the most frequent cause of sciatica, although there may be other causes. A mild case can be brought on by vitamin deficiency, by arthritis inflammation of the lower spine, by a tumor developing near the nerve, or by prolonged constipation which can build pressure on the nerve. Sometimes a herniated or “slipped” disc at the level where nerve roots emerge in the low back may press upon the nerve.

THE IMPORTANCE OF THE SCIATIC NERVE
The sciatic nerve is the largest one in the body ... about as big in circumference as a thumb. There are two sciatic nerves; one from the spine down the left leg, and the other extending down the right leg. That the sciatic nerve remains healthy is vital because it is the main communication line between the brain and the lower extremities.

Even though normal life is impossible because the victim literally cannot find a comfortable position and is in constant and unrelenting pain, the patient may be perfectly healthy otherwise.

WORD TO THE WISE
As with any ailment, the sooner it is treated, the better. If you have even a mild low back pain, see your Doctor of Chiropractic. If you tell yourself you “don’t have the time” or “don’t want to be bothered”, your mild discomfort may turn to violent pain and more prolonged and complicated treatment may be required.

Rarely do misaligned spinous vertebrae correct themselves. Through the skill, training and experience of your Doctor of Chiropractic, your condition usually can be corrected. He locates the misaligned vertebrae and aligns them to relieve the nerve pressure. This he does without drugs so that you can be sure he is relieving the underlying cause and not just the symptoms.

The Farina Chiropractic Clinic is Located at 304 W. Lancaster Ave., Shillington, Pa. Call 773-8531 for an Appointment or Additional Information.
sheep pastures and serene wooded areas aboard a homemade dune buggy with Sabik the sheepdog in pursuit.

SINUSITIS
Dr. Thomas F. Snyder D.C.

Someone suffering from Sinusitis usually has severe aching in face and head. This is due to swelling of the mucous membrane causing drainage channels to become blocked with a thick discharge.

The membranes and channels of sinus normally produce a liquid to moisten the air passage which are controlled by nerve impulses. In sinus trouble these nerve impulses usually occur in the spinal column and are called subluxations. These subluxations can be caused by a fall, a jar, or involuntary muscle contraction and can be detected with a Chiropractic examination and usually corrected by treatment.

(One of a series of articles published in the public interest to explain and illustrate the scientific practice of Chiropractic, written by Dr. Thomas F. Snyder, Chiropractic Orthopedist, Brodheadsville, Pa. Phone 992-4787).
Mrs. M. K. from Washington fell down the steps several years ago. Since that fall her health has been failing. A 40-pound weight gain recently was quite concerning. Low back pain radiating down her right leg, right groin pain, migraine headaches and constant fatigue made life very uncomfortable.

Previous spinal manipulation and several surgeries provided some temporary relief. Multiple drugs also eased her pain.

Our spinal examination revealed 16 signs of central nervous system irritation.

Following a two-month program of intensive care, Mrs. M. K. lost 24 pounds including eight inches at the stomach and seven inches at the hips.

She reports to us that she can't remember ever feeling this good. A total care program involving spinal and nutritional care was essential before health was possible in this case.

For Further Information Call

SANTAVICCA CHIROPRACTIC CENTER

225-1655

144 North Main Street Washington, Pa. 15301
Dr. Thomas A. Boch is proud to announce the opening of

The Boch Chiropractic Clinic
248 South Hanover St.
Carlisle, Pa.

(previous office of Dr. William Stull)

Dr. Boch is a native of Oak Ridge, Tennessee, the famed "Atomic City." He is married to the former Linda J. Spriggle of Clearfield, Pennsylvania and they have three children.

Dr. Boch graduated from the Logan College of Chiropractic in St. Louis, Missouri in 1967 with the third highest class average (3.5). Post graduate studies: Biology, Physiology, and Anatomy at St. Francis College of Loretto, Pennsylvania, and Roane State College in Harriman, Tennessee.

Specialized studies have been continuous during Dr. Boch's 10 years of practice: Area Research Director, Health Industries of Murray Kentucky; The G.T. Owen Memorial Research Center in Jacksonville, Florida; Parker Chiropractic Research Foundation in Dallas Texas; Scientific Research and Civil Rights Foundation in Altadena, California; The Rockley Research Academy in St. Louis, Missouri; The Owen Clinic of Chattanooga, Tennessee; The Pain Control Clinic in Kansas City, Missouri; and The Acupuncture Society of America in Kansas City, Missouri.

Dr. Boch holds basic science certificates in Florida, Ohio and Tennessee and is licensed to practice the healing art in Pennsylvania, Ohio, Florida and Tennessee. He is a Diplomat of the National Board of Chiropractic Examiners and a past member of both the American Chiropractic Association and the International Chiropractors Association.

Dr. Boch and his family reside at 424 Dogwood Court, in Carlisle.

HOURS
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9-12 A.M. & 2-6 P.M.
Saturday
9-11 A.M.
Tuesday & Thursday
4-8 P.M.

PHONE
243-7717
(Calls taken 24 hours)
Pedrow
Chiropractic Center

Marie came into our office suffering from severe abdominal pains and complaining that her back ached everywhere.

Let Marie Tell You:
"For two months I had terrible pains in my stomach and bowels, as though something was in there, tearing me apart. Now I feel 100 times better, thanks to Dr. Pedrow."

If your condition has not responded to other forms of care, let us determine if yours is a chiropractic case — REMEMBER — CONSULTATION IS FREE & WITHOUT OBLIGATION

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Rt. 30 — Entrance to Blue Dell Drive-In in H. Huntingdon
11-DANGER SIGNALS

- Depression
- Headache
- Nerve Tension
- Stiffness of Neck
- Anxiety In The Chest
- Pain Between Shoulders
- Restless Nights
- Stiffness or Pain in Lower Back
- Numbness In Arms and Hands
- Tired Hips and Legs
- Painful Joints

These Symptoms Are The Usual Forerunners Of A Serious Condition: Tension On Spinal Nerves Robs Your Body Of Vital Energy.

For further information or appointment call:

DR. DANIEL MILLER
514 Ninth Ave., McKeesport, Pa.
Phone 678-2919

GIRAN CHIROPRACTIC LIFE CENTER
2725 Pennsylvania Ave., W. Mckin
Phone 466-0441

Dr. Giran Office Hours
Mon. - Wed., Fri. 10 a.m. to 3 & 4 to 6
Sat. & Sun., 9 a.m. to Noon

DR. MILLER
DR. GIRAN
NERVE PRESSURE
MAY BE THE EXACT CAUSE OF YOUR
HEALTH PROBLEM

YOUR CHIROPRACTOR, thru spinal adjustments, corrects the misalignments which removes impingement and restores the normal flow of nerve energy to the affected nerves.

Once the interference has been removed and the normal flow of energy has been restored, nature goes to work and promotes healing from within. Spinal misalignments are determined by x-raying the spine.

Illustrating the result of a displacement of one of the vertebrae, causing obstruction of the normal flow of intelligent vital impulses through the nerve. This drawing is, of course, greatly exaggerated to make plainly visible what may actually be a very slight displacement. It is not intended to be scientifically accurate.

TELEPHONE NOW FOR YOUR APPOINTMENT — NERVE PRESSURE MAY BE THE EXACT CAUSE OF YOUR HEALTH PROBLEM REGARDLESS OF WHAT YOUR SYMPTOMS MAY BE.
WHY BE SICK WHEN YOU CAN BE WELL?

784-3932
RITTER
CHIROPRACTIC
CLINIC
DR. EARL RITTER
808 OLD BERWICK ROAD
BLOOMSBURG
JEANNETTE, PA.
JUL 18, 1977
News Dispatch (e)
Circ. 11,133

THE POWER THAT MADE
THE BODY HEALS THE BODY
OUR PATIENTS SPEAK

To Whom It May Concern:

In 1972 I was told I had rheumatoid arthritis. I could not get out of bed much less do the regular household duties of a housewife. I went into a Pittsburgh hospital after about 8 months of pain and medication. After getting no relief from the medication, I went to a Chiropractor. The Chiropractor took an x-ray of my spine and began Chiropractic adjustments that very same day. I then quit taking the medication, but received adjustments weekly. I can now do activities that I could not do previously, my family can tell a difference in how wonderful I feel, and I no longer experience that terrible pain.

I now receive Chiropractic adjustments monthly, and I plan to continue receiving them. After all, why experience pain when there is no need to.

Most sincerely,
Mary Ohl

WHY BE SICK WHEN YOU CAN BE WELL?
WE ACCEPT ALL CASES — REGARDLESS OF ABILITY TO PAY.

BENGEL CHIROPRACTIC CLINIC
825 FREEPORT ROAD (Rt. 28) • BRACKENRIDGE, PA.
DR. BENGEL 224-2224
MONESSEN, PA.
JUL 18 1977
The Valley Independent
Circ. 18,382

NECK INJURIES...

Neck injuries may cause one, or any combination of the following:

- Headaches
- Pain and stiffness in the neck
- Dizziness
- Arthritis
- Blurred or double vision
- Loss of balance
- Pain or stiffness in the shoulder, arm, or wrist
- Chest pain
- Twitching of the eyelid

- Numbness and tingling in the fingers
- Nausea, vomiting, indigestion
- Difficulty in swallowing
- Heart arrhythmias
- Nervousness
- Muscle cramps or twitching
- Shortness of breath

We accept all cases regardless of ability to pay.

TUCCI CHIROPRACTIC OFFICE
BELLE VERNON — PHONE 929-6100
LIVER DYSFUNCTION

Normal functions of the liver are carried on by enzymes of muscles, tissues, and cells powered by brain energy through the vertebral nervous system.

Failure of the liver to produce the amount of bile necessary for good digestion of food, or to store up the proper amount of carbohydrates (sugar) to prop, the body's actions is evidence that it is not receiving the power it must have to perform efficiently. When the vital nerve energy reaching the liver through the nerves is materially diminished, the capacity of the liver to carry on its normal burden is overloaded.

Because the nerves have such an important influence, both directly and indirectly, on the physical action of all organs of the body, and since reflexes are primarily abnormal activity in the affected organ, the scientific approach is to realize there is some interference in the nervous system that is shutting off the vital brain energy to the affected organs.

Chiropractic care has helped millions of people who are suffering from liver problems. At the slightest evidence of any disturbance in your body function, contact your chiropractor. His scientific knowledge of spinal care and adjustment, soothing adjustments will bring you instantaneous relief and gradually correct the cause of your condition, restoring your body back to health.

Dr. George L. Sabo
Chiropractor
30 Chestnut St., Reading, Pa.
Hours: Mon., Wed. & Fri.
10 a.m. to 10 p.m.
FOR APPOINTMENT/ PHONE: 372-0983
Keep That Happy Healthy Feeling Through Chiropractic

Good Health allows LIFE to be a wonderful experience — Through spinal adjustments Chiropractic releases the power that made your body to heal your body. Join the ranks of millions who are healthy and happy through Chiropractic.

WHY BE SICK WHEN YOU CAN BE WELL?
WE ACCEPT ALL CASES REGARDLESS OF ABILITY TO PAY
OGDEN CHIROPRACTIC CLINIC
905 W. Beaver Ave. State College, PA 234-1811
open: M, T, TH, F 9-9 Saturday by appointment
Few ailments can be as aggravating, not to mention painful, as a constant, nagging backache. Backache may result from a fall, a sudden movement, an accident, or something completely unnoticed happening. Whatever the contributing factor, the direct cause of the ache and pain is easily traced to a pinched or impinged nerve. Once the pressure of "pinch" is removed, the pain departs and that normal, healthy glow returns.

Home remedies, sedatives and similar treatments may bring temporary relief, but it remains for the chiropractor to remove the irritating pressures through gentle adjustments and bring quick, long-lasting relief. The chiropractor, through training and experience, is thoroughly familiar with the spinal column and the nerves which carry vital nerve energy to all parts of the body. With skillful hands, the chiropractor aligns the spine, removes the irritating pressures and replaces exasperating pain with glowing health and well-being.

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Another Health and Life Article from the office of DR. LEO S. OAKCHUNAS Chiropractor

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Times Leader, Evening News/Record (all day)

Circ. 68,957
What It Is

Sciatica is a painful inflammation of the sciatic nerve which supplies the tissue of the thigh, lower leg and foot usually caused by the pinching of one or more spinal nerve roots between the vertebrae of the lower back. This is the most frequent cause of sciatica, although there may be other causes. A mild case can be brought on by vitamin deficiency, by arthritic inflammation of the lower spine, by a tumor developing near the nerve, or by prolonged constipation which can build pressure on the nerve. Sometimes a herniated or "slipped" disc at the level where nerve roots emerge in the low back may press upon the nerve.

Dr. Farina

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Word to the Wise

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The Farina Chiropractic Clinic is located at 604 W. Lancaster Ave., Shillington, Pa. Call 772-3331 for an Appointment or Additional Information.
I suffered with allergies, migraine headaches, shoulder pains and just general weakness for years until I tried Chiropractic. I had tried almost everything to get well, but nothing worked. I finally went to a Chiropractor as a last resort. Since beginning my care, I have progressively felt better and better and now I have no allergies or migraines at all. I have much more energy and feel more like myself. I wish I would have gone to my Chiropractor first instead of last. Don't suffer needlessly. See your Chiropractor if you are sick.

Mrs. Mildred Thompson

ALTOONA CHIROPRACTIC LIFE CENTER INC.

PHONE: 946-0279  DR. H. J. FYE

FREE SPINAL X-RAYS
Is your condition listed here?


Regardless of what your ailment is called, no matter how long you have suffered, Chiropractic care may be the answer to your health problem.

Don't accept your condition and learn to live with it.

Don't say you have tried everything if you haven't tried CHIROPRACTIC.

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Dr. Homer L. Bowers

Dr. Andrew C. Krupar
Chiropractor

Dr. Homer L. Bowers
Chiropractor

We accept all cases.
Regardless of financial ability to pay.
THE SUMMER BLAZ

Do you have the summer blaz? Do things never seem to get finished? Is your energy at a low ebb? Are the kids getting to you? Is the heat getting you down? Are you always in a chronic state of fatigue? That might be a case of the blaz.

If this is you — see your Chiropractor. Chiropractors believe in finding the basic cause of this disorder of the body. A body that is not working right does not function adequately. Thus when disorder occurs the body begins to produce warning signals (symptoms) for you.

Most disorders are caused by vertebral subluxations (misalignments) of the spine causing pressure on nerves and the spinal cord. Once this nerve pressure is released thru Chiropractic adjustments, a free flow of nerve energy again surges through your body restoring life and health to you once again.

Presented for the public interest by,
Dr. Louise A. Froehlich
Chiropractor, Richboro
365-1133
CHIROPRACTIC
IS SANE, SCIENTIFIC, SAFE AND MAKES SENSE.

Phone for your appointment soon —

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DR. W.T. HEVERLEY, CHIROPRACTOR
OVER WEIGHT!

ARE YOU A COMPULSIVE EATER?
YOU HAVE TRIED EVERYTHING ELSE AND FAILED

There is now a new proven, safe and painless method of losing weight and controlling compulsive eating without drastic dieting or exercise. By now you are saying, have I heard that story before? Well maybe you have, but not from us. McCall Research Development Laboratories Ltd., has developed this unique method and device (Patent Applied For) after two years of research and has been clinically used by physicians throughout the United States with overwhelming results of weight loss when used under the direction of your physician.

20-30-40 pounds or more can be lost without drastic dieting or exercise, or if you wish to maintain your present weight by using this safe, painless method, information can be obtained just for the cost of a phone call to the following number.

Charleroi Chiropractic Clinic

Dr. Paul J. Harbisky
305 McKEAN AVE.
CHARLEROI
Phone 489-9160 or 489-4225
Deep within you dwells a part of the Universal Power known as INNATE INTELLIGENCE. It is so powerful and so intelligent, that it can fashion a human being in just nine months. A MASTER-PIECE THAT MAN HAS NEVER BEEN ABLE TO DUPLICATE. This power that created you and resides within you, does not desert you as soon as your body is built. It remains within you day after day and continues to perform its wondrous functions of life. All the vital functions within you act only on command given by this Higher Intelligece, which resides in your brain.

When the nerves are pinched or cut or in any way blocked, interference to the communication system results. The normal nerve impulse from the brain cannot reach the rest of the body. The organs which are supplied by this pinched nerve do not receive a normal amount of mental impulse and therefore cannot function to full capacity. You can't turn on a light when the power is cut off. When the vital brain power is cut off there can be no radiant Good Health.

The body's mechanics are such that interference occurs most often within the complex structures of the spine. The condition that causes interference, irritation, or so called "pinching" of nerves, is called a subluxation.

When the pressure or block on a nerve is corrected ... normal function is restored and good health results. THIS IS THE SIMPLE YET PROFOUND PHILOSOPHY OF CHIROPRACTIC. Simple and easy to understand, it is the foundation of man's greatest asset ... A real and logical system of healing.

Chiropractic is advancing every day. More than ever people are realizing that good health is rightfully theirs, that THE POWER TO HEAL IS WITHIN THE BODY; and it is their privilege and responsibility to accept the Chiropractic Method that removes any interference to that power.

Chiropractic has been TRIED, TESTED and FOUND TO BE TRUE. It is the largest drugless healing system in the world and it will last through the ages because it is the TRUE WAY to help NATURE preserve your health. It is to your great advantage to VISIT YOUR DOCTOR OF CHIROPRACTIC ON A REGULAR BASIS.

The Scope of Chiropractic is as broad as the Nervous System. There is hardly an illness that does not respond to chiropractic care. If you are sick, regardless of the name of your disease, you owe it to yourself to investigate the merits of this Amazing New Science.

CALL FOR AN APPOINTMENT

MIDDLETOWN CHIROPRATIC HEALTH CENTER
219 Spring St. 944-4676
HOURS BY APPOINTMENT ONLY

We accept all families and patients regardless of Condition or Financial ability to pay.
Having A Health Problem...
Have Your Nerves Been Tested?

A simple, painless and inexpensive spine and nerve test can quickly reveal if you are a chiropractic case. You owe it to yourself and your family to have your nerve system tested and find out for sure. Your health problem has a cause and that cause must be found and corrected before you can get well.

Look carefully at the nerve chart below, see where the nerves go, see what the nerves do. Perhaps you are suffering needlessly. Perhaps a pinched nerve is causing your health problem. Possibly by freeing the blocked nerve, The Watson Chiropractic Center can release nature’s wonderful healing power.

YOUR LIFELINE CHART

1. A slight “pinching” of nerves at this point can cause headache, some eye disorders, ear problems, insomnia, abnormal blood pressure, colds, hay fever, sinus trouble, nervousness, wry or stiff neck, some types of arthritis, colic in babies, glandular trouble, etc.

2. A nerve difficulty in this part of the spine can be the cause of so-called throat trouble, neuralgia, pain in the shoulder and arms, goiter, nervous prostration, etc.

3. In this part of the spine a “pinched” nerve can cause so-called bronchitis, pain between the shoulder blades, rheumatism, and neuritis of the arms, shoulder, or hands, bursitis, etc.

4. A blocked nerve at this point can cause so-called nervous heart or fast heart, asthma, difficult breathing, bronchial congestion, etc.

5. Stomach and liver trouble, pleurisy and a score of other troubles can be caused by pressure in this part of the spine.

6. Nerve pressure at this point can cause gall bladder problems, dyspepsia or gas of upper bowels, shingles, hicups, etc.

7. Certain kidney problems, eruptions, and other skin diseases can be caused by nerves being pinched in the spinal openings at this point.

8. Chiropractic adjustments here often help such problems as so-called lumbago, constipation, colitis, etc.

9. Nerve pressure at this point can cause bladder frequency; prostrate pains.

10. A slight slippage of one or both of the hip bones or the sacrum may cause so-called sciatica, leg or knee pains, and many other leg problems.

THE WATSON CHIROPRACTIC CENTER

Dr. Thomas B. Watson

West Springfield, Pa.
Tues. & Fri. By Appt.
Ph. (814) 922-3800

Conneaut Lake, Pa.
By Appointment
Ph. (814) 382-7500
8 danger signs... often symptoms of serious disease

The highways and streets we drive along have many warning signs to let us know immediately of potential danger. So should we.

A similar set of signals is found within the human body. These "signals" or symptoms are very often forerunners of more serious diseases — diseases that can be averted if the eight danger signs are headed in time.

These are the 8 danger signs to look for:

1. Headaches
2. Painful joints
3. Numbness in arms or hands
4. Loss of sleep
5. Stiffness of neck
6. Stiffness or pain in lower back
7. Pain between arms or hands and shoulders
8. Pain in legs

Consult Your Family Chiropractor

There are certain stresses and strains created by our occupation and these cause spinal pressure and tension on delicate, sensitive nerves.

This is true of office workers, heavy construction laborers, housewives, musicians, or children at play.

Pressure or tension on a vital nerve "short circuits" the nervous system and adversely affects normal nerve energy flow. The vital organs are then robbed of their proper caring force.

Chiropractic care reverses this latent force, and normal function of these organs may be resumed.

Should any one of these important danger signs appear in a member of your family, consult your family chiropractor immediately. Without action on your part, and the training and ability of the chiropractor, it is entirely possible that pain and ill-feeling will be replaced by growing good health.

Remember: Chiropractic Care Is the Key To Good Health.

We Accept All Cases Regardless of Ability to Pay.

SEAL of APPROVAL

Reynoldsville Chiropractic Life Center
105 Main St.
Reynoldsville

OPEN Mon., Tues., Wed. & Fri.
9-12, 2-4, 5-9
Sat. 9 to 12

for appointment call Dr. R. W. McCall
653-9514
STROKE

Apoplexy or cerebral hemorrhage — stroke — is third behind heart disease and cancer as the cause of natural death.

But, unlike heart disease and cancer, it receives very little attention.

Stroke is characterized by sudden loss of feeling, consciousness and power of voluntary motion. It is caused by internal pressure on the brain resulting from cerebral congestion or effusion, rupture of an artery in the brain or blocking of an artery in the brain.

The chiropractor, with his scientific knowledge of the spinal column and the nature of spinal nerves, is especially equipped and trained to combat stroke. He is able to remove nerve obstructions, to remove pressure of blood from the brain, and restore equalized blood circulation to the brain.

Once the offending pressures are removed and normal cerebral circulation is restored, the chiropractor is able to continue necessary adjustments to assure the flow of nerve energy to all organs and to assure proper blood circulation through the brain, restoring normal health. Another health and Life Article from the Office of:

DR. ARNOLD R. BARISCH
Chiropractor
Colonial and Hillsdale Roads
Phone 545-1818
1420 State Street
Marie came into our office suffering from severe abdominal pains and complaining that her body ached everywhere.

LET MARIE TELL YOU,

"For 2 months I had terrible pains in my stomach and bowels, as though something was in there, tearing me apart. Now I feel 100 times better, thanks to Dr. Pedrow.

PHONE 823-8090

Rt. 30 At Entrance To Blue-Dell • Adequate
Drive-In — North Huntingdon • Free Parking
Whiplash neck injuries are among the fastest growing health problems today. When the head and neck are suddenly and unexpectedly jolted forwards and backwards in a snapping like action, the tiny bones of the neck are forced into faulty alignment causing nerve irritation or "pinched nerves". The symptoms of whiplash are: Headaches (one or both sides), head and neck pains, tension muscle spasm, stiff neck, restriction of neck movement, blackouts, fatigue (tiredness), nervousness, mental dullness, equilibrium problems, slipped discs, muscle tearing, neuritis, nausea, lightheadedness, shortness of breath, lower back pain, pain between the shoulders, hand or foot swelling, numbness, insomnia, muscle atrophy and rapid heart beating. The Doctor of Chiropractic with his greater knowledge of the importance of the spine and its alignment, knows the victim of whiplash injuries are truly in need of specialized treatment.

ASSOCIATES
CHIROPRACTIC CLINIC & REHABILITATION CENTER, INC.
986 Greentree Road
Pittsburgh, Pa. 15220
ARE YOU EXPERIENCING A HEALTH PROBLEM?

If you have any of the following symptoms

1. Headaches
2. Painful joints
3. Numbness in hands & arms
4. Leg pains
5. Numbness of feet
6. Loss of sleep
7. Neck stiffness
8. Shoulder pain
9. Low back pain
10. Bursitis
11. Sciatica
12. Upset or nervous stomach

YOU CAN BENEFIT FROM CHIROPRACTIC CARE

Rostraver Chiropractic Clinic

Dr. Jack R. Taylor, Director
(Next to Rostraver Central Fire Co.)
Fellsburg, Pa.

"Come in or call for consultation to find out how Chiropractic can help you"

Call 379-6160 For Appointment

HOURS:
Mon., Tues., Thurs. 9-2 P.M. 6 to 9 P.M.
Fri.: 9 to Noon 2 to 6 P.M.
Sat.: 9 A.M. to Noon
The 8 danger Signs
Indicate Spinal Pressures
and Tension on Vital
Nerves.

- Headaches
- Loss of sleep
- Pain between the shoulders
- Stiffness of the neck
- Stiffness or pain in the lower back
- Numbness in the arms or hands
- Numbness or pain in the legs
- Painful joints

Appointments Call 379-6290

Caffari Chiropractic Clinic
Dr. Philipp Caffari
637 McKeans Avenue - Donora
Hours: Mon - Tues - Thurs - Fri 9 to 12 - 1 to 4 - 6 to 8
Wed. & Sat. 8 A.M. to 12 Noon
You Can Do Something About Allergy!

Allergy is hypersensitivity to a substance such as pollens of weeds, flowers, grains, grasses, dust, drugs, feathers, and fur, and some foods. In fact, almost any substance may produce an allergy in some people. The most commonly recognized allergic conditions affect the lining membranes of the lungs, nasal sinuses, skin and gastro-intestinal tract.

The one fundamental cause of allergy is interference to nerve energy flow between brain cells and tissue cells produced by a vertebral subluxation.

If you suffer from an allergy, see your family chiropractor today for help. By education, training and clinical practice, he is able to determine the exact direction of vertebral misalignment and make an adjustment to correct the cause of nerve interference.

PAIN-KILLING DRUGS OFTEN DELAY PROPER TREATMENT...
SEE YOUR CHIROPRACTOR FIRST

DAHLSTROM CHIROPRACTIC FAMILY CENTER
1202 Mission Rd. Latrobe (behind Needham Chevrolet)
PHONE 539-9445
If No Answer...
539-8342
WE ACCEPT ALL CASES REGARDLESS OF ABILITY TO PAY!
"Where Good Health Becomes Reality"
Mid-Atlantic Newspaper
Services, Inc.
2717 N. Front St.
Harrisburg, Pa. 17110

STROUDSBURG, PA.

JUL 20 1977
The Pocono Record (m)
Circ. 16,313

during the day, then at night person and I know it!"

DR. LUDGER F. POCORUS
407 MAIN ST.
STROUDSBURG, PA. 18360

CHIROPRACTIC
AND SLEEPESSNESS

Endless, tossing hours of incomplete rest at night is a disorder that plagues many adults and children as well. Reasons for this condition, commonly termed "insomnia", vary. Physical, emotional, functional disorders of the body, emotional or nervous disturbances can all result in tension and anxiety that is reflected in the body's inability to relax and let sleep take over.

In many such cases Chiropractic adjustments of the spine may bring about relaxation and release of tension that can set the stage for normal sleep. Tense, fatigued muscles can be eased when nerve pressure from spinal nerves is reduced. Normal nerve energy then flows throughout the body equalizing muscle tone and relaxing nerves to induce normal sleep.

THIS COLUMN IS PRESENTED TO THE PUBLIC FOR THE PURPOSE OF AIDING IN THE UNDERSTANDING OF THE PRACTICE OF CHIROPRACTIC.

Office...........424-5993
Home.............992-6022

OFFICE HOURS BY APPOINTMENT
R. A. SCHIFFER

CHIROPRACTOR

25 SOUTH MAIN STREET
SHENANDOAH

Phone 462-2336

OFFICE HOURS:
MON., TUES., THURS., FRI.
9:30 A.M. TO NOON -
3 TO 8 P.M.

WED. & SAT. 9 A.M. TO NOON

24-OUR
EMERGENCY SERVICE

Being Healthy is a Rather Simple Matter
All your body needs to stay healthy is:

Good Food          Proper Rest
Pure Water         Proper Mental Attitude
Exercise           A Good Nerve Supply

No pill, potion, powder, plaster or prescription can give you any of the above. Only chiropractic can insure that your body has a good nerve supply.

It's as simple as that!
HEALTH FAILS AT FORTY!

Lost fall a very attractive but troubled mother from Wilmerding came to us after reading our columns of cases successfully restored to health.

Discouraged, depressed and somewhat despondent, she said, "They say life begins at forty. I'm forty and I'm sick. I have severe headaches. I have terrible aches in my neck, left shoulder and down my arm, and sharp pains in my chest that cuts my breath off. I feel a burning sensation between my shoulders and every morning my eyes are swollen. In fact, I hurt all over. My joints are stiff and my legs and feet swell so I can hardly get around. And, Dr. Newman, what makes me feel tired all the time?"

After hearing such a list of woes we had to admit that, for her, life certainly hadn't begun at forty. She appeared, instead, to have begun to disintegrate!

But this wasn't all her troubles. She was suffering frequent heart palpitations, dizziness, indigestion and constipation. Severe nervous exhaustion and painful menstrual periods that often put her to bed helped to make her life more miserable. She had previously been diagnosed as having female trouble, phlebitis, asthma, hayfever and sinusitis — and she had previously suffered a nervous breakdown.

A careful analysis of her spine explained her misery. We found numerous nerve disturbances interfering with her normal bodily functions. It was no wonder that she suffered so.

X-rays enabled us to properly realign her badly distorted spine. Once the pressures were removed from her choked nerve trunks, Nature began to restore normal function. Within two short months her miserable life was made happy again. When we dismissed her she gratefully acknowledged, "Dr. Newman, how can I thank you enough. I have felt better the past month than I have ever felt. You've done more for me than all the other doctors put together. I might not have regained my health if I hadn't read your article."

The success we had in this case is not a blanket guarantee for everyone. Yet, such amazing results keep our appointment book crowded.

For Free Consultation Call

NEWMAN CHIROPRACTIC CENTER
SPECIALIZING IN SPINAL CORRECTION
AND
REHABILITATION OF CHRONIC DISORDERS
7424 WASHINGTON ST. SWISSVALE, PA.
271-0880
fit!!" I remarked. "Twenty-one seventy five," they charge the earth for that!

The Spinal Column

By
Dr. Flavian Santavicca, Jr., B.S. M.Ed., D.C.

TOTAL CARE APPROACH

CASE #7

Mrs. D. C. - age 77, from West Alexander - breeds race horses along with her husband. Seven years ago she suffered a whiplash injury. Since that time, her health has been failing.

She was admitted to our center with severe left hip pain. Walking was all but impossible even with the use of a cane. She also complained of low back weakness, cervical stiffness, dizziness, fatigue, indigestion, loss of appetite, nervousness, headaches, and high blood pressure.

When we checked her weight differential on the bilateral scales, it was noted that she was 15 pounds heavier on her left leg. The physical exam pointed up 18 signs of spinal stress.

Following a six-week intensive care treatment program, Mrs. D. C. reports that she is now sleeping better, is now washing and hanging up clothes, and at times is not using the cane.

Your body wants to recover from ill health but first all underlying structural misalignments need to be reduced. The body, in addition, must be supported nutritionally with a diet correction. Once a proper treatment is begun, your body will do the rest.

For Further Information Call

SANTAVICCA CHIROPRACTIC CENTER
225-1655
144 North Main Street Washington, Pa. 15301
Don't ignore your body's danger signals. Many sick people have been told, "It's just your nerves, that's all." Why are the nerves passed off so lightly because nerves make possible all movements of the body. Nerves transmit all sensation to the brain. Nerves make possible sight, smell, taste, touch and hearing. Nerves control blood pressure, digestion and breathing. In fact, nerves make possible every function which takes place in the body, and tension or pinching of any of the spinal nerves will interfere with your health, and cause many of the Danger Signals to appear. The Watson Chiropractic Center works directly with the spine and pinched nerves, to remove the cause of your poor health.

The following is a list of some of the most common conditions treated at the Watson Chiropractic Center.

**Signs**
- Depression
- Headaches
- Nerve Tension
- Anxiety in the Chest
- Stiffness of Neck
- Pain Between Shoulders
- Nervous Nights
- Stiffness of Pain in Lower Back
- Hardness in Arm and Hands
- Throated Hips and Legs
- Potentially Joint

**Conditions**
- Asthma
- Hay Fever
- Leg Pain
- Whiplash Injury
- Neuritis
- Arm & Shoulder Pain
- Fatigue
- Arthritis
- Stomach Problems
- Headaches
- Nervousness
- Irritability
- Sinus Trouble
- Itching
- Depression
- Neuralgia
- Menstrual Problems
- Dizziness
- Sleeplessness
- Constipation
- Hot Flashes
- Pain throughout
- Sciatica

**The Watson Chiropractic Center**

Dr. Thomas B. Watson
Charleroi
Chiropractic Clinic

Dr. Paul J. Harbaskey
305 McKean Ave. CHARLEROI
PHONE 439-9160 or 489-4225

Dear Patients:

Our offices are proud to announce the inception of a new chiropractic... library made available free through this office to better communicate to you and the general public the miraculous results that chiropractic care can provide.

This library is made available to you 24 hours a day. By dialing 400-434-6541 you can receive this information merely by asking for the tape you desire by number.

Our offices are continually striving to communicate with our patients the wonders of chiropractic. Make a new friend...tell him about the Chiro-Tel program.

Below is a list of the tapes presently available in the library:

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...if you still have further questions, the first visit to determine if you are a chiropractic case and what can be done about it, is free of charge.
Have you ever seen the maze of tiny wires within a telephone cable?

The spinal cord is similar, though far more complex. It is made up of 450 trillion individual "wires."

They carry a continuous stream of messages from the brain to all parts of the body.

The many functions of the body are controlled and coordinated by these messages.

This structure is vital, so very vital that it is encased in sections of bone known as vertebrae.

The vital center is the brain. It, too, is encased in a shell of bone.

A spinal injury upsets this delicate communication system, disrupting its function and paving the way for disease.

A broken tooth or an eye squint can signal the start of impaired dental or visual health.

Just as easily, a bump, a fall or a strain can mark the beginning of a bodily disorder.

Lame back? This is a distorting strain in the weakest part of the back, just above the hips.

But an injury higher in the back might be even more serious, although less painful.

In time, such an injury may impair the functioning of the heart, stomach or other organs by altering their nerve supply from the spinal cord.

Chiropractic deals with the nerves. The place that hurts is not always the place where the pain originated.

Realizing this, chiropractic is dedicated to the precept that a healthy spine makes for over-all health.

This "minor" spinal injury can mar your health. But don't let it! That check-up is important. A forgotten strain or a bump could deprive you of good health.
HEALTH CHATS by Dr. Louise A. Froehlich, Chiropractor

CHEST PAINS

In cases of chest pains and smothering, much of the trouble can be attributed to heart strain and a nervous condition in which the tissues rebel to the abnormal strain. Usually, this condition is accompanied by pain in the left arm, which is regarded by laymen as being closest to the heart, although that organ actually is in the near middle of the body.

The cause unless there has been a degeneration of the tissues, usually is simple and relief is just as simple. What has happened is this — somewhere in the spine, the vertebrae have become misaligned and there has developed pressure on the part of the nerves serving the lung and throat section of the body.

The chiropractor, trained and skilled in detecting and correcting such conditions, can be of vast help in relieving the condition by giving gentle adjustments of the spine that end the nerve blockage and allow the nervous system to do its job of repair and reconstruction.

Presented for the public interest by, Dr. Louise A. Froehlich, Chiropractor, Richboro, Pa. 355-1133
NERVE PRESSURE
MAY BE THE EXACT CAUSE OF YOUR
HEALTH PROBLEM

Illustrating the results of a displacement of one of the vertebrae causing obstruction of the normal flow of intelligent vital impulses through the nerve. This drawing is, of course, greatly exaggerated to make plainly visible what may actually be a very slight displacement. It is not intended to be scientifically accurate.

TELEPHONE NOW FOR YOUR APPOINTMENT!
NERVE PRESSURE MAY BE THE EXACT CAUSE OF YOUR HEALTH PROBLEM REGARDLESS OF WHAT YOUR SYMPTOMS MAY BE.

We accept all cases regardless of ability to pay

TUCCI CHIROPRACTIC OFFICE
609 Broad Ave. PHONE 929-6100 BELLE VERNON
Don't lift more than you can handle!

Kind of uncomfortable: two bags of groceries, your purse on one arm, Suzie or Johnny pulling the other arm, your nose itches, and the eggs are slipping out of the bag.

Sounds funny, doesn't it? But it's a serious predicament that occurs too often. If you're lucky, you'll only break an egg or two. If you're unlucky, you'll injure your back.

If you have never experienced a back problem, take our word for it, it's painful. If you have, it would be wise to see a doctor of chiropractic. Protect your back with good judgment and preventive health care.

For further information or appointment call:

1. DR. DANIEL MILLER
   317 West Ave., McKeesport, Pa.
   Phone 678-2919
   GIRAN CHIROPRACTIC
   LIFE CENTER
   722 Pennsylvania Ave., W. Mifflin
   Phone 466-0441

2. DR. MILLER
   Mon., Wed., Fri. 10 to 2 & 4 to 8
   Sat. & Tues. 9 to 10 Noon
water supply comes from a cistern or well.

PINCHED NERVES . . .

IN THE FOLLOWING SPINAL AREAS . . .

MAY CAUSE

1. Headaches, Nervousness, Dizziness, and Tension.
5. Stomach and liver disorders.
6. Shingles and disturbances of the upper bowels.
8. Slipped disc, lumbago and low-back pains.
9. Sciatica, constipation, menstrual problems, and sacroiliac pains.
10. Bladder disturbances, leg cramps, and colon disorders.

WHY BE SICK WHEN YOU CAN BE WELL?
WE ACCEPT ALL CASES — REGARDLESS OF ABILITY TO PAY

OFFICE HOURS BY APPOINTMENT

BENGEL CHIROPRACTIC CLINIC
825 Freeport Rd. (Rt. 28)
Brockenridge

DR. BENGEL 224-2224
MIGRAINE HEADACHES!

It is astonishing to learn that millions of people are suffering needlessly with migraine headaches. This severe type of headache usually puts the patient to bed for a day or two. Symptoms include intense pain on one side of the head, extreme sensitivity to light, loud sounds or even the smell of food. An upset stomach is usually involved also. A number of our patients have had migraines that have lasted up to 10 days.

The standard procedure is to take pain pills until the symptoms subside. The end result is that the patient must learn to live with them indefinitely.

Clinically we find two common factors with every migraine patient. Nerve irritation due to a misaligned vertebra and an improper diet. Both of these conditions must be corrected before a permanent solution is achieved.

The nerve irritation in the spine is intensified when certain foods are eaten. This brings on a series of events that eventually ends in a severe headache.

In our center, every migraine patient undergoes a rigid spinal examination followed by a detailed study of his/her diet. Then and only then is a detailed treatment program prescribed. Results are very gratifying both to the patient and to the staff. You don't have to suffer with migraines. The underlying cause must be identified and corrected by your chiropractic physician.

For Further Information Call

BOCH CHIROPRACTIC CLINIC
248 South Hanover Street, 243-7717, Carlisle, Pa., 17013
CALEIFORNIA
CHIROPRACTIC CLINIC
71 THIRD ST., CALIFORNIA
938-3789

ACCEPTING
• MEDICARE-MEDICADE
• WORKMEN'S COMPENSATION
• MAJOR MEDICALS (Which Include Chiropractic Care)
Did you ever wonder why most wild animals and birds remain healthy and are rarely sick during their lives? Or, that the vast number of trees and shrubs that grow in the wildest jungles produce beautiful healthy foliage, blooms, and fruit without the help of cultivation by man? Nature has provided them with foods suitable to keep them healthy; with the instinct to avoid danger and with amazing healing powers.

Life and health are God-given. You have the power to maintain good health by simply following nature's laws.

Health is the normal expression of life's power in your body. The force which dominates man's body, we call instinct or innate intelligence. Being conserved in the brain it is transmitted by means of the spinal cord, thence by the spinal nerves, to all structures of the body. As a means of support to the body and a protection to the spinal cord we have the spinal column in which the spinal cord is enclosed. Between each segment (vertebra) of the spinal column are small openings for the emission of thirty-three pairs of spinal nerves. It is by means of these nerves connecting brain cells and tissue cells that we have all essential life forces transmitted to the cells which make up the entire body. Any interruption to this transmission of nerve energy from the brain will slacken its flow to some organ or tissue and your body necessarily will be checked in its normal function.

It is common that mankind through life will suffer jolts and jars which displace certain moveable segments (vertebrae) of the spine. Any such dislocations are bound to "pinch" the nerves that pass between them, and a pinched nerve is just like a pinched hose — the power of its flow (or its pressure) is retarded. By simple spinal adjustments, nerves can be freed of pressure, allowing nature to restore the abnormal body parts back to normal. Be sure your body is receiving its full capacity of nerve energy for complete enjoyment and active living.

Regular spinal check-ups are just as important to your health as the food you eat. To keep that healthy, happy feeling, remember to see your chiropractor once-a-month — January through December.

Trout Chiropractic Clinic

Northumberland, Pa.  RD1 Danville Highway  473-3585
You can't eat eggs, chocolate, wheat, oats, tomatoes, or a long list of other things because if you do, you'll break out in a rash or hives, or stop up and cry with hay fever, or choke with asthma. You're allergic!

So... You're allergic. Now that you've admitted this quite obvious fact, what are you going to do about it? You can try to find out what causes it and remove the cause to end the whole thing.

An allergy is an abnormal condition of your body. Normal people with normal bodies can eat these things with no ill effect. Our allergic body reacts in an abnormal or pathologic manner. Stimulated nerve endings in your nose, or lungs, or skin become red hot and tender, causing muscles to tighten, and blood vessels to enlarge and fill with blood and the capillaries fill with fluid, all of which produces a hot, tender swelling which, if in your nose, is called hay fever, on your skin is hives, and in your lungs asthma.

Allergies must have a cause just like everything else. Our specialty is to find and remove the cause.

DR. LUDGER F. POCORUS
407 MAIN ST.
STROUDSBURG, PA. 18360

Office Hours
By Appointment

Home... 992-6022
Office... 424-5993
When the vertebrae of the spine have become subluxated or misaligned far enough to interfere with the flow of nerve energy from the brain to the body, there will be a slowing down of the action of the body. Let us say that the liver nerves are pinched in the spinal column by a subluxated vertebra or misaligned bone. These nerves cannot carry a normal flow of nerve energy to the liver, the liver cannot function normally, because the power is reduced. If the reduction of power continues to exist over a period of time, it is possible and probable that so much degeneration has taken place in the liver that it cannot be repaired. This means that even though the subluxation is corrected and the normal flow of nerve energy restored to the liver; the amount of damage is too great to be repaired. The liver cannot be rebuilt to normal function and normal digestion and health cannot be regained for the patient. This is one result of waiting too long.

While it is true that a great deal can be done to help the patient who has waited too long, complete normal health cannot be expected to return in cases like this. We can compare this instance to a paralysis of the arm. Some of the muscles are destroyed completely, while others are not damaged at all. It will be possible to regain partial use of this arm but not complete use. There are limitations due to the damage to the muscles and we expect them.

You see, chiropractic is not a cure-all, it is a scientific method of correcting the cause of disease in the human body. This is done by maintaining proper alignment in the segments of the spinal column. This allows the nerve energy to flow uninterrupted from the brain to all the organs, glands, muscles, bones and tissues of the body. A normal flow of nerve energy permits normal function to exist, thus bringing about normal health. To maintain the alignment correctly is a scientific job so the interference can be removed and kept out of the body.

It is true that chiropractors would like to dismiss patients sooner because we would be able to help many more patients. Also, we would get results in our patients much more quickly if they would not make the rounds and try everything else first. Finally, after nothing has helped, they decide to try chiropractic as a last resort. Why not try chiropractic first?

CHIROPRACTIC FIRST

RITTER CHIROPRACTIC CLINIC
DR. EARL RITTER
608 OLD DERWICK ROAD
BLOOMSBURG
Dr. Farina

ARM & SHOULDER PAIN
MARVELOUS INTRICACY

It's nice to be able to take some time for granted. Imagine the array of consciously keeping track of the thousands of bodily functions, which usually run so smoothly all by themselves.

So it is with the marvelous intricacy of the arm and shoulder complex. Instead of consciously directing the movements of bone, muscles, tendons and ligaments that allow us to bend, turn and twist, we simply expect to be able to pitch a ball, reach for the floor on the top shelf, grasp a paintbrush or zip up the back of a dress. We do it without realizing or appreciating the intricate interplay of arm, shoulder, wrist andingers.

Even in sleep the bones, sockets, muscles, tendons and cartilage are in almost constant motion... and all without pain EXCEPT when something goes wrong.

THE SHOULDER GIRDLE

The whole complex known as the shoulder girdle is the most mobile of the body and is actually composed of several joints, each dependent on all the others. The bones of the shoulder girdle are moved by skeletal muscles which may be attached directly or by tough connective tendons. The bones are prevented from slipping apart at the joints by ligaments. Free movement of these joints is made possible by smooth layers of cartilage which link the bones at their junctions with other bones.

There are many sets of corrective forces called "bursae" These capsules secrete a lubricating fluid which keeps the complex functioning smoothly.

WHERE DOES IT GO WRONG?

As with any complex machine, problems can come from many sources. Pain the body's way of signaling trouble, can be caused by a variety of factors.

Misaligned Vertebrae - from whatever cause — make up a large percentage of the cases of arm and shoulder pain. A misaligned vertebrae can impinge on the nerves radiating to the next, shoulder and arm, causing pain.

Bursitis — caused by inflammation of the bursa sacs surrounding the joints, may feel like arthritis or neuralgia. The shoulder may be stiff, with pain which worsens with movement. Bursitis can become acute with severe pain. Bursitis should never be allowed to reach that point.

Radiology — is a term meaning pressure on the nerve root. The pressure can come from misaligned vertebrae pressing on a particular nerve root, and different symptoms in different parts of the body result from pressure on particular nerve roots.

Neuropathy — means pain running along the length of a specific nerve, causing specific symptoms...

Nerveitis — is a general term meaning inflammation of a nerve other than at the root area.

Pain may be accompanied by "paresthesias" or strange sensations, like tingling, crawling sensations, stinging, hot spots or burning feelings.

Referred pain — is felt in the arm and shoulder even though the cause is elsewhere. Various diseases of the abdomen can cause pain in the shoulder area.

Whiplash — injury, usually following an accident of some kind, may not make itself felt for weeks or months after the initial trauma.

TAKE PAIN TO YOUR CHIROPRACTOR

The degree of pain experienced is not a reliable parameter of the seriousness of the arm and shoulder problem. Sometimes a minor pain accompanies a serious condition while an agonizing pain may be just the byproduct of unusual muscular activity. Through his years of research and education, your Doctor of Chiropractic is the doctor best able to determine the cause of your arm and shoulder pain and to take immediate steps to correct it. He is a specialist of the spine, muscles, nerves and joints of the body. Pain in the arm and shoulder can be symptomatic of dozens of diseases. Through examination and analysis of symptoms will help him determine the cause of YOUR problem and what can be done to help you. His goal is, of course, to relieve your pain, as well as to seek its underlying causes.

If you are suffering from any kind of pain in the arm or shoulder, DON'T DELAY! Make an appointment with your Doctor of Chiropractic.

The Farina Chiropractic Clinic is located at 401 W. Lancaster Ave., Willow, Pa. Call 732-351 for an appointment or additional information.
Pain is nature's warning signal that there is something wrong in the body mechanism. It is an unpleasant sensation caused by sensory nerve stimulation and often accompanied by disturbance of the autonomic nerves which function practically all of the important organs of the body.

Without the normal supply of this vital nerve energy, no pain, irritation, or torn muscle can heal. No medication or sedatives can eliminate the cause. The only answer is to have or re-establish the health-giving nerve energy in the affected parts, allowing the healing process of nature to proceed unhindered.

Scientific chiropractic spinal adjustments get to the basic trouble rather than merely treating the effects.

Chiropractic relieves pressure on nerve ch nerve ch river its by correcting displaced vertebrae, and restoring normal nerve function. Inflammation is reduced from the beginning, nature's healing process begins, and pain is gradually brought to an end.

Dr. George L. Sabo
Chiropractor
516 Chestnut St, Reading, Pa.
Hours: Mon., Wed. & Fri.: 10 a.m. to 10 p.m.
FOR APPOINTMENT
PHONE: 372-0889
WHY SPEND YOUR MONEY NEEDLESSLY?

ILL AND DISCOURAGED - the type of care you receive at the Miskovich Chiropractic Center may be the answer to your problems! Thousands of people with acute and chronic ailments have already benefited from the treatment they have received at the Miskovich Chiropractic Center. The care you receive from us gets sick people well without drugs or surgery. Our approach to your health is drugless and the only side effect is better health. NOW you can find out if yours is a Chiropractic case by calling this office and requesting a FREE Consultation and Preliminary Examination. This FREE Consultation and Preliminary Examination will determine whether or not you are a Chiropractic case. If you are not a Chiropractic case, then no one else will ever help you but Chiropractic. If you are sick and suffering, or dissatisfied with your present health care, NOW is the time to take advantage of this opportunity with NO cost or obligation. The staff and facilities at the Miskovich Chiropractic Center are qualified to give you the best Chiropractic care that is available today. Call NOW for an appointment, because this opportunity is for a limited time only. Office hours are daily Monday thru Saturday by appointment only!
Pulaski Woman
Relieved of Severe Headaches
and Leg Pains

I have suffered with severe headaches for about a year. My family doctor treated me for high blood pressure and supposed blood vessel problems with medication and pain pills. When I would wake up in the mornings with a headache, it would usually last all day even with pain pills. This would happen about three times a week. After about two months I began to get a pain in my upper leg this also was treated with medication, and pain pills which did not work either. I had my leg X-rayed, but nothing showed up. I had a brain scan and blood test which also was negative, so my doctor referred me to a neurologist. I had the appointment made and in the mean time my husband had seen an advertisement of Dr. Panza's and suggested I try him first, which I did. I went in three times a week at first for adjustments, and my headaches disappeared immediately and the pain in my leg is gone and my blood pressure is normal with no medication and no pain pills.

I am very thankful for Dr. Panza and Chiropractics and would gladly recommend him to anyone who is suffering pain.

Mrs. James H. Foreman
Pulaski, Pa.
(Original on file)

PANZA
CHIROPRACTIC CENTER
589 North Hermitage Road
Sharon, Pa. — Phone: 981-6420
Across from Hickory High School
LOW BACK PAIN
Dr. Thomas F. Snyder, D.C.

At one time or another in nearly everyone's life, back pains are felt. Pain in the back is common among people of occupations which submit the back to extra strain. The tense position of a secretary's job or the job of a person lifting heavy objects — or even the drudgery of ordinary house work, may all contribute to conditions that produce back pains.

A good healthy back can withstand life's demands, however, slight displacements of the spinal vertebrae, easily recognized by the doctor of chiropractic, can cause pressure on nerves, creating malfunction of the tendons, ligaments and muscles of the back.

When this condition exists, even ordinary daily life, with no over exertion, can cause low back pain; then a chiropractic examination is essential."

(One of a series of articles published in the public interest to explain and illustrate the scientific practice of Chiropractic, written by Dr. Thomas F. Snyder, Chiropractic Orthopedist, Brodheadsville, Pa. 18322. Phone 992-4787.)
NERVE PRESSURE
MAY BE THE EXACT CAUSE OF YOUR HEALTH PROBLEM

YOUR CHIROPRACTOR, thru spinal adjustments, corrects the misalignments which removes impingement and restores the normal flow of nerve energy to the affected nerve.

Once the interference has been removed and the normal flow of energy has been restored, nature goes to work and promotes healing from within. Spinal misalignments are determined by x-raying the spine.

Illustrating the result of a displacement of one of the vertebrae causing obstruction of the normal flow of intelligent vital impulses through the nerve. This drawing is, of course, greatly exaggerated to make plainly visible what may actually be a very slight displacement. It is not intended to be scientifically accurate.

TELEPHONE NOW FOR YOUR APPOINTMENT—NERVE PRESSURE MAY BE THE EXACT CAUSE OF YOUR HEALTH PROBLEM REGARDLESS OF WHAT YOUR SYMPTOMS MAY BE. WHY BE SICK WHEN YOU CAN BE WELL?

FAMILY CHIROPRACTIC CENTER

Dr. Jack K. VanDervort
— CHIROPRACTOR —
806 Park Ave., Meadville, Pa.
“Dedicated to the Restoration and Preservation of Your Health.”
The Spinal Column
By Dr. Flavian Santavicca, Jr., B.S. M. Ed., D.C.

TOTAL CARE APPROACH - CASE #8

Mr. T.C., age 21, is a foreman at a local cemetery. He was referred into our center with a history of daily headaches since grade school. At that time he fell on his head while playing. Other symptoms included: cracking in neck with stiffness and low back pain.

The examination and x-ray study confirmed advanced spinal stress interfering with blood flow to the head and scalp muscle tension. The nutritional evaluation found an atrocious diet with some foods that certainly would not support life in any other animal.

All symptoms cleared out after a five-week treatment program involving spinal adjusting, spinal therapy, diet correction and nutritional supplementation.

For Further Information Call
SANTAVICCA CHIROPRACTIC CENTER
225-1655
144 North Main Street Washington, Pa. 15301
IS YOUR SWITCH TURNED ON?

You are already wired by God as a dynamic, "full of life" power line. You begin life with a full potential for life, health and happiness. If you could go on this way, life would be perfect.

But, physical and emotional stresses may "short out" this power line (this can occur at the spine) and will cause you to suffer one or more of the thousands of medical diseases . . . from moth-eaten alopecia to phlegmatic zygnopsis and all of the fatal, terminal, hopeless, learn-to-live-with-it or cover-it-up-with-drugs conditions that you can imagine.

This certainly was not the way that your body was designed to exist.

The chiropractor has the unique privilege and responsibility to correct these short circuits by "turning on your switch." This allows new life to flow over the nerves to all parts of your body.

Do you think that you can ever be totally healthy? You stand a much greater chance if you keep your "life switch" turned on by getting regular chiropractic adjustments!

YOU CAN NOT SAY EVERYTHING HAS BEEN DONE UNLESS CHIROPRACTIC HAS BEEN INCLUDED.

"STAY HEALTHY NATURALLY"

"TELEPHONE ONE OF THESE AREA CHIROPRACTORS TODAY"

* WE ACCEPT ALL CASES REGARDLESS OF CONDITION OR FINANCIAL ABILITY TO PAY.

MAGEE CHIROPRACTIC CENTER
DR. GARY MAGEE, D.C.
424 First Street
DuBois
Phone 371-1270

REYNOLDSVILLE CHIROPRACTIC LIFE CENTER
DR. R.W. McCALL, D.C.
105 Main Street
Reynoldsville
Phone 653-9514
Numbness Begins With Nerve Pressure

A recent syndicated article reports that tingling or numbness of the fingers often originates from pressure on the nerves at the spinal column. Joseph G. Mclner, M.D. states “the nerves leading to the hands and fingers originate in the spinal cord in the area of the neck. In certain cases there can be an arthritis condition, a thickening of the edges of the vertebra. This obviously, can narrow the space through which the nerves emerge and put pressure on them, thereby causing numbness or tingling in the fingers.” We were happy to see others recognizing our work and the importance of nerve pressure. Remember pressure on any nerve can cause more than just numbness. It can contribute to diseased conditions. In fact your health problem may be caused by nerve pressure, a Chiropractic examination will let you know.

Why be sick when you can be well?

KURTZ CHIROPRACTIC LIFE CENTER

781-7117

Ever think about the phrase, "natural good health?" There's a lot to that, because the natural condition of the body is good health. Sometimes, however, despite good diet, rest and exercise, good health is elusive. One frequent reason for this comes from the back. If one of the 24 movable segments in the spinal column is out of position—due to a fall or bump or twist—the nerves that branch out from between the segments, and the body organs they serve, are affected. The segment must be restored to its rightful position so the body has the opportunity to regain good health. Remember, poor health is not natural. Get a chiropractic checkup.
WHEN YOU NEED A CHIROPRACTOR . . . CALL DR. WM. T. HEVERLEY

Chiropractic adds years to life and life to years!

HEVERLEY CHIROPRACTIC LIFE CENTER

191 E. Market St., Blairsville
Phone 459-5180 for appointment.
Open 9-8, Saturdays 9-Noon.

We accept all cases regardless of financial ability to pay.
CONSTIPATION RESPONSIBLE FOR MANY AILMENTS

A great percentage of the people of this country suffer from constipation. It is responsible for many ailments and predisposes one to many others. Some of the symptoms of constipation are, headaches, lack of energy, a blotchy skin, halitosis, gastric disturbances, and certain eye disorders.

The intestines actually move the food along the tract by the spasmotic contraction of its walls. The action is somewhat automatic, but is directly under the control of the central nervous system.

Constipation can be caused by interference in the spine with the nervous impulses from the brain which result in lack of bowel "movement." Chiropractic adjustments can remove this interference and the bowels again resume their normal function.

"EVENTUALLY CHIROPRACTIC...WHY NOT NOW?"

We accept all cases regardless of financial ability to pay.

KRUPAR CHIROPRACTIC LIFE CENTER

DR. ANDREW C. KRUPAR
DR. BETTY O. KRUPAR
DR. HOMER L. BOWERS

Dr. Homer L. Bowers
CHIROPRACTOR

327 W. Pgh. St., Greensburg
Phone 834-1887
YOUR HEALTH
Through Chiropractic

BY:
DR. CARMELO S. BASILOTTA
CHIROPRACTOR
1001 WEST MAIN ST.
NORRISTOWN, PENNSYLVANIA 19401

TELEPHONE 275-1144

QUESTIONS ON ARTHRITIS

Q. — My husband is taking calcium for his arthritis. Isn’t calcium the cause of arthritis?
A. — Arthritis is commonly associated with the inflammation of certain joints, cartilages and tissue. Since arthritis is often associated with a loss of calcium from the bones, supplementary calcium may be helpful.

Q. — What is the difference between “Rheumatoid arthritis” and “Osteoarthritis”?
A. — Rheumatoid arthritis is infectious in origin and may occur at any age. It may be due to any type of infection that happens to invade the body such as rheumatic fever, tuberculosis, etc.

Osteoarthritis is of non-infectious origin and comes late in life. The cause is not known but aging and other metabolic disorders seem to be predisposing factors. These are two general types of arthritis but there are many disorders associated with it.

Q. — What can be done for arthritis?
A. — While there is no known cure, removal of any infection and Chiropractic treatment to build body resistance, stimulate circulation and remove nerve interference, are very helpful in many cases.

FOR APPOINTMENT
TELEPHONE 275-1144
Some folks have the idea that once they have used the services of a Chiropractor to regain their health, they never need see the Chiropractor again.

A similar situation would be that of running your car into a tree, bending it out of shape, having it repaired, and then expect never to need the services of a mechanic again. Unfortunately you may run into another tree.

As long as folks are active they need the services of a Chiropractor. Activity is good for health. So work and enjoy life, but be sure to have a Chiropractic check-up regularly and straighten out spinal dents occasioned by stress and strains of everyday living.
STRESS AND CHIROPRACTIC

Stress is a common term applied to things that cause psychological change within our body. Most people are familiar with the self-imposed nervous tension stress which causes us to be uptight, nervous and irritable. Stress can be physical or psychological and the effects on the nervous system are the same. The nervous system is the body's sensing and reaction mechanism, and anything that affects us affects our nervous system to cause imbalance, irritation and upset of normal nerve impulse flow. Abnormal stress on the nervous system impairs the body's ability to function. This malfunction causes many disease states within the body directly attributable to stress and its effect on normal body function. Chiropractic care reduces stress caused nervous system imbalance by removing its effect on spinal functions.

921-4575
ASSOCIATES
CHIROPRACTIC CLINIC & REHABILITATION CENTER, INC.
936 Greentree Road
Pittsburgh, Pa. 15220
Bursitis

The searing pain of bursitis appears to flow through the entire body. There seems to be no time, no position, no situation where the body can enjoy a second of real comfort.

But, the chiropractor, skillfully and using scientific methods, traces the pain to its source—a microscopic section of the body's vast nerve system. A tiny pressure, or impingment, is affecting the proper function of an important part of the body's nervous system. The area served by the impinged nerve is not functioning normally and properly.

Through gentle, scientific adjustments, the chiropractor's skilled hands adjust spinal alignment and free the nerve from its restricting pressure. Vital nerve energy begins to flow through the released nerve to the affected area, enabling it to resume its normal function.

Released from the pressure imposed by the obstructed nerve, nature goes to work from within to restore health. Another Health and Life Article from the Office of:

Dr. R.J. BROZICH
3706 W. 6th Avenue
BEAVER FALLS
(West Maysfield)
843-2907
THE SPINAL COLUMN

WHY IS IT THAT CHIROPRACTIC SUCCEEDS AFTER OTHER METHODS HAVE FAILED?

No matter how long you have been sick, no matter what you are suffering from, no matter what you have been told about your problem, it may be that your are strictly a Chiropractic case and have been treated for something else. You cannot say everything has been done unless you have tried chiropractic.

WHY NOT INVESTIGATE TODAY?

MIDDLETOWN CHIROPRACTIC HEALTH CENTER
219 Spring St. 944-4676
HOURS BY APPOINTMENT ONLY

We accept all families and patients regardless of Condition or Financial ability to pay.
THE SPINAL COLUMN

By
Dr. Flavian Santavicca, Jr., B.S.M.Ed., D.C.

TOTAL CARE APPROACH
CASE #9

Mrs. L. P. — age 29, from Eighty Four — fell down the steps 12 years ago. Low back pain and daily headaches have been her companions ever since.

To complicate the problem, she has had difficult menses and extreme fatigue since her last child was delivered.

The lab evaluation indicated an endocrine (gladular) imbalance.

Following a six-week program of total care, Mrs. L.P. is now symptom free. We removed the spinal column stress and misalignments through gentle adjusting. We normalized her body chemistry through a specific nutritional program.

In addition, she lost 10 pounds after only one month on the program.

We are currently working to stabilize all aspects of her health so that the problem does not recur.

For Further Information Call

SANTAVICCA CHIROPRACTIC CENTER
225-1655
144 North Main Street Washington, Pa. 15301
Mid-Atlantic Newspaper Services, Inc.
2717 N. Front St.
Harrisburg, Pa. 17110

LATROBE, PA.
JUL 28 1977
Bulletin (e)
Circ. 11,065

president of the BCOA.

SINUS TROUBLE CAN NOW BE AVOIDED

Sinus trouble is very prevalent in this part of the country. Some of the symptoms of sinus trouble are frontal headaches, pain about the orbits of the eyes and through the nose. There seems to be a continuous drainage from the nose. The eyes are affected and water. The lack of the ability of the body to adapt the tissues of the nose and throat and sinuses to the sudden weather changes seems to be the predisposing cause.

Dr. S. L. Dahlstrom
Chiropractor

This is due to the lack of control of these tissues through the nervous system. This can be readily proven by the condition and remove the symptoms by altitude; however, this does not replace the cause and when returning to the former climate the symptoms manifest themselves again.

Chiropractic adjustments remove the cause of the incoordinations very readily and in a short time all symptoms will disappear.

FREE SPINE X-RAYS FOR MONTH OF JULY (unless covered by insurance)

DAHLSTROM CHIROPRACTIC FAMILY CENTER
1202 Mission Rd.
Latrobe, Pa.
— behind Needham Chevie —
Phone 539-9465 if no answer 539-8342
FREE CHIROPRACTIC WEEKEND
A Chiropractic Weekend Will Be Held On JULY 30 and JULY 31 at the WILKINS CHIROPRACTIC CLINIC
659 W. Main Street, Mt. Pleasant from 9:00 A.M. until 3:00 P.M.

During these two days, the examination and X-Rays will be free to anyone seeking Chiropractic care. Doctors will be on hand to answer any and all questions concerning Chiropractic.

Why not find out if Chiropractic can help you! Remember it always makes you feel better when you know that you are helping someone else feel better.

Chiropractic is covered by most insurance companies, Medicare, and by Workman's Compensation. So why not find out if Chiropractic is the answer to your health problems.
Poole Chiropractic Life Center

announces

“A Chiropractic Sunday”

SUNDAY, JULY 31 — 1 TO 3 PM

Free Spinal X-Rays

(If taken from the family budget)
For All New Patients This Day

Poole Chiropractic Life Center

Jay H. Poole, D.C.
1751 E. Broad St. — 455-5893

Office Hours By Appointment
Mon., Wed. & Fri.: 9:30 to 12, 1 to 4 and 6 to 8:30

Dr. Jay H. Poole D.C.
Ream’s Testing: Tuesday 12 Noon to 6 PM or by special appointment
Ever think about the phrase, "natural good health?" There's a lot to that, because the natural condition of the body is good health. Sometimes, however, despite good diet, rest and exercise, good health is elusive. One frequent reason for this comes from the back. If one of the 24 movable segments in the spinal column is out of position—due to a fall or bump or twist—the nerves that branch out from between the segments and the body organs they serve, are affected. The segment must be restored to its rightful position so the body has the opportunity to regain good health. Remember, poor health is not natural. Get a chiropractic checkup.
ARE YOU EXPERIENCING A HEALTH PROBLEM?

If you have any of the following symptoms:

1. Headaches
2. Painful joints
3. Numbness in hands & arms
4. Leg pains
5. Numbness of feet
6. Loss of sleep
7. Neck stiffness
8. Shoulder pain
9. Low back pain
10. Bursitis
11. Sciatica
12. Upset or nervous stomach

YOU CAN BENEFIT FROM CHIROPRACTIC CARE

Rostraver Chiropractic Clinic
Dr. Jack R. Taylor, Director
(Next to Rostraver Central Fire Co.)
Fellsburg, Pa.

"Come in or call for consultation to find out how Chiropractic can help you"

Call 379-6160 For Appointment

HOURS:
Mon., Tues., Thurs.: 9-2 P.M., 6 to 9 P.M.
Fri.: 9 to Noon
Sat.: 2 to 6 P.M.
Sun.: 9 A.M. to Noon
It is estimated that this year over half million people will be disabled by spinal defects and injuries which cause LOW BACK AND LEG PAIN. Research indicates that most of these conditions are due to mechanical defects in the alignment and mobility to one or more segments of the lower spine. The spinal column is designed to function as a flexible postural support and provide a protective mechanism for the spinal cord and spinal nerves. In order that this be accomplished each of the twenty six individual segments must be in precise alignment with adjacent segments. This magnificently delicate balance of spinal segments may be distorted by a sudden movement, fall, accident, back strain or poor posture habits. The result of a structurally altered spine (no matter how slight) causes a weak back and chronic recurring back pain.

Everyday stress on a weak back or severe stress on a normal back may be sufficient to reduce the efficiency of this protective mechanism. When this protective mechanism is altered, the displaced vertebrae reduces the diameter of the opening through which the spinal nerve exits the spinal column to supply energy to the muscles and organs of the body.

Experience has shown that most low back conditions respond extremely well to the specialized care offered by the chiropractic profession. Regular periodic chiropractic examinations and professionally directed spinal hygiene is your best assurance against the hidden development of disabling spinal disorders.

DAHLSTROM CHIROPRACTIC FAMILY CENTER

1202 Mission Rd., Latrobe (behind Needham Chevies)

PHONE 539-9445
(if no answer: phone 539-8342)

"WHERE GOOD HEALTH BECOMES REALITY"
Have you ever seen the maze of tiny wires within a telephone cable?

The spinal cord is similar, though far more complex. It is made up of 450 trillion individual "wires."

They carry a continuous stream of messages from the brain to all parts of the body.

The many functions of the body are controlled and coordinated by these messages.

This structure is vital, so very vital that it is encased in sections of bone known as vertebrae.

The vital center is the brain. It, too, is encased in a shell of bone.

A spinal injury upsets this delicate communication system, disrupting its function and paving the way for disease.

A broken tooth or an eye squint can signal the start of impaired dental or visual health.

Just as easily, a bump, a fall or a strain can mark the beginning of a bodily disorder.

Lame back? This is a distorting strain in the weakest part of the back, just above the hips.

But an injury higher in the back might be even more serious, although less painful.

In time, such an injury may impair the functioning of the heart, stomach or other organs by altering their nerve supply from the spinal cord.

Chiropractic deals with the nerves. The place that hurts is not always the place where the pain originated.

Realizing this, chiropractic is dedicated to the precept that a healthy spine makes for over-all health.

This "minor" spinal injury can mar your health. But don't let it! That check-up is important. A forgotten strain or a bump could deprive you of good health.
The Spinal Column

By Thomas A. Boch, D.C.

CHIROPRACTIC AND ARTHRITIS

Arthritis is one of the major health problems in our society today. Because it is so widespread, often aches and pains that don't seem to fit other categories are labelled arthritis. Since newspapers, magazines and the broadcast media have convinced the sufferers that arthritis is incurable, the effect is much like receiving a life sentence.

Then what often happens is that the so-called arthritic goes to a chiropractor, perhaps to have a back problem alleviated, and suddenly the arthritis is much improved. How could this happen? If it happens, the condition may not have been arthritis at all, but something else that was diagnosed as arthritis. The arthritis-like symptoms were created by an out-of-place spinal segment (vertebra) which in turn has irritated a nerve. Restoring the vertebra to its proper position has eliminated the nerve irritation — and with it the "arthritis."

There are numerous instances where cases of deafness, migraine headaches and other health conditions have improved drastically following spinal adjustment. This is really a natural sequence of events. The nerves from the spinal cord extend out from between the vertebrae of the spine to send messages to and receive messages from organs of the body. It logically follows that a vertebra out of place (and this can occur very easily from a bump or a fall or a strain) can interfere with the nerve and the job it is supposed to do.

So it's easy to understand how a condition that has wrongly been diagnosed as arthritis can benefit from chiropractic care!

FOR FURTHER INFORMATION CALL

BOCH CHIROPRACTIC CLINIC
248 South Hanover Street, 243-7717, Carlisle, Pa. 17013
Emergency Service Available 24 Hours
Daily — 7 Days a Week.
IN THE FOLLOWING SPINAL AREAS, MAY CAUSE

1. Headaches, Nervousness, Dizziness, and Tension.
3. Muscular aches of upper back, shoulders, & arms.
4. Chest pains, functional Heart distress, difficult breathing, and asthma.
5. Stomach and liver disorders.
6. Shingles, and disturbances of the upper bowels.
8. Slipped disc, lumbago, and low-back pains.
9. Sciatica, constipation, menstrual problems, and sacro-iliac pains.
10. Bladder disturbances, leg cramps, and colon disorders.

WHY BE SICK WHEN YOU CAN BE WELL?
CALL FOR AN APPOINTMENT TODAY!

Dr. WILLIAM E. MAY
411-Thirteenth St. 437-1494
Franklin, Pa.
After the cause of your problem has been corrected, develop the once a month chiropractic habit in order to assure you good health throughout the year.

A list of a few conditions which have responded well to chiropractic adjustments: sinus trouble, ulcers, constipation, bursitis, menstrual cramps, asthma, numbness, headaches, hay fever, bed wetting, backaches, sciatica

CHIROPRACTOR
Dr. P.D. Cook III
Monday - Wednesday - Friday
Office Hours Are
10-12 Noon    2 - 5 P.M.    6 - 8 Evenings
All Office Calls By Appointment ONLY

303 North Center street, 664-8573 Corry, Pa.
Every man, woman and child is entitled to health and happiness.

The power that made the body is the power that heals the body. Faith is the power that heals and time for nature to perform her wonders are basic to healthy, happy living.

The spine is the lifeline of the nervous system which supplies the vital nerve energy that permits nature to perform her healing from within. The spinal cord takes nerve energy from the brain and transmits it to the millions of delicate nerve fibers which transmit energy to all parts of the body.

Any displacement in the spine creates pressure which obstruct the proper flow of nerve energy. Disharmony and disease are the result.

The chiropractor locates spinal obstructions by scientific methods and he corrects the disorder with gentle adjustments to restore the vital flow.

Then, time and nature go to work to bring healing from within, using the powerful forces of the nervous system. Another Life and Health Article from the Office of:

Dr. Leo S. Oakechunas
Chiropractor
120 Wyoming Ave.
Wyoming, Pa. 18444
Monday, Wednesday, Friday
10 to 12; 1:30 to 4
4 to 8 p.m.
Tuesday and Thursday
4 to 8 p.m.
By Appointment Only
For Appointment
Call 993-0177.
Free Spinal X-Rays
When Necessary

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Harrisburg, Pa. 17110
PITTSFORD, PA.
Dispatch
JUL 3 1 1977
WASHINGTON, PA.
AUG 1 - 1977
Observer-Reporter
Circ. 32,180

from continuing. Slow and steady wins the race. The Senate voted to approve

The Spinal Column
by
Dr. Flavian Santavicca, Jr., B.S. M. Ed., D.C.

TOTAL CARE APPROACH

CASE #10

Mr. C.C., age 55, is an electrical tester with RCA. He has been suffering needlessly now for 13 years with symptoms getting progressively worse. Low back pain, weak right knee, pain and limited motion in the neck, fatigue and headaches served to make his life quite uncomfortable.

Following a two-month program of spinal corrective care and nutritional support, Mr. C.C. is now gardening and mowing his lawn with no trouble. He now has good neck movement as was experienced on a recent vacation.

Through a well-designed treatment program, we removed the spinal stress and misalignment, restored spinal flexibility and circulation, corrected his diet and provided specific nutritional supplementation.

When a patient has suffered with a chronic problem for years, a total care approach is essential if we are to obtain more than just some temporary relief care.

For Further Information Call
SANTAVICCA CHIROPRACTIC CENTER
225-1655
444 North Main Street Washington, Pa. 15301
SUMMER Colds

The common cold is a persistent nuisance. This respiratory disease may cause inflamed nasal cavities, blocked sinuses and sore throat; complications can spread the infection to the trachea or bronchi.

The science of chiropractic is based on the premise that adequate nerve supply is of prime importance in regulating the function of the body. Chiropractors use this scientific principle to maintain good health and correct disease.

The upper respiratory tract and other vital parts of the body need a strong normal nerve supply. In most cases of common cold the nervous system is functioning poorly. A patient with a cold should see a chiropractor. Your chiropractor is most qualified, through examination and spinal analysis, to locate and correct abnormal functioning of the nervous system.

Presented for the public interest by, Dr. Louise A. Froehlich, Chiropractor, Richboro, Pa. 355-1133.
THE BEST HEALTH INSURANCE

There is nothing more precious than our health. Most of us who enjoy good health accept it as a matter of course, never realizing how lucky we are. It is only when we have experienced the aches and pains that accompany severe illness that we can fully estimate and value the state of well being.

Chiropractic, alone, of all the health sciences, realizes that the cause and correction of disease is within the person afflicted.

The function of every organ, in fact every single tissue cell in the body, is controlled thru the brain, by mental or nerve impulses, which are transmitted over the nervous system.

Any impingement or pressures along these delicate nerve pathways, interferes with the normal flow of brain energy. This brings about a condition where organs or tissues are striving to function without normal brain control. Dis-ease is the result.

Scientific chiropractic research has proven that little bones in the spine can slip or move out of place far enough to create such an interference or pressure on the nervous system. This slipping or moving of the spinal bones is called a vertebral subluxation.

Make it a definite plan that your best health insurance is your chiropractor — expert in his knowledge of the spine. He can locate the point of nerve interference and by his proper chiropractic adjustments release the pressure. This allows for a restoration of normal function. Health which is inherent in all of us is the result.

The nerve foundation upon which chiropractic is founded is the knowledge that all things were created to be normal, healthy, and happy.

Trout Chiropractic Clinic

Northumberland, Pa.  RD1 Danville Highway  473-3585
WHY SPEND YOUR MONEY NEEDLESSLY?

ILL AND DISCOURAGED - the type of care you receive at the Miskovich Chiropractic Center may be the answer to your problems! Thousands of people with acute and chronic ailments have already benefited from the treatment they have received at the Miskovich Chiropractic Center. The care you receive from us gets sick people well without drugs or surgery. Our approach to your health is drugless and the only side effect is better health. NOW you can find out if yours is a Chiropractic case by calling this office and requesting a FREE Consultation and Preliminary Examination. This FREE Consultation and Preliminary Examination will determine whether or not you are a Chiropractic case. If you are not a Chiropractic case, then Chiropractic will never help you. If you are, however, a Chiropractic case, then no one else will ever help you but Chiropractic. If you are sick and suffering, or dissatisfied with your present health care, NOW is the time to take advantage of this opportunity with NO cost or obligation. The staff and facilities at the Miskovich Chiropractic Center are qualified to give you the best Chiropractic care that is available today. Call NOW for an appointment, because this opportunity is for a limited time only. Office hours are daily Monday thru Saturday by appointment only!

MISKOVICH CHIROPRACTIC CENTER
"DON'T SPEND YOUR MONEY NEEDLESSLY!"
Sciatica is an abnormal and very painful condition of the great sciatic nerve which supplies the tissues of the thighs and lower legs. Stresses and strains of physical activities, such as lifting, twisting, fatigue and postural distortions, cause the lower segments of the spine to misalign, producing pain in this nerve.

The Chiropractor is especially trained to locate the vertebrae which are in an abnormal position producing the inflammations. The Chiropractor possesses the ability to restore the vertebrae to their proper position with Chiropractic adjustments.

(One of a series of articles published in the public interest to explain and illustrate the scientific practice of Chiropractic, written by Dr. Thomas F. Snyder, Chiropractic Orthopedist, Brodheadsville, Pa. 18322. Phone 992-4787.)
An old rugmaker walked many miles bringing an especially beautiful carpet to a village bazaar. He spread his rug in the busy market so that all might see the painstaking craftsmanship he had poured into his creation.

As people gathered about, he proudly said, "I ask one hundred coins for this rug!" The rug was sold quickly because everyone knew its value to be much greater than the asking price.

Although the rugmaker had few friends, one who had witnessed the transaction came to him asking, "My old companion, why did you not sell your rug for more than a hundred coins? It is worth so much more."

The rugmaker's response was to the point, "I did not know there was a number greater than one hundred."

There is a parallel between that old legend and our own lives. How often have you said, "I wish I had known that before, now it's too late." The sharing of knowledge and information is unique to the human society. It sets man high above animal.

An example! Your doctor of chiropractic regularly performs services for patients which restore them to health. Because he is a specialist in the musculoskeletal system, the doctor of chiropractic looks to the cause of the problem rather than to the effect of a debilitating process. As a practitioner of the world's leading natural healing art, he knows the in-born intelligence of our bodies wants us to be well. As your doctor of chiropractic adjusts the spine, he opens the neurological pathways enabling normal and regular flow of nerve impulses. With the "short circuits" removed, the body can again function normally as intended by nature.

Tell a friend about your good fortune in having found chiropractic. It is an opportunity to pass along your knowledge to someone who may not be aware of the many natural healing services rendered by your chiropractor.

The rugmaker discovered too late there are numbers larger than one hundred.

Share your knowledge with friends so they too may know there is "more."

RITTER CHIROPRACTIC CLINIC
DR. EARL RITTER
808 OLD BERWICK ROAD
BLOOMSBURG
The so-called whip-lash injury which results most often during automobile accidents, both minor and serious, one of the world’s most mishandled conditions, because little or no significance is given to tiny spinal displacements which occur at the time of the accident and are left unattended; this condition can cause years of tormented pain and crippling diseases. After every accident, even though minor spinal examination and analysis should be conducted by a qualified participating Chiropractor in the Life Foundation Program for better health and lower cost.

These participating Chiropractors specialize in location and detection of tiny misalignments of the spine that may be overlooked or considered insignificant by an ordinary practitioner who is irregular in training, and is not qualified in spinal x-rays, analysis and correction. After every accident visit a participating doctor of Chiropractic.

ABNORMAL CURVE

Chiropractic spinographs made after a whiplash injury. Note the reversal of the forward curve at point marked by arrow which does not change in any position.

A. Shows neck straight
B. The Neck bent forward
C. Abnormal curve still exists when the head is tilted backward.

We accept all cases regardless of ability to pay.

TUCCI CHIROPRACTIC OFFICE
609 BROAD AVENUE
N. BELLE VERNON, PA. 15012
929-6100

DR. F.F. TUCCI
Chiropractor
THE POWER THAT MADE
THE BODY HEALS THE BODY
OUR PATIENTS SPEAK

To Whom It May Concern:

HIT AND RUN VICTIM

In January of 1973 I was a victim of a hit and run motorist on one of the rural roads in our community. When I was found by the local police I was rushed to the hospital where x-rays were taken. God must have been with me because only my tail bone was broken. The doctors thought I would have to be operated on but later I decided against it.

From the time of the accident my brother Joe had been trying to get me to see his Chiropractor. Frankly, I was scared to death and would not go. My brother Joe finally just made an appointment for me and I went. The Chiropractor did not treat the fractured tail bone but did find other bones in my lower spine that were out of place and which were apparently causing my problem because when these bones were corrected I felt better. In fact, now, I have no pain at all. I do go to the Chiropractor regularly as my brother Joe does and we both find many more benefits from the adjustments other than not just having a backache. I feel better now than I did before the accident in 1973.

If you have problems see a Chiropractor.

Sincerely,

Mr. Ed Rose

WHY BE SICK WHEN YOU CAN BE WELL?
WE ACCEPT ALL CASES—REGARDLESS OF ABILITY TO PAY.

BENGEL CHIROPRACTIC CLINIC
825 FREEPORT ROAD (Rt. 28) • BRACKENRIDGE
Dr. Bengel — 224-2224
Hay fever occurs in individuals who are sensitive to some substance, usually pollen, which they inhale. It usually is troublesome during the latter part of August and September.

It begins with an itching of the eyes and nose, followed by signs such as headache, violent sneezing and watery discharge from the eyes and nose, together with dry, hard cough.

Your doctor of chiropractic when confronted with a hay fever condition, recognizes that an impairment of nerve function is behind it, and works to correct this.

As he succeeds in correcting the impairment of nerve function, he removes the cause of hay fever and the healing forces of nature are then free to work their way, which means early relief and an eventual end to the trouble.

For hay fever, see your doctor of chiropractic. He knows what causes the trouble and what to do to correct that basic cause. Act promptly!

For further information or Appointment Call:

DR. DANIEL MILLER
211 Route Ave., McKeesport, Pa.
Phone 678-2919

GIRAN CHIROPRACTIC
LIFE CENTER
5111 Pennsylvania Ave. W. Mifflin
Phone 466-0441

Dr. Giran Office Hours:
Mon. Wed., Fri. 10 to 2 & 4 to 8
Sat. & Tues. 9 to 12 Noon

For further information or appointment call.

DR. MILLER

DR. GIRAN

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DR. GIRAN
Pedrow Chiropractic Center

OPEN HOUSE

SAT., AUG. 6: 10 A.M. to 2 P.M.

Have You “Made the Rounds”

Spinal nerve pressure can cause many ailments.
Do you experience one of the following 10 DANGER SIGNALS?

1. Headaches
2. Allergies or Asthma
3. Nervousness
4. Numbness in Hands & Arms
5. Low Back & Leg Pain
6. Sciatica
7. Shoulder Pain or Bursitis
8. Arthritis
9. Skin Disease
10. High or Low Blood Pressure

DR. FRED EDGE — DR. ANTHONY BOMPIANI
DR. JOHN PEDROW:
These Doctors will be present to discuss your problems and help you decide if YOURS is a chiropractic case!

NO CHARGE FOR X-RAYS DURING THE OPEN HOUSE

RT. 30—N. HUNTINGDON
ENTRANCE TO BLUE DOLL DRIVE-IN 823-8090
INFLATIOD ARTHRITIS

Inflamed arthritis starts with inflammation in the soft tissues holding the muscles around the joint. It may strike one or more joints, of other an injury, especially if a person has been suffering from poor health.

A great progressive change usually develops in the tissues about and in the joint and finally involves the cartilage and bone. The tissues around the joint are swollen and indurated and often the soft tissues and bones may have a "buck" the joint.

All tissues of the body are supplied with key nerves that which transmit vital and energy from the brain. These tissues, muscles, and cartilage are dependent upon this nerve supply for their proper function and their normal resistance against infection. If the nerves supplying one joint become reduced, the tissues to this area is weakened, resistance is lowered, allowing poison which are found throughout the body, to create a nerve produced ailed and these activities can be controlled in this area.

By surcuring displaced vertebrae in the spinal column, the spinal nerve centers is kept in balance and all parts of the body functioning normally.

Dr. George L. Sabo
Chiropractor
516 South St., Reading, Pa.
Hours: Mon., Wed., & Fri.
10 a.m. to 10 p.m.
FOR APPOINTMENT
PHONE: 372-0039
I suffered with sinus problems for 10 years. I didn't think anything could ever get rid of my problem since I'd had it for so long. My wife had been going to the Chiropractor and getting great results so I thought I would give it a try too. From the very start I felt better and after only a few adjustments, I feel wonderful. No more sinus trouble at all. It sure feels good, to feel good. I would recommend Chiropractic to anyone.

ALTOONA CHIROPRACTIC LIFE CENTER INC.

PHONE: 946-0279              DR. H. J. FYE
FREE SPINAL X-RAYS
Tried

Everything?

NOT UNLESS YOU'VE TRIED
CHIROPRACTIC

DR. LEO S. OAKCHUNAS
CHIROPRACTOR

MON., WED., and FRI.
10-12, 1:30 to 4 & 6 to 8 p.m.
TUESDAY 6 to 7 p.m.
THURSDAY 6 to 8 p.m.
Phone 693-0177
FREE SPINAL X-RAYS
(When Necessary)

120 WYOMING AVE., WYOMING, PA.
SCIATICA STRIKES!
The white hot pain of sciatica is sometimes almost unbearable and the hapless victim suffers agonies. Sciatic pain is sharp and tearing, searing a path down the thigh, leg, foot, and to the toes. Although fairly constant, the pain sometimes lets up for an hour... or a day. It may be mild one minute and then will rage out of control the next, never allowing peace of mind. Patients suffering this terrible pain never know when it will subside and when it will get worse, and the suspense is part of the suffering.

THE IMPORTANCE OF THE SCIATIC NERVE;
The sciatic nerve is the largest one in the body... about as big in circumference as a thumb. There are two sciatic nerves; one from the spine down the left leg, and the other extending down the right leg. That the sciatic nerve remains healthy is vital because it is the main communication line between the brain and the lower extremities. It is.

Even though normal life is impossible because the victim literally can not find a comfortable position, and is in constant and unrelenting pain, the patient may be perfectly healthy otherwise.

WORD TO THE WISE
As with any ailment, the sooner it is treated, the better. If you have even a mild low back pain, see your Doctor of Chiropractic. If you tell yourself you “don’t have the time”, “don’t want to be bothered”, your mild discomfort may turn to violent pain and more prolonged and complicated treatment may be required.

Rarely do misaligned spinal vertebrae correct themselves. Through the skill, training and experience of your Doctor of Chiropractic, your condition usually can be corrected. He locates the misaligned vertebrae and aligns them to relieve the nerve pressure.

Dr. Farina
Chiropractic Clinic is located at 304 W. Lancaster Ave., Shillington, Pa. Call 775-3931 for an Appointment or Additional Information.
SUMMER Colds

The common cold is a persistent nuisance. This respiratory disease may cause inflamed nasal cavities, blocked sinuses and sore throat; complications can spread the infection to the trachea or bronchi.

The science of chiropractic is based on the premise that adequate nerve supply is of prime importance in regulating the function of the body. Chiropractors use this scientific principle to maintain good health and correct disease.

The upper respiratory tract and other vital parts of the body need a strong normal nerve supply. In most cases of common cold the nervous system is functioning poorly. A patient with a cold should see a chiropractor. Your chiropractor is most qualified, through examination and spinal analysis, to locate and correct abnormal functioning of the nervous system.

Presented for the public interest by,
Dr. Louise A. Froehlich,
Chiropractor, Richboro, Pa.
355-1133
Headaches? Neck Pains?
Chiropractic Health Care May Offer Remarkable Correction of These Painful Conditions

Research has shown that spinal problems in the neck can cause various disorders in the head, neck, shoulders, arms, and hands. Conditions such as bruises, migraine or neuralgia, frequently result. Extensive clinical studies have indicated it may take months or even years for the effects of these forgotten falls, whip-lash injuries or minor accidents to develop into painful symptoms.

THE 9 DANGER SIGNALS OF POSSIBLE SPINAL MISALIGNMENT

1. Persistent pain and muscle tension in back of the neck
2. Recurring headaches
3. Numbness, pain or tingling in the arms or hands
4. Clicking and popping noises when turning the head
5. Painful joints, hips, knees, etc.
6. Frequent pain between the shoulder blades
7. Loss of height
8. Difficulty
9. Blurred vision

CLARION CHIROPRACTIC LIFE CENT
Dr. Kirk M. G.
817 N. 13th St.
Clarion, Pa. 16214
OPEN HOUSE
PEDROW CHIROPRACTIC CENTER

Saturday, August 6th • 10 A.M.-2 P.M.

DR. FRED EDGE
DR. ANTHONY BOMPIANI
DR. JOHN PEDROW

These doctors will be present to discuss your problems and help you decide if YOURS is a chiropractic case.

HAVE YOU MADE THE ROUNDS?
Spinal nerve pressure can cause many ailments. Do you experience one of the following 10 danger signs?

1. Headaches
2. Allergies or Asthma
3. Nervousness
4. Numbness In Hands & Arms
5. Low Back & Leg Pain
6. Sciatica
7. Shoulder Pain & Bursitis
8. Arthritis
9. Skin Diseases
10. High or Low Blood Pressure

Rt. 30 At Entrance To Blue-Dell • Adequate Drive-In–North Huntingdon • Free Parking
"ALWAYS TIRED IS NOT NATURAL"

You know them. They're all around you. People who sigh, "I'm tired, and I don't know why"!

"LOW BLOOD PRESSURE"  
"ANEMIA"  
"EMOTIONAL UPSET"  
"POOR CIRCULATION"

Any one of these may go along with that "plain tired" feeling. The underlying cause, more often than not, is an interference somewhere with the vital energy force carried by your nerves throughout your body.

The CHIROPRACTOR specializes in undamning nerve supply. He locates the source of pressure on nerves (which most commonly occurs in the spine) and then makes the necessary adjustments so that nature's life-giving current of nerve energy flows freely again.

KRUPAR CHIROPRACTIC LIFE CENTER

Dr. Andrew C. Krupar  
Dr. Betty O. Krupar  
Dr. Homer L. Bowers

327 W. Pgh. St., Greensburg  
Phone 834-1887

We accept all cases regardless of financial ability to pay.

Dr. Andrew C. Krupar  
CHIROPRACTOR
When it is pretty late in the game, or things are tight financially, medicare may help! However, few of us have given little thought to PREVENTING the health tragedies that we think await us. Over 70% of the American people have a plan for death but few of us have a good plan for health and LIFE. Authorities in our field point out that Chiropractic care actually helps one to gain immunity from serious infections and disease and lengthens one’s life span. The reason, of course, is that our care keeps the nervous system in a state of top performance. Your resistance stays high and the body remains alert at all times with its recuperative forces ready to keep up the job of healing and repair. Chiropractic care, when recommended by your doctor of Chiropractic, will help keep you feeling fit and fine for years.
ARE YOU A COMPULSIVE EATER?
YOU HAVE TRIED EVERYTHING ELSE AND FAILED

There is now a new proven, safe and painless method of losing weight and controlling compulsive eating without drastic dieting or exercise. By now you are saying, have I heard that story before? well maybe you have, but not from us. McCall Research Development Laboratories Ltd., has developed this unique method and device (Patent Applied For) after two years of research and has been clinically used by physicians throughout the United States with overwhelming results of weight loss when used under the direction of your physician.

20-30-40 pounds or more can be lost without drastic dieting or exercise, or if you wish to maintain your present weight by using this safe, painless method, information can be obtained just for the cost of a phone call to the following number.

Charleroi Chiropractic Clinic

Dr. Paul J. Harbosky

305 McKean Ave.
Charleroi
Phone 489-9160 or 489-4225
You wouldn’t go to your dentist for a hair transplant, would you? Nor would you consult your barber for help with your plumbing problems. Why then do people with pinched nerves go to anyone but a Chiropractor? Simply because many people do not know what signs to look for which indicate the presence of a pinched nerve. After you have answered the following questions, it will be much easier for you to decide whether you should consult your medical doctor or your chiropractor for a given health problem.

(A PERSONAL HEALTH QUIZ)

Do you notice a “catch” in your back or neck that seems to come and go?
Did your pain or health problem seem to occur "all by itself," either suddenly or gradually, for no known reason?
Did your problem show up at any time following an accident, fall or other injury?
Do your symptoms “travel around”? Say up and/or down between neck, shoulder, arm and hand, or, between back, hip, knee and foot?
Could you describe your discomfort as: a dull aching sensation; a sharp pain; a "burning" sensation; a feeling of cold, numbness or "something crawling on your skin"?
Do your symptoms "switch sides"? On the left side yesterday; on the right today and on both sides tomorrow?
Has your doctor or specialist told you there is nothing they can find that is "causing your condition"?
Does it seem like you’ve been taking treatment or medication for a long time without any real improvement?
If you can answer YES to one or more of these questions, you should have a chiropractic spinal analysis.

FOR FURTHER INFORMATION CALL

BOCH CHIROPRACTIC CLINIC
248 South Hanover Street, 243-7717, Carlisle, Pa. 17013
Emergency Service Available 24 Hours
Daily—7 Days a Week
ALLERGIES? NEURITIS?
HEADACHES? NERVES?
SINUS TROUBLE?

Pinched nerves may be the cause of many painful conditions. When a spinal segment is not in its normal position, it partly closes nerve openings between the vertebrae, which in turn causes the nerve to be pinched. This will cause a reduction in the flow of nerve energy to some part of the body. When this occurs, the organs and tissues which the pinched nerve supply cannot function properly ... pain and susceptibility to disease will result.

That is why the Chiropractic profession has always stated that to maintain GOOD HEALTH and FREEDOM from DISEASE, all spinal misalignments should be promptly checked and corrected.

✓ CHECK THE 10 DANGER SIGNALS . . .

( ) 1. Stiffness or pain in the lower back.
( ) 2. Numbness, pain or tingling in the legs.
( ) 3. Extreme fatigue in the lower back or legs.
( ) 4. Frequent pain between the shoulders.
( ) 5. Persistent pain and muscle tension in back of neck.
( ) 6. Grating and popping noises when turning head.
( ) 7. Recurring headaches.
( ) 8. Numbness, pain or tingling in the arms or hands.
( ) 9. Painful joints, shoulders, elbows, hips or knees.
( ) 10. Loss of sleep.

"Prompt attention will mean BETTER HEALTH and LONGER LIFE."
"Eventually Chiropractic . . . Why Not Now?"

West Hazleton
Chiropractic Clinic

Dr. T.M. Eyerly    Dr. R.F. Brundage
19 E. Broad St., W. Hazleton

OFFICE HOURS: Mon.-Wed.-Fri. 9-12, 2-4, 6-9
            Tues., Thurs. 1-5, Sat. 9-12
Phone 455-5822
YOUR SPINE IS YOUR LIFE LINE

THE BRAIN
BY WAY OF THE
SPINAL CORD AND NERVES
CONTROLS
EVERY PART AND
EVERY FUNCTION
OF YOUR BODY

DISPLACEMENT OF THE SPINAL BONES

Pinched Nerves
Kidney Infections
Rectal Problems
Numbness
Sleeplessness
Double Vision
Ear Ache
Bursitis
Pleurisy
Rheumatism
Cleft
Change of Life
Constipation
Chest Pain
Stomach Ulcers
Nervous Tension
Skin Disease
Sinus Trouble
Throat Conditions
Thyroid Conditions
Pneumonia
Menstrual Trouble
Hot Flashes
Poor Circulation
Dizziness
High Blood Pressure

Asthma
Back Trouble
Leg Pains
Children's Diseases
Gall Bladder Diseases
Neuritis
Fatigue
Shoulder Pain
Migraine Headaches
Shingles
Nervousness
Itching
Neuralgia
Heart Trouble
Diabetes
Shortness of Breath
Liver Disorders
Knee Pains
Chest Pains
Paralysis
Skin Eruptions
Sciatica
Whiplash Injury
Hoy Fever
Run Down Condition
Arthritis
Stomach Disorders

CAUSES NERVE INTERFERENCE AND DISEASE

CHIROPRACTIC CORRECTS THE CAUSE

We accept all conditions regardless of ability to pay.

Reynoldsville Chiropractic Life Center
105 Main St.
Reynoldsville
Open Mon., Tues., Wed. & Fri. 9-12, 2-4, 5-9 — Sat. 9 to 12
For appointment call Dr. R.W. McCall 653-9514
By G.T. Hieronymus, D.C.

CHILDREN AND CHIROPRACTIC

Children receive more trauma or jolts to their spine through falls or slips than adults, however, fortunately kids have more cartilage and increased flexibility of the spinal joints to absorb these numerous shocks. The effects of these falls are accumulative and overcome the spine's natural resiliency and this is where many spinal curvatures, distortions, or scoliosis begin. Most postural or mechanical imbalance caused by falls are in our spines before age 14, but their effects do not show up until we slow down in our twenties or thirties. We can prevent many spinal problems with proper treatment instituted early, so if your children have a major fall or periodically complain about back pain, their spine should be examined chiropractically to prevent life long pain and disability.

921-4575
ASSOCIATES
CHIROPRACTIC CLINIC
& REHABILITATION CENTER, INC.
986 Greentree Road
Pittsburgh, Pa. 15220
Mid-Atlantic Newspaper Services, Inc.
2717 N. Front St.
Harrisburg, Pa. 17110

McKEESPORT, PA.
AUG 4 - 1977
Daily News (e)
Circ. 39,187

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Pedrow
Chiropractic Center

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your problems and help you decide if
YOURS is a chiropractic case!
NO CHARGE FOR X-RAYS DURING THE OPEN HOUSE

RT. 30—N. HUNTINGDON
823-8070
ENTRANCE TO BLUE DIllE DRIVE-IN
For over 10 years I had taken and tried many medicines and
drugs for my inner ear problem. I had suffered with severe
dizziness and lightheadedness. Medicine just didn't help my
disorder, and I had read where chiropractic could possibly help me. Now thru chiropractic care
my dizzy and lightheadedness has almost disappeared. I do many things I
was afraid to do before. I would recommend chiropractic because it has
helped me a great deal more than anything else.

Mr. Darl, Dick

After suffering with severe headache tension and neckache, I decided to
try chiropractic care. My headache has bothered me most of my adult life.
Thru chiropractic adjustments my headaches are practically gone. The way
chiropractic has helped me with my chronic problem I would certainly
recommend it to others.

Mrs. Helen Johnson

Testimonials are not meant to imply a cure all, rather state an example of what modern chiropractic care may
do for you.

We accept all cases regardless of financial ability to pay.
Ph. 695-8027 for appointment.
YOUR BODY HAS A LOT OF COMMON SENSE!

The body is a lot smarter than most people think. It knows how to stay well — if allowed to do so. It has been proved in many thousands of cases that the difference between good health and poor health is a vertebra out of place (from a twist or a fall or a bump). The nerves that reach out from between vertebrae to serve the body organs are then kept from doing their job properly. To permit the body to regain its natural health, the “offending” vertebra must be returned to its normal position. And that's what chiropractic is all about – it's a matter of common sense.

POCONO CHIROPRACTIC HEALTH CENTRE
Dr. Richard K. Frey
1012 W. MAIN ST. (717) 424-6782 STRoudsburg

AUG 4 - 1977 The Pocono Record (m) Circ. 16,313
The Spinal Column
By Dr. Thomas A. Boch, D.C.

ASTHMA

When the supply of nerve energy to the inter-related parts of the breathing apparatus is impeded, the resulting condition is known as "asthma." Asthma sufferers know of the discomforts - the wheezing, coughing and difficulty in breathing - which accompany attacks.

Breathing is induced by a continuous series of involuntary muscular contractions and relaxations directed by nerve energy impulses from the brain through the spinal column to the breathing organs. Any pressure or impairment which interferes with the proper flow of energy affects the breathing process.

The chiropractor, using scientific methods locates the source of interference and uses skillful chiropractic adjustments to remove the pressures and restore normal function of the nerves and the breathing apparatus.

The chiropractor, by gentle, proven adjustments, realigns the nervous system and allows nature to work from within to bring complete cure and lasting relief.

FOR FURTHER INFORMATION CALL

BOCH CHIROPRACTIC CLINIC
248 South Hanover Street, 243-7717, Carlisle, Pa. 17013
Emergency Service Available 24 Hours
Daily—7 Days a Week
Spinal problems can cause health problems!

- Spinal problems are the cause of many illnesses that pop up in places other than the back.
- Falls and bumps may disturb spinal development and growth.
- Children may have a spinal defect without knowing it.
- Correct posture aids in physical and mental development.
- Many different types of illnesses are caused by spinal problems.
- Your doctor of chiropractic is a spinal specialist offering comprehensive health care.

THE DANGER SIGNS

1. Headaches
2. Stiffness of neck
3. Pain between shoulders
4. Pain in the lower back
5. Loss of sleep
6. Increased nervousness
7. Painful joints
8. Numbness or pain in arms or legs

Don't ignore these warning signs of trouble. Consult your doctor of chiropractic without delay.

BLOOMSBURG CHIROPRACTIC CENTER

TELEPHONE 784-0881
Our human body is a powerhouse of HEALTH, LIFE AND ENERGY. Our brain is the generator of life. Our spinal cord is the main high tension feed wire of communication. Our nerve fibers are the branch wires running from the spinal cord, connecting every part of our body with our brain. Our spinal cord is sheathed in a protective conduit called a spinal column (column of back bones). In order to allow freedom of bodily movement the spinal column is flexible, it is composed of twenty-four movable sections called vertebrae. Like a mass network of electrical wires, the entire nervous system is also insulated.

Only when our nervous system is operating smoothly, without obstruction or interference, will the organs of our body function normally. We then may say that we are healthy. If, on the other hand, the spinal cord is cramped by a displacement of one or more of the vertebrae, or the nerve fibers are pinched or crowded where they join the spinal cord, normal functioning stops and trouble begins. Nature usually warns us against these troubles through a code of signals known as symptoms. Science tells us that the proper and logical way to remove the symptoms is to locate the source and remove the cause.

This we can do by our Chiropractic knowledge and understanding of the spinal column, spinal cord and nerve fiber, by specifically locating the subluxated vertebra and adjusting it we then correct the obstruction or interference that induced the symptoms. When this is accomplished, the flow of HEALTH, LIFE, AND ENERGY is once more resumed, and the pain and disability (symptoms) disappear as our body functions normally, THIS IS OUR WONDERFUL SCIENCE THAT WE CALL CHIROPRACTIC.
PINCHED NERVES

IN THE FOLLOWING SPINAL AREAS MAY CAUSE

1. Headache, Nervousness, etc.
2. Neck Pain, Tinnitus, Dizziness, and numbness
3. Muscle tightness, stiff neck, and back pain
4. Chest pain, difficulty breathing, and back pain
5. Stomach and liver discomfort

WHY IN SICK WHEN YOU CAN FEEL WELL

All Medical Assistance Cards Accepted

Dr. John M. O'Shany
CHIROPRACTOR
2200 W. Clarence 922
226-1964

"Poor health is not a natural condition"
BETTER HEALTH AT LOWER COST!!!

Follow these simple suggestions and you'll have greater health at less cost:

1. Have a family chiropractor. He will keep good records on you.
2. Have periodic checkups which will offer your chiropractor a better chance to detect the cause of impending trouble.
3. Consult your chiropractor about even minor health problems. Minor problems today can be serious problems tomorrow. Immediate care could save you hundreds of dollars in medical and hospital expenses.
4. Follow your chiropractor's advice. You waste money when you don't.
5. Don't delay chiropractic care. You only increase the cost of controlling and correcting the cause of illness.
6. Protect yourself and your family with health insurance that pays chiropractic care.
7. And, don't allow the uninformed, the misinformed, the prejudiced, to discourage you in your quest for better health through chiropractic.

Chiropractic has had good results with the following conditions:
- Allergy
- Sleepless Nights
- Headaches
- Menopause
- Diabetes
- Hyper Activeness
- High Blood Pressure
- Stomach Trouble
- Skin Eruptions
- Kidney Trouble
- Tonsillitis
- Colds
- Leg Pain
- Hay Fever
- Bursitis
- Constipation
- Bronchitis
- Asthma

If You Don't See Your Conditions Please Feel Free To Call —

CHIROPRACTOR

Dr. P.D. Cook

MONDAY-WEDNESDAY-FRIDAY
OUR OFFICE HOURS EACH DAY ARE
10-12 Noon — 2-5 P.M. — 6-8 Evenings

All Office Calls By Appointment ONLY!

664-8573

303 N. Center Street Corry, Pa.
CHIROPRACTIC EXPLAINED
PINCHED NERVES ....

In the Following Spinal Areas ...... MAY CAUSE

1. Headaches, Nervousness, Dizziness, and Tension.
4. Chest pains, functional Heart distress, difficult breathing, and asthma.
5. Stomach and liver disorders.
6. Shingles, and disturbances of the upper bowels.
8. Slipped disc, lumbago, and lower back pains.
9. Sciatica, constipation, menstrual problems, and sacroiliac pains.
10. Bladder disturbances, leg cramps, and colon disorders.

Why Be Sick When You Can Be Well?

No matter what your condition, you may be a chiropractic case. If so, Only a Chiropractor CAN correct your problem!

--- Investigate Chiropractic Today --- For Your Health's Sake ---
Chiropractic, the world’s largest drugless health service, is known to many but understood by few. Chiropractors have achieved their status by results alone.

The chiropractor believes that every effect must have a cause. Thus, any condition or disease must have a cause. Once the cause is removed, nature takes charge, to eliminate the condition or disease from the body.

The chiropractor knows that pressure on vital nerves interferes with the proper flow of nerve energy through the body to vital organs, glands, muscles and tissues. This pressure and the resulting interference to nerve energy flow is the basic cause of disease. When the interference with the flow of nerve energy is removed, nature responds and heals from within.

To restore proper function of the nervous system, the chiropractor employs gentle, scientific manipulations (called adjustments) to properly align the spinal column and release pressure on affected nerves.

“The power that made the body is the power that heals the body.” Chiropractic adjustments release the vital nerve energy which restricts the healing forces of nature and permits nature to use her own resources to heal the body. Another Life and Health Article from the Office of:

Dr. Leo S. Oakchunas
Chiropractor
120 Wyoming Ave.
Wyoming, Pa. 18644
Monday, Wednesday, Friday
10 to 12; 1:30 to 4
8 to 9 am.
Tuesday and Thursday
HEART TROUBLE

In order to do its work properly, the heart must get a continuous blood supply; an interruption of this blood supply leads to heart attacks and other heart related diseases.

The body is composed of a network of tiny nerve fibers which transmit energy from the brain to all parts of the body, including the heart. These nerve impulses are conveyed by the spinal cord and the spinal nerves, which branch from the spinal cord.

The spinal cord passes through the 24 bone segments of the spinal column, called vertebrae; a slight misalignment, or subluxation of one of these vertebrae could cause an interference in the proper flow of nerve energy. If such an interference occurs in the nerves leading from the brain to the heart, abnormal nerve supply may result in improper heart function.

Presented for the public interest by,
Dr. Louise A. Froehlich, Chiropractor,
Richboro, Pa. 155-1133.
MONESSEN, PA.
AUG 8 - 1977
The Valley Indepen-
Circ. 18, 382
Recreation Sunday, and officials recorded
more than 200 more tremors in
the four in recorded "swarm
and the first since 1910.

NERVE PRESSURE
MAY BE THE EXACT CAUSE OF YOUR
HEALTH PROBLEM

Illustrating the results of a displacement of one of the vertebrae causing obstruction of the normal flow of intelligent vital impulses through the nerve. This drawing is, of course, greatly exaggerated to make plainly visible what may actually be a very slight displacement. It is not intended to be scientifically accurate.

TELEPHONE NOW FOR YOUR APPOINTMENT!
NERVE PRESSURE MAY BE THE EXACT CAUSE OF YOUR HEALTH PROBLEM REGARDLESS OF WHAT YOUR SYMPTOMS MAY BE.

We accept all cases regardless of ability to pay

TUCCI CHIROPRACTIC OFFICE
609 Broad Ave. PHONE 929-6100 BELLE VERNON
MAN CAN'T CREATE LIFE—LIFE CREATES LIFE! LIFE HEALS—NOT MAN!

Healing is a matter of cell division and multiplication. It is a process of creation. We grow new fingernails every three months, all cells in the heart are new every ninety days, liver cells are replaced every six months, all tissue cells in the body are new every nine months. Sick cells never recover. When a person that was not well gets well it's because the sick cells died and were replaced with new healthy cells. The power that made the body and heals the body is what is important. This Energy of Life Force expresses itself through the nervous system. It needs no help, just no interference. If life to a certain organ is partial or less than it should be, because of a subluxation, then the cells in that organ will be replaced with defective cells and it will continue to be abnormal. Remove the blockage and life and health return; the body then heals itself.

Trout Chiropractic Clinic
Northumberland, Pa.     RD1 Danville Highway 473-3585
NUMB HANDS

by
Dr. Thomas F. Snyder, D.C.

A common complaint afflicting many adults is numbness of the hands which occurs most frequently at night. Numbness of the hands can be caused from changes in the spine, subluxated or misaligned vertebrae, and occasionally advanced arthritis in the bones of the spine which cause a slight pressure on a nerve or nerves. During the day when the neck is in movement the numbness usually isn’t noticeable. At night when the bones of the spine assume a different position, the pressure on the nerves is increased and the numbness appears.

Nerves supplying the hands run from the neck through the shoulders and arms; and a chiropractic examination of the spine should determine the cause and indicated measures of correction.

(One of a series of articles published in the public interest to explain and illustrate the scientific practice of Chiropractic, written by Dr. Thomas F. Snyder, Chiropractic Osteopath, Brodheadsville, Pa., 18322. Phone: 979-4787).
Mid-Atlantic Newspaper Services, Inc.
2717 N. Front St.
Harrisburg, Pa. 17100

McKEESPORT, PA.
AUG 8 - 1977
Daily News (e)
Circ. 40,473

Pedsow
Chiropractic Center

Let Marie Tell You.
"For 2 months I had terrible pains in my stomach and bowels, as though something was in there tearing me apart. Now I feel 100 times better thanks to Dr. Pedsow."

MARI FINNEY

"Delay Allows Any Disease to Grow Worse"

Spinal nerve pressure can cause many ailments. Do you experience one or more of the following:

1. Headaches
2. Painful Joints
3. Numbness in Hands and Arms
4. Leg Pains
5. Loss of Sleep

Chiropractic care offers maximum results...minimum time...least cost to you.

PHONE FOR APPOINTMENT
HOURS:
MON. - FRI.
9:30 to 2 & 4 to 7
RT. 30, NORTH HUNTINGDON
ENTRANCE TO BLUE DELL DRIVE-IN

DR. JOHN PEDROW

10. Sciatica
11. Upset or Nervous Stomach

CHIROPRACTIC CARE OFFERS
MAXIMUM RESULTS...MINIMUM TIME
LEAST COST TO YOU

823-8090
THE POWER THAT MADE
THE BODY HEALS THE BODY
OUR PATIENTS SPEAK

To Whom It May Concern:

FEEL LIKE A MILLION!

Several years ago I injured my back while trying to push a car. What happened was that I slipped on the snow and when I fell, I struck my chin on the car bumper. It was shortly after this accident that I started noticing pains in my back and neck. I even started noticing some severe headaches that got to the point of being unbearable, also pain and numbness in my right hand and fingers.

My family wanted me to see a Chiropractor but for months I put it off. I thought it would get better by itself. My condition kept getting worse over the months and I finally decided to take my family's advice and see a Chiropractor.

It took several visits but the improvement was great. The headaches, backaches and numbness are all gone now and I feel wonderful. I wish I would have listened to my family when they first suggested that I see a Chiropractor. I could have saved a lot of pain, suffering and time.

Thanks to Chiropractic, I now feel like a million!

Sincerely,
Mr. Ralph Baker
RD #2, Box 70
Leechburg, PA. 15656

WHY BE SICK WHEN YOU CAN BE WELL?
WE ACCEPT ALL CASES — REGARDLESS OF ABILITY TO PAY.

BENGEL CHIROPRACTIC CLINIC
825 FREEPORT ROAD (Rt. 28) * BRACKENRIDGE, PA.

DR. BENGELED 224-2224
THE POWER THAT MADE THE BODY HEALS THE BODY

OUR PATIENTS SPEAK

A FRIEND

To Whom It May Concern:

I suffered from arthritis for years. I doctored, had therapy in the hospital and at home, and wore a neck brace. I tried every remedy that I had heard of. I was on different kinds of pills, lotions, shots and heating packs. You name it. I tried it!

Headaches added to my dilemma. I was irritable, miserable and looked it. Both my family and I suffered. I had tried everything except my friends' advice and that was to see a Chiropractor. I made an appointment with a Chiropractor in October. He took x-rays of my spine, pointed out and explained the interference and adjustments were started that same day. The pains were less frequent after each adjustment, and I am now feeling like myself again. I can do my own housework. I can smile and my family is no longer suffering because of the pain I used to have.

I will continue regular Chiropractic adjustments as long as they are needed to keep me feeling like myself again. If a friend has told you about Chiropractic, why don't you give it some thought, and then give it a try. The only thing you have to lose is the pain.

Sincerely,

Helen A. Walkowski
Natrona Heights, Pa.

WHY BE SICK WHEN YOU CAN BE WELL?
WE ACCEPT ALL CASES—REGARDLESS OF ABILITY TO PAY.

BENGEL CHIROPRACTIC CLINIC
825 FREEPORT ROAD (Rt. 28) • TARENTUM, PA.
DR. BENGEL 224-2224 By Appointment Only
FAMILY CARE

Because of Chiropractic care our family has almost completely eliminated the high cost of medical care. My daughter doesn't need any shots for her allergies, my wife and I don't take any pills at all. Chiropractic has been a blessing for our health, as well as our wallets. Why don't you put your family in the hands of a good Chiropractor.

ALTOONA CHIROPRACTIC LIFE CENTER INC.

PHONE: 946-0279

FREE SPINAL X-RAYS
This is the frequent complaint of many nice people who were told to take it easy for a while — it was "just their nerves". Our clinic files are bulging with just such records. In the majority of cases it was "just their nerves" but how important are those nerves for the health of your body. We find that in many instances nervousness first arises within the body because of sick irritated compressed impinged nerves, which a Chiropractic examination and spinal X-rays can locate. Then gentle relaxing, scientific applied spinal adjustments release the pressure causing the sick nerves, and health and vitality returned to the body, burning with it the pep and energy and zest for life associated with good health.

Why be sick when you can be well?

KURTZ CHIROPRACTIC
LIFE CENTER
781-7117
YOUR DOCTOR OF CHIROPRACTIC

The present day Doctor of Chiropractic is not only well equipped in the basic sciences, classroom and laboratory study of his profession, but undergoes many hours of practice under supervision before being graduated. The subjects he studies include Anatomy, Physiology, Pathology, Bacteriology and Chemistry. Public Health and Hygiene are also among his studies. Principles and Practice of Chiropractic including x-ray are listed among his work in his years of schooling.

Remember this — the graduate of an accredited chiropractic college is as well qualified to practice his healing art as the graduate of an accredited medical college is qualified to practice medicine as his form of the healing art. Often, too, they both have to pass the same State Board examinations in the basic sciences to obtain a license to practice.

Your doctor of chiropractic, knowing that the nerve system controls all other systems of the body, gives his time and attention to this particular system and specializes on the spine for it is out of the spine all nerves make their exit and if a vertebra is slightly out of position, then a nerve is pinched and the flow of energy is partially cut off causing trouble somewhere in the body. His work is to get that vertebra in its proper position thereby releasing the flow of energy and doing this, he knows health will return.

Your doctor of chiropractic, representing a profession that is just now 81 years old, has faced many problems in the public acceptance mainly because it was young, misunderstood and seemed so simple. He is today emerging into the forefront in the healing arts field and chiropractic is growing so rapidly and brilliantly on its merits. Results in restoring health to those who were sick and giving new hope to those who had none, are magnificent.

RITTER CHIROPRACTIC CLINIC

DR. EARL RITTER
808 OLD BERWICK ROAD
BLOOMSBURG
CHIROPRACTIC FOR YOUR KIDNEYS

Failure of the kidneys to function properly means that waste products, or some of them, are returning to the blood stream instead of being discharged from the body, creating a toxic condition, loss of appetite, headache, loss of weight, and general disease can result.

When the nerves that supply the kidneys with vital nerve energy from the brain are interfered with by impingement of the spinal column, a failure in one form or another can reduce the capacity of the kidneys to carry on their work, so that even their normal burden is overloaded.

A failure of kidney function to any degree can be evidence of some impingement in the spine and calls for prompt chiropractic attention, because a continued discharge of wastes in the blood stream will in some way affect the entire body and chronic disease may result.

Chiropractic care has helped millions of people who are suffering from kidney failure. See your Chiropractor today if there is even the slightest evidence of kidney disorder. His pleasant, soothing adjustments can bring your immediate relief and gradually correct the cause of your condition.

Dr. George L. Sabo
— Chiropractor —
516 Chestnut St., Reading, Pa.
Hours: Mon., Wed. & Fri.
10 A.M. to 10 P.M.
FOR APPOINTMENT
PHONE: 372-0369
Your Health Through Chiropractic

BY:

DR. CARMELO S. BASILOTTA
CHIROPRACTOR
1008 WEST MAIN ST.
NORRISTOWN, PENNSYLVANIA 19401

TELEPHONE 275-1144

QUESTIONS ON ARTHRITIS

Q. — What is the difference between “Rheumatism” and “Arthritis”?
A. — Rheumatism is a general term commonly applied to painful conditions that affect joints, muscles and associated structures. When the bones and joints are inflamed, the condition is known as “Arthritis.” When the muscle tissues are inflamed, it is called “Myositis.” When there is inflammation of a tendon, it is called “Tendinitis.”

Q. — Is arthritis the disease of old people?
A. — No. It is popularly believed that arthritis afflicts only old people, but this is not so. There is an old saying that “rheumatism licks the joints of adults and bites the hearts of children.” Arthritis and rheumatism do not respect age. Rheumatic fever is one of the most damaging diseases of children. It is estimated that 10% of the mortality among children under 8 years is due to rheumatic fever.

Q. — Are Chiropractic treatments good for Arthritis?
A. — Yes. From my own experience, numerous disorders afflicting the body from head to toe, including arthritis, are successfully treated by chiropractors. Most patients thus treated have shown a general improvement in their health. If you have a health problem, Chiropractic could be the answer.

FOR APPOINTMENT
TELEPHONE 275-1144
CHAMP OR CHUMP?

A champ is a person that runs his own life. A chump is someone that lets others run his life. What category do you fall into?

Case in point: "Doctor, my sister says that you are helping her, but I just don't know. The guys at work don't have much to say about chiropractic. They think I should have a disc operation. You know what I mean? My mother says that I would just be throwing my money away and that you might hurt me. She even tells my sister that she can't be feeling any better — chiropractic just can't do all those things. My sister is really doing good under your care. I just don't know what to do."

Sound familiar? We hear stories like this every day at the center. Be your own man! Are you a chump? If so, then listen to all those experts—they know best, of course. Why not just continue living with your pain?

Are you a champ? If so, then study the facts and investigate. Make up your own mind. It is your life and your health.

Our staff is always willing to answer any questions you may have concerning your health. There is no charge for a short consultation with the Doctor. Then and only then do you have to make a decision concerning an appointment!

FOR FURTHER INFORMATION CALL
BOCH CHIROPRACTIC CLINIC
248 South Hanover Street, 243-7777, Carlisle, Pa.; 17013
The Spinal Column
By Dr. Thomas A. Boch, D.C.

THE CHIROPRACTIC HEALTH SERVICE
TRUTH...SINCERITY...RESULTS

WHAT CONDITIONS ARE MOST EFFECTIVELY TREATED BY CHIROPRACTORS?
- Arthritis, Asthma, Back Disorders, Bursitis, Dizziness, Headaches, Lumbago, General Tension, Ulcers, Insomnia, Nervousness, Sinusitis, Sciatic (Leg Pains), Slipped Disc, Spinal Curvatures, Whiplash, Stiff Necks, Neuritis, Neuralgia

WHY GO TO A CHIROPRACTOR?
1. Chiropractic gets results 90% of the time.
2. Chiropractic education is aimed at understanding what makes a person healthy...not what to do after a person gets sick.
3. Chiropractors use absolutely no drugs, medication or surgery.
4. Chiropractic is safe for people of all ages. This explains why there is not a malpractice-insurance crisis in the Chiropractic profession.
5. Chiropractors believe that the Power and Intelligence which created the body can heal the body of sickness and disease because good health is OUR God-given birthright.

DON’T CHIROPRACTORS CLAIM THEY CAN CURE EVERYTHING?
No, they do not. On the contrary, the chiropractor himself can cure nothing. However, he knows that if his patient’s nervous system can be freed of pinched or blocked nerves, the patient’s own body has the “innate” ability to heal itself of virtually any health problem.

HOW LONG DOES IT TAKE FOR CHIROPRACTIC TREATMENT?
Most cases are relieved and brought under control within 4-6 weeks. Chronic cases require more time. naturally.

DOES INSURANCE COVER CHIROPRACTIC SERVICES?
Except for Blue Cross/Shield, most all insurance policies cover chiropractic care.

—CONSULTATION INVITED—

FOR FURTHER INFORMATION CALL

BOCH CHIROPRACTIC CLINIC
248 South Hanover Street, 243-7717, Carlisle, Pa. 17013
Emergency Service Available 24 Hours
Daily—7 Days a Week
JEANETTE, PA.

AUG 9 - 1977
News Dispatch (3)
Circ. 11,132

Stomach Problems?
Does your stomach burn after eating? Gas, distension, pain, lack of digestion. Anti-acids, chalk, pain pills, medicines relieve the symptoms—"BUT!" CHIROPRACTIC finds the interference to the nerves controlling the stomach. By adjusting the area allows the stomach to function normally. Life is great again.

Krupar Chiropractic Life Center

Dr. Andrew C. Krupar
CHIROPRACTOR

Dr. Betty O. Krupar

Dr. Homer L. Bowers

327 W. Pittsburgh St.
Greensburg, Pa.
Phone 834-1887
Dear Patients:

Our offices are proud to announce the inception of a new chiropractic health tape library made available free through this office to better communicate to you and the general public the miraculous results that chiropractic care can provide.

This library is made available to you 24 hours a day. By dialing 800-634-6541 you can receive this information merely by asking for the tape you desire by number.

Our offices are continually striving to communicate with our patients the wonders of chiropractic. Make a new friend...tell him about the Chiro-Tel program.

Below is a list of the tapes presently available in the library:

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...IF YOU STILL HAVE 'FURTHER QUESTIONS, THE FIRST VISIT TO DETERMINE IF YOU ARE A CHIROPRACTIC CASE AND WHAT CAN BE DONE ABOUT IT, IS FREE OF CHARGE.
YOUR BODY HAS A LOT OF COMMON SENSE

The body is a lot smarter than most people think. It knows how to stay well — if allowed to do so. It has been proved in many thousands of cases that often the difference between good health and poor health is a vertebra out of place (from a twist or a fall or a bump). The nerves that reach out from between vertebrae to serve the body organs are then kept from doing their job properly. To permit the body to regain its natural health, the “offending” vertebra must be returned to its normal position. And that’s what chiropractic is all about. It’s a matter of common sense.

Stay Healthy Naturally

got a chiropractic checkup

CLARION CHIROPRACTIC LIFE CENTER

Dr. Kirk W. Chadwick

817 Main St. Clarion Phone 226-4033
HEALTH

HEART TROUBLE

In order to do its work properly, the heart must get a continuous blood supply; an interruption of this blood supply leads to heart attacks and other heart related diseases.

The body is composed of a network of tiny nerve fibers which transmit energy from the brain to all parts of the body, including the heart. These nerve impulses are conveyed by the spinal cord and the spinal nerves, which branch from the spinal cord.

The spinal cord passes through the 24 bone segments of the spinal column, called vertebrae; a slight misalignment, or subluxation of one of these vertebrae could cause an interference in the proper flow of nerve energy. If such an interference occurs in the nerves leading from the brain to the heart, abnormal nerve supply may result in improper heart function.

Presented for the public interest by,
Dr. Louise A. Froehlich,
Chiropractor, Richboro, Pa.
355-1133
TIRED OF BEING SICK?

Are you sick and tired of being sick? Do your symptoms remain the same with a few newly added side effects? Is your prescription guaranteed to work or your druggist will refund your money? Did your MD say try this drug and if it doesn't relieve your symptoms, come back and we will try something else? How much longer are you going to be a human guinea pig? Has your doctor ever told you it could be NERVE interference between the brain and the organ or organs involved.

If the above paragraph fits you, then it's time you switched to CHIROPRACTIC. We get 75 per cent of our patients after they have been the medical route, CHIROPRACTIC works—it gets results and that's what counts.

WE ACCEPT ALL CASES.
Regardless of condition or financial ability to pay.

KRUPAR CHIROPRACTIC LIFE CENTER

327 W. Pgh. St., Greensburg Phone 834-1887

Dr. Andrew C. Krupar - Dr. Betty O. Krupar Dr. Homer L. Bowers

Dr. Andrew C. Krupar
CHIROPRACTOR

Dr. Homer L. Bowers
CHIROPRACTOR
MAN CAN'T CREATE LIFE—
LIFE CREATES LIFE! LIFE HEALS—
NOT MAN!

Healing is a matter of cell division and multiplication. It's a process of creation. We grow new fingernails every three months, all cells in the heart are new every ninety days, liver cells are replaced every six months, all tissue cells in the body are new every nine months. Sick cells never recover. When a person that was not well gets well it's because the sick cells died and were replaced with new healthy cells. The power that made the body and heals the body is what is important. This Energy or Life Force expresses itself through the nervous system. It needs no help, just no interference. If life to a certain organ is partial or less than it should be, because of a subluxation, then the cells in that organ will be replaced with defective cells and it will continue to be abnormal. Remove the blockage and life and health return; the body then heals itself.

APOLLO
CHIROPRACTIC
CLINIC
FIRST ST. & PARK AVE.

Dr. R. C. REEFER  478-2210

The policy of this office is to accept all cases regardless of condition or financial ability to pay.
Nagging Backaches

Few ailments can be as aggravating, not to mention painful, as a constant, nagging backache. Backache may result from a fall, a sudden movement, an accident, a cold, or some completely unnoticed happening. Whatever the contributing factor, the direct cause of the ache and pain is easily traced to a pinched or impinged nerve. Once the pressure or "pinch" is removed, the pain departs and that normal, healthy glow returns.

Home remedies, sedatives and similar treatments may bring temporary relief, but it remains for the chiropractor to track — through scientific procedures — the cause of the persistent pain and — through gently adjustments — remove the cause and bring quick, long-lasting, effective relief.

The chiropractor, through training and experience, is thoroughly familiar with the spinal column and the nerves which carry vital nerve energy to all parts of the body. With skillful hands, the chiropractor aligns the spine, removes the irritating pressures and replaces exasperating pain with glowing health and well-being. Another Health and Life Article from the Office of:

Dr. R.J. BROZICH
3706 W. 6th AVENUE
BEAVER FALLS
(West Mayfield)
843-2807
If you have tried pink pills, blue pills, yellow pills, green pills, pep pills, slow down pills, stomach pills, headache pills, and nausea pills and you are still sick . . .

IT MAY BE TIME TO SWITCH TO CHIROPRACTIC.

If you have been cut apart, sewn together, mutilated, punctured, needled, poked, injected and dejected and are still suffering . . .

IT MAY BE TIME TO SWITCH TO CHIROPRACTIC.

If you are told it's just your nerves, it's all in your head, just learn to live with it, or it's incurable . . . then it certainly is CHECK THE 10 DANGER SIGNALS TIME TO SWITCH TO CHIROPRACTIC. GOOD HEALTH IS YOUR BIRTHRIGHT!

1. Stiffness or pain in the lower back.
2. Numbness, pain in the legs.
3. Extreme fatigue in the lower back or legs.
4. Frequent pain between the shoulders.
5. Persistent pain and muscle tension in back of neck.
6. Grating and popping noises when turning head.
7. Recurring headaches.
8. Numbness, pain or tingling in the arms or hands.
9. Painful joints, shoulders, elbows, hips or knees.
10. Loss of sleep.

WEST HAZLETON CHIROPRACTIC CLINIC

Dr. T.M. Eyerly Dr. R.F. Brundage
19 E. Broad St., W. Hazleton

Office Hours: Mon.-Wed.-Fri. 9-12, 2-4, 6-9
Tues.-Thurs. 1-5, Sat. 9-12
Phone 455-5822
SLIPPED INTERVERTEBRAL DISC

The general public is hearing more and more about the slipped or herniated disc. The results obtained on this type of case under Chiropractic are very encouraging. Slipped disc cases revealed that, 54.6 per cent of the cases became well, 29.1 per cent were much improved, 3 per cent showed no change and .4 per cent became worse. Consideration of the first three groups shows that 94.7 per cent of all cases became well or showed some improvement under Chiropractic care.

There is much evidence that diagnosis of "herniated disc" is a catch-all for many low back disabilities. Most so-called "herniated disc syndromes" are nothing more than vertebral subluxations. Statistics show rapid recovery under Chiropractic care in the majority of cases, and such recovery would not be possible if extensive pathology or severe trauma had been present. Such a diagnosis can be confirmed only by surgery and 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.

Office . . . . 424-5993 Home . . . . 992-6022
OFFICE HOURS BY APPOINTMENT
NERVES... JUST NERVES!

"Your trouble is nerves, just nerves, that's all," many have been told. But, your nerves are too important to your body to be dismissed so easily.

Nerves make possible every function of your body. Your nerves transmit all sensations to and from the brain. Your nerves make possible sight, smell, taste and hearing. Nerves maintain your balance and keep your body temperature at 98.6 degrees. Nerves control your blood pressure, stomach action, blood flow, speech and breathing. Nerves make your bowels move. Nerves make it possible to swallow. In fact every function taking place in your body is under the control of the nerves system, often called "THE MASTER SYSTEM OF THE HUMAN BODY."

STUDY THIS CHART CAREFULLY...

1. A slight "shimmy" of nerves at this point can cause headache, some eye disorders, ear problems, insomnia, abnormal blood pressure, colds, hay fever, some trouble, nervousness, pain at the neck, some types of arthritis, colic in babies, glandular trouble, etc.

2. A nerve difficulty in this part of the spine can be the cause of so-called throat trouble, neuralgia pain in the shoulder and neck, gout, rheumatoid arthritis, etc.

3. In this part of the spine a "pinched" nerve can cause so-called bronchitis, pain in the shoulder blades, thoracic and neuralgia of the arms, shoulder, or hands, arthritis, etc.

4. A blocked nerve at this point can cause so-called nerves heart or inward heart, asthma, difficult breathing, heart enlargement, etc.

5. Stomach and lower bowel trouble, and a series of other troubles can be caused by pressure in this part of the spine.

6. Nerve pressure at this point can cause small bladder problems, dysentery and ulcer of upper bowels, shingles, blisters, etc.

7. Certain kidney problems, cramp, and other skin diseases can be caused by nerves being pinched in the spinal opening at this point.

8. Chiropractic adjustments here often help such troubles as swollen lymphade, constriction rubs, etc.

9. Nerve pressure at this point can cause bladder troubles, prostatic troubles, pain in the lower back and sciatica of both feet, or both, pain in the hand, or arm, or elbow, or neck, and many other leg problems.

STUDY THIS CHART CAREFULLY

See how the nerves go through the spinal openings? Nerve pressure at one or more of these points may be the underlying cause of your condition.

For Further Information or Appointment Call

ALLEN CHIROPRACTIC CENTER

Dr. Thomas J. Allen, D.C.
Barclay Building
120 W. John St.
Bedford, Pa. 15522

Phone 623-9619

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Mid-Atlantic Newspaper
Services, Inc.
2717 N. Front St.,
Harrisburg, Pa. 17110

EVERETT, PA.
AUG 10 1977
Bedford Co. Press
Circ. 3,707
"Change of Life" is a term used to describe the period in a woman's life when menstruation stops permanently. This is sometimes accompanied by various physical and emotional changes. Many women experience hot flashes, mood swings, and other symptoms during this time. It is a natural part of the aging process.

Chiropractors believe that the nervous system plays a significant role in overall health. Adjusting the spine (through chiropractic care) can help ensure that all parts of the body, including the nervous system, are functioning properly. This can lead to improved health and reduced symptoms associated with the change of life.
"I had bad lower back pain for 5 years. I feel better each day and I didn't know that chiropractic could do so much for me healthwise."

FRANK G. CHURIK

"DELAY ALLOWS ANY DISEASE TO GROW WORSE"

Spinal nerve pressure can cause many ailments. Do you experience one or more of the following 11 danger signs?

1. Headaches
2. Painful Joints
3. Numbness in hands and arms
4. Leg Pain
5. Loss of Sleep
6. Neck Stiffness
7. Shoulder Pain
8. Bursitis
9. Sciatica
10. Upset or Nervous Stomach

Chiropractic care offers maximum results...minimum time...least cost to you.

PHONE
823-8090

Rt. 30 At Entrance To Blue-Dell Drive-In-North Huntingdon Adequate Free Parking
The Spinal Column
By Dr. Thomas A. Boch, D.C.

Questions and Answers

Q: Why is a proper diet so essential?
A: Your body depends on natural nutrients such as vitamins, minerals, enzymes, etc., to sustain life in a healthy manner. If you eat junk foods, you will soon turn into a junk box. The end result is an unhealthy body.

Q: What is the education of a modern day Chiropractic Physician?
A: Six years of intensive study including anatomy, physiology, biochemistry, x-ray, pathology, and clinical diagnosis. This is followed by an internship at a recognized chiropractic clinic.

Q: Why is an annual chiropractic spinal examination necessary when a person is feeling good?
A: To identify any problem in the developmental stage before symptoms are present. Correction of the stress is such more rapid at this time.

Q: Doctor, I've been under chiropractic care for many years but my problem always returns. Is there anything else I can do?
A: Two factors are necessary. First the spinal column must be stabilized through a prescribed therapy program. Second, any irritants to the nervous system should be eliminated.

FOR FURTHER INFORMATION CALL
BOCH CHIROPRACTIC CLINIC
240 South Hanover Street, 243-7717, Carlisle, Pa. 17013
Emergency Service Available 24 Hours
Daily—7 Days a Week
IN THE FOLLOWING SPINAL AREAS... MAY CAUSE

1. Headaches, Nervousness, Dizziness, and Tension.
3. Muscular aches of upper back, shoulders, and arms.
4. Chest pains, functional Heart distress, difficult breathing, and asthma.
5. Stomach and liver disorders.
6. Shingles, and disturbances of the upper bowels.
8. Slipped disc, lumbago, and low-back pains.
9. Sciatica, constipation, menstrual problems, and sacro-iliac pains.
10. Bladder disturbances, leg cramps, and colon disorders.

WHY BE SICK WHEN YOU CAN BE WELL? TRY CHIROPRACTIC!

CHECK THE 10 DANGER SIGNALS OF NERVE PRESSURE

1. Stiffness or pain in the lower back.
2. Numbness, pain or tingling in the legs.
3. Extreme fatigue in the lower back or legs.
4. Frequent pain between the shoulders.
5. Persistent pain and muscle tension in back of neck.
6. Grating and popping noises when turning head.
7. Recurring headaches.
8. Numbness, pain or tingling in the arms or hands.
9. Painful joints, shoulders, elbows, hips or knees.
10. Loss of sleep.

DR. NORMAN E. CURFMAN, Chiropractor
Rt. 3 Box 3744, Mercersburg, Pa. 17236
RHEAMS TESTING AVAILABLE
Dear Patients:

Our offices are proud to announce the inception of a new chiropractic health tape library made available free through this office to better communicate to you and the general public the miraculous results that chiropractic care can provide. This library is made available to you 24-hours a day. By dialing 231-434-6341 you can receive this information merely by asking for the tape you desire by number.

Our offices are continually striving to communicate with our patients the wonders of chiropractic. Make a new friend...tell him about the Chiro-Tel program.

Below is a list of the tapes presently available in the library:

Tape No.  Tape No.
01 Can allergies be corrected without shots 126 Health care and chiropractic
02 Tension headaches & chiropractic 127 How can chiropractic help me?
03 High blood pressure & chiropractic 128 Career opportunities in chiropractic
04 Menopause doesn’t have to be difficult 129 What is Chiro-Tel?
05 Menstrual cramps and chiropractic 130 Do I need exercise?
06 On! my aching back! 131 Five keys to health
07 Scoliosis & chiropractic 132 Health...What is it?
08 Slipped Disc 133 Four phases of illness
09 Constipation & chiropractic 134 Hay fever & chiropractic
10 Avoiding heart attacks 135 Whiplash injury and you
11 Migraine headaches & chiropractic 136 How can I stay healthy?
12 Asthma & chiropractic 137 Insurance coverage under chiropractic care
13 Stiff necks no more 138 Children and chiropractic
14 Arthritis 139 Why do chiropractors use X-Rays?
15 Ulcers & chiropractic 141 Chiropractic terminology
16 Why am I tired? 142 Care & prevention of household accidents
17 Gardening can hurt 143 Chiropractic history
18 Hypoglycemia & chiropractic
19 What happens after the heart attack
20 Flu can be avoided!
21 Industrial back injuries

...IF YOU STILL HAVE FURTHER QUESTIONS, THE FIRST VISIT TO DETERMINE IF YOU ARE A CHIROPRACTIC CASE AND WHAT CAN BE DONE ABOUT IT, IS FREE OF CHARGE.
The Spinal Column

By

Dr. Flavian Santavicca, Jr., B.S. M. Ed., D.C.

A UNIQUE APPROACH TO HEALTH

Part 1

The key to health is total balance, both structurally and chemically. Part one deals with the structural aspect and part two, the chemical or nutritional aspect.

Your body is a finely tuned machine designed by a marvelous creator. You have the responsibility to see that it is properly maintained. If you do, your reward will be good health. Unfortunately, the majority of people do not take proper care of their bodies. For example, we all know that a fall or accident can easily misalign our spinal column much the same way that a pothole can misalign the front end of an automobile. The end result is abnormal physical stress that will cause the tires to wear out quickly. A parallel holds true with your body. The abnormal stress on your spinal column causes early and premature degeneration of the tissues. Disc degeneration, herniation, arthritic calcium deposits, abnormal curvatures are but a few examples of what stress can do to the spinal column.

When the spinal column is under abnormal stress, so is the enclosed spinal cord and spinal nerves that control the direct activities throughout your entire body. As the nervous system begins to degenerate, we observe problems that appear to have no relationship to the spinal column such as constipation, difficult menses, indigestion, heart burn, nervousness, fatigue, numbness and tingling in the arms and legs, headaches, etc.

The central point is this. You can be healthy if you assume that responsibility. A spinal examination once a year by a competent Chiropractic Physician is essential. If you have had an accident or fall, then an immediate examination is important. An injured and misaligned spinal column can only become healthy after it is properly realigned and stabilized.

For Further Information Call

SANTAVICCA CHIROPRACTIC CENTER

225-1655

144 North Main Street Washington, Pa. 15301
ILL AND DISCOURAGED - the type of care you receive at the Miskovich Chiropractic Center may be the answer to your problems! Thousands of people with acute and chronic ailments have already benefited from the treatment they have received at the Miskovich Chiropractic Center. The care you receive from us gets sick people well without drugs or surgery. Our approach to your health is drugless and the only side effect is better health. NOW you can find out if yours is a Chiropractic case by calling this office and requesting a FREE Consultation and Preliminary Examination. This FREE Consultation and Preliminary Examination will determine whether or not you are a Chiropractic case. If you are not a Chiropractic case, then Chiropractic will never help you. If you are, however, a Chiropractic case, then no one else will ever help you but Chiropractic. If you are sick and suffering, or dissatisfied with your present health care, NOW is the time to take advantage of this opportunity with NO cost or obligation. The staff and facilities at the Miskovich Chiropractic Center are qualified to give you the best Chiropractic care that is available today. Call NOW for an appointment, because this opportunity is for a limited time only. Office hours are daily Monday thru Saturday by appointment only!
The human body is a powerhouse of HEALTH, LIFE, and ENERGY. Our brain is the generator of life. Our spinal cord is the main high tension feed wire of communication. Our nerve fibers are the branch wires running from the spinal cord, connecting every part of our body with our brain. Our spinal cord is sheathed in a conduit called a spinal column (column of vertebrae). In order to allow freedom of bodily movement the spinal column is flexible, it is composed of twenty-four movable sections called vertebrae, like a network of electrical wires, the entire nervous system is also insulated.

Only when our nervous system is operating smoothly, without obstruction or interference, will the organs of our body function normally. We then may say that we are healthy. If, on the other hand, the spinal cord is cramped by a displacement of one or more of the vertebrae, or the nerve fibers are pinched or crowded where they join the spinal cord, normal functioning stops and trouble begins. Nature usually warns us against these troubles through a code of signals known as symptoms. Science tells us that the proper and logical way to remove the symptoms is to locate the source and remove the cause.

This we can do by our Chiropractic knowledge and understanding of the spinal column, spinal cord and nerve fiber, by specifically locating the subluxated vertebra and adjusting it we then correct the obstruction or interference that induced the symptoms. When this is accomplished, the flow of HEALTH, LIFE, AND ENERGY once more resumed, and the pain and disability symptoms disappear as our body functions normally, this is OUR WONDERFUL SCIENCE THAT WE CALL CHIROPRACTIC.
If you wear out your body,

where are you going to live?

You see, your body and all its remarkable energies usually cannot depend upon parts to be replaced when they run down or "wear out."

With proper maintenance, you can enjoy a greater feeling of vigor and a zest for living; you can keep that happy glow of vibrant good health longer.

Your every breath, every swallow, every step, yes, every body movement depend upon a spine that is in normal alignment and a nervous system that is free from interference, irritation, and pressure.

MT. HOPE CHIROPRACTIC CLINIC
16TH & MT. HOPE AVE., POTTSVILLE
622-7786
Office Hours By Appointment
MON., WED., FRI.
9:30-11:30 1:4:30 6-8:00
TUES., 1:4:30 6-8:00
SAT., 10:00-2:00

Dr. David G. Novatnak
SKIN ERUPTIONS

She didn't want to associate with the other girls because her skin wasn't as clear and pretty as some of the others.

He was developing an inferiority complex toward girls and other boys because he felt his pimples degraded him in their sight.

The source of embarrassment in both cases is the skin eruptions technically known as the eruptions of acne.

Millions of people, especially the young, suffer from the condition.

The eruptions are the result of the accumulation of poisonous matter in the oil-secreting glands which cover the surface of the body. So long as those glands are functioning normally, they discharge the poisons from the body. When something occurs to deprive the glands of the vital nervous energy upon which they are dependent, they no longer function properly, and the poisons accumulate.

The chiropractor, through his knowledge of the spinal column and the nervous system and by skillful adjustments, removes the nerve impairment which interferes with the flow of nerve energy. By removing the cause of the disorder, he enables nature to restore the glands to proper function and to cure the disorder from within, bringing back the clear, rosy glow of health. Another Life and Health Article from the Office of:

Dr. Leo S. Oakchunas
Chiropractor
120 Wyoming Ave.
Wyoming, Pa. 18644

Monday, Wednesday, Friday
8 to 12; 1:30 to 4
To 6
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By Appointment Only
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Call 693-0177

Free Spinal X-Rays
WHEN NECESSARY
A UNIQUE APPROACH TO HEALTH

Part II

Part I dealt with the importance of structure balance. Nutritional and chemical balance is equally important in the maintenance and/or restoration to normal health.

A good basic urine and blood analysis reveals many factors concerning your health. The new SMA 22 general health screen is inexpensive yet very revealing as a screening test. When additional information is required, the kidney function group, liver function group, myocardial infarction group, rheumatoid group or thyroid group can also be added.

The lab results are then correlated with the drinking and eating patterns of the patient. Recommendations concerning a change in diet, proper nutritional supplements such as vitamins, digestive enzymes, amino acids, minerals are then made. A short cleansing diet may also be used to clean out a congested digestive tract. The merits of natural eating are discussed along with food additives and processed foods.

A comparative nutritional urine and blood study is quite revealing. Patients are amazed how the body chemistry returns to normal once it is supported nutritionally.

A healthy body must be balanced both structurally and nutritionally. If your health is failing, then these factors should be checked by a Chiropractic Physician who is trained in both nutrition and structure.

The responsibility to regain your health is totally yours. You must make the decision . No one can do it for you!

For Further Information Call

SANTAVICCA CHIROPRACTIC CENTER
225-1655
144 North Main Street  Washington, Pa. 15301
THE PRINCIPLE OF CHIROPRACTIC

The principle of life exists in the human body and moves the brain as its headquarters and power plant. The brain generates powerful life-giving energy sending it down the spinal cord, through the spinal column, and into the spinal nerves to all parts of the body. Those life-giving nerve impulses supply the energy required by the body to carry on its normal functional activities.

The body can function properly and will be healthy if its nerve channels are free and undisturbed. However, if the flow of this powerful life-giving nerve force is disturbed in either quantity or quality, by physical obstruction or organic mental qualitative interference, disharmony, imperfections and disease are the inevitable results.

It is the mission of the chiropractic doctor to locate and correct pressure and impingements on nerves that create interference to the normal flow of vital nerve energy throughout the body.

Dr. George L. Sabo
— Chiropractor —
816 Chestnut St., Reading, Pa.
Hours: Mon., Wed., Fri. 10 a.m. to 10 p.m.
FOR APPOINTMENT
PHONE: 372-0989
POOR SLEEPING HABITS AFFECT HEALTH

By Dr. Thomas F. Snyder, D.C.

Some poor sleeping habits affect health by creating distortions of the spinal column, causing headaches, sinus trouble, and sore throat. These are caused by poor posture of the cervical (neck region) of the spinal column because such distortions interfere with spinal nerves that distribute to the head, sinuses and the throat. Persons sleeping on the abdomen with the head turned to one side, usually the same side every night, forces a bend in the spinal column just below the base of the skull — a postural distortion of the spine at a point where nerves which distribute to the head, sinuses and throat can be affected. Certain work habits may require a bending of the head and neck in such a manner also.

A flat chest may affect heart or lung action or interfere with circulation to the bronchial tubes. A sagging abdomen may interfere with digestion, or bowel action.

(One of a series of articles published in the public interest to explain and illustrate the scientific practice of Chiropractic, written by Dr. Thomas F. Snyder, Chiropractic Orthopedist, Brodheadsville, Pa., Phone 992-4787.)
Will you spend your Holidays in the Hospital?

A Chiropractic Adjustment
Can Help You Stay Healthy Naturally...

"Telephone one of these area Chiropractors today"

REYNOLDSVILLE CHIROPRACTIC LIFE CENTER
DR. R.W. McCALL, D.C.
105 Main Street
Reynoldsburg
Phone 623-9514

MAGEE CHIROPRACTIC CENTER
DR. GARY MAGEE, D.C.
424 First Street
Dufus	
Phone 571-1270

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FINANCIAL STATUS OR CAPACITY
McKEESPORT, PA.
AUG 15 1977.

Daily News (e)
Circ. 40,473

NERVES?
TENSION?
PAIN?

See Your
CHIROPRACCTOR

For Further Information or Appointment Call:

DR. DANIEL MILLER
311 W. McKeans Ave., McKeansport, Pa.
Phone 678-2919

GIRAN CHIROPRACTIC
LIFE CENTER
Phone 466-0441

Dr. Giran Office Hours:
Mon., Wed., Fri. 10 a.m. to 6 p.m.
Sat. & Sun. 9 a.m. to noon

DR. MILLER
DR. GIRAN
THE POWER THAT MADE THE BODY HEALS THE BODY
OUR PATIENTS SPEAK

To Whom It May Concern;

For two months I suffered with bronchitis, I doctor with medical doctors took all kinds of medication but I received no relief. After getting no better, I decided to see a Chiropractor. The Chiropractor took an x-ray of my spine, located the nerve interference and began adjustments that very same day. I no longer have that trouble breathing and the bronchitis no longer troubles me. I have also received much relief from my arthritis in my spine and my legs. I can walk better, I feel better and I even look better!

I still receive Chiropractic adjustments regularly and I urge everyone with bronchitis trouble or arthritis to see a Chiropractor today. After all, what have you got to lose except the pain?

Most sincerely,
Mrs. Susanna Wick
Sarver, PA

To Whom It May Concern;

Have you ever felt like your outlook and thoughts on life were dull and without understanding? This is how I felt until I started receiving Chiropractic adjustments. I was very depressed and did not feel like doing even my everyday housework. I was bothered terribly with severe headaches and could not even sleep well at night. I made an appointment with a Chiropractor in my area. I thought I had tried everything else; why not a Chiropractor. The Chiropractor took an x-ray of my spine and began Chiropractic adjustments that very same day. I have been receiving Chiropractic adjustments regularly and have felt wonderful. I recommend Chiropractic to all my friends and family. Why suffer needlessly? I know how much Chiropractic has helped me; now won’t you find out, too?

Most sincerely,
Mrs. Marilyn Wilson
Natrona Heights, PA 15065

WHY BE SICK WHEN YOU CAN BE WELL?
WE ACCEPT ALL CASES—REGARDLESS OF ABILITY TO PAY

BENGEL CHIROPRACTIC CLINIC
825 FREEPORT ROAD (Rt. 28) • BRACKENRIDGE, PA.
Dr. Bengel — 224-2224
The Power That Made Your Body Heals Your Body

And Chiropractic Spinal Adjustments Release That Power

This intelligent power is centered in the brain and controls your body by sending its vital messages to and from the body over the nervous system.

Accidents, bad posture, and occupational hazards cause the vertebrae of the spinal column to go out of their normal position which applies pressure on the nerves. This pressure interferes with the vital life-controlling force of your body.

This will result in lowered resistance and disease processes... This may be the cause of almost any disease depending on which are affected.

Investigate Now!

Nerve Pressure May Be The Exact Cause of Your Health Problem

We accept all cases regardless of ability to pay.

TUCCI
CHIROPRACTIC OFFICE
BELLE VERNON - PHONE 929-6100
McKEESPORT, PA.

AUG 15 1917.
Daily News (e)
Circ. 40,473

ARE YOU A
CHIROPRACTIC CASE?
Only a Chiropractor
Can Tell

...FIND OUT TODAY!

For Further Information or Appointment Call:

DR. DANIEL MILLER
25 N. Sixth St., McKeesport, Pa.
Phone 678-2919

GIRAN CHIROPRACTIC
LIFE CENTER
221 Pennsylvania Ave., W. Muhlenberg
Phone 466-0441

DR. MILLER
DR. GIRAN
Because backache, no matter how frequent or inconsequential as it may be, is cause for serious concern. There are many separate known causes of backache with a variety of treatment. If you are one of the many who suffer with backache, take the time now to arrange an appointment for consultation and get professional advice. It could be your first step to recovery.

CALL 775-3931

The Farina Chiropractic Clinic
404 W. Lancaster Avenue, Shillington, Pa. 19607
NERVES?
TENSION?
PAIN?

DR. LEO S. OAKCHUNAS
CHIROPRACTOR

MON., WED., and FRI.
10-12, 1:30 to 4 & 6 to 8 p.m.
TUESDAY 6 to 7 p.m.
THURSDAY 6 to 8 p.m.
Phone 693-0177
FREE SPINAL X-RAYS
(When Necessary)

120 WYOMING AVE., WYOMING, PA.
DANGER SIGNALS

The indicated symptoms, when persistent, are the usual fore-runners of a serious condition:

- Interference of the spinal nerves disturbs normal body function.
- Chiropractors seek to remove nerve interference.
- Can chiropractic help maintain or restore normal health? A CHIROPRACTIC PRESENTATION ON THIS VITAL SUBJECT WILL BE HELD...

TUES., AUG. 16th
7:00 P.M. at
841 N. 5th St.
FOR LIMITED RESERVATIONS
Phone 378-1031

All programs open to the public without charge or obligation.

Sponsored in the interest of the public's health by

DR. DANIEL RANDAZZO

"THE PUBLIC HAS THE RIGHT TO KNOW"
At the Bouma Chiropractic Clinic, we ascertain the only purpose of Chiropractic is to correct the subluxations that do exist within the spinal column to allow the innate intelligence of the body to heal the uncoordinate conditions existing and hence restore a malfunctioning body of dis-ease back to a level or state of ease, life, or health. The major principle, involved in healing would be the Principle of Coordination. Coordination is the principle of harmonious action of all the parts of an organism in fulfilling their offices and purposes.

We adjust the subluxation, the cause of dis-ease and the cause of the problem in the body (a subluxation is a condition where the segments of the spine are not in proper alignment with the vertebrae above or below, impinging upon nerves and interfering with the normal flow of life supply from the brain to tissue cells of the body). Because of this proper adjustment, the interference is removed from the nerve fibers supplying the parts of the body. Now these nerves carry proper mental impulses in normal quantity and quality to all parts of the body, and cells regain life and proper function. It is as simple as that!

Chiropractic care for the restoration and maintenance of health is not a new and untried science. It is a fact, that where other healing arts fail to correct the cause of disease, Chiropractic usually succeeds. Chiropractic care is successful because it does produce positive corrective results—it WORKS!
SUFFER WITH ARTHRITIS?

Seven million people are disabled yearly in the United States because of arthritic attacks. Most forms of arthritis can be relieved of pain, but unless properly treated this condition usually progresses in severity. Outstanding results are being achieved with Chiropractic even in the most stubborn cases.

THE 10 DANGER SIGNALS...

1. Stiffness or pain in the lower back.
2. Numbness, pain or tingling in the legs.
3. Extreme fatigue in the lower back or legs.
4. Frequent pain between the shoulders.
5. Persistent pain and muscle tension in back of neck.
6. Grinding and cracking noises when turning head.
7. Recurring headaches.
8. Numbness, pain or tingling in the arms or hands.
9. Painful joints, shoulders, elbows, hips or knees.
10. Loss of sleep.

"Prompt attention prevents long stages of disability!"

KRUPAR CHIROPRACTIC
LIFE CENTER

327 W. Pgh. St., Greensburg Phone 834-1887

Dr. Andrew C. Krupar - Dr. Betty D. Krupar - Dr. Homer L. Bowers

Dr. Andrew C. Krupar
CHIROPRACTOR

Dr. Homer L. Bowers
CHIROPRACTOR
Its name is derived from the nerve that is inflamed. The condition results in mild to severe pain or numbness. Traveling down one or both hips, legs, ankles and feet. Without proper care it can disable a person for weeks or months. Sciatica is caused by irritation to the nerve roots. Chiropractors correct the cause of that irritation.

**CHIROPRACTIC...SAFE...**

**NATURAL...EFFECTIVE.**

**THE KEIBLER CHIROPRACTIC OFFICE**

West Hempfield Plaza
IRWIN, PA.

BY APPOINTMENT: PHONE 864-0440
He is charged with stealing a cat.

Kima
ARE YOU A COMPELLIVE EATER?
YOU HAVE TRIED EVERYTHING ELSE AND FAILED

There is now a new proven, safe and painless method of losing weight and controlling compulsive eating without drastic dieting or exercise. By now you are saying, have I heard that story before? well maybe you have, but not from us. McCall Research Development Laboratories Ltd., has developed this unique method and device (Patent Applied For) after two years of research and has been clinically used by physicians throughout the United States with overwhelming results of weight loss when used under the direction of your physician.

20-30-40 pounds or more can be lost without drastic dieting or exercise, or if you wish to maintain your present weight by using this safe, painless method, information can be obtained at no cost of a phone call to the following number:

Charleroi Chiropractic Clinic

Dr. Paul J. Hlibosky
305 McKEAN AVE.
CHARLOI
Phone 489-9160 Or 489-4225
Ideally, good health should be natural. Given a chance, the body can work seeming miracles. But if something interferes with normal body functions, natural health is harder to achieve. All too often, the back is the source of health problems. That sudden twist or fall you paid no attention to could have forced a vertebra out of position. And in the process, the nerves that spread out from between the vertebrae can no longer properly serve body organs. The result? Poor health. To make sure your back isn’t getting in the way of good health, get a chiropractic checkup.
THE SUMMER BLAZ

Do you have the summer blaz? Do things never seem to get finished? Is your energy at a low ebb? Are the kids getting to you? Is the heat getting you down? Are you always in a chronic state of fatigue? That might be a case of the blaz.

If this is you -- see your Chiropractor. Chiropractors believe in finding the basic cause of this dis-order of the body. A body that is not working right does not function adequately. Thus when disorder occurs the body begins to produce warning signals (symptoms) for you.

Most dis-orders are caused by vertebral subluxations (misalignments) of the spine causing pressure on nerves and the spinal cord. Once this nerve pressure is released thru Chiropractic adjustments, a free flow of nerve energy again surges through your body restoring life and health to you once again.

Presented for the public interest by,
Dr. Louise A. Froehlich
Chiropractor, Richboro
365-1133
High Blood Pressure

Relaxation and rest can help to control high blood pressure, but they seldom do enough bring permanent relief.

No respecter of persons, high blood pressure is a constant threat to middle-aged people and older, and when it hits, it brings disability and - often - death.

Doctors agree that high blood pressure is the pressure of the blood against the walls of the blood vessels. When the muscles surrounding the blood vessels tighten, the vessels become narrow and blood pressure rises. This overworks the heart, and assists other disorders begin to develop.

Since the function of the heart and the muscles of the blood vessels are controlled by nerve energy impulses from the brain, it is essential that the free flow of this nerve energy be maintained.

The chiropractor, through scientific care and competent spinal adjustments, helps the nervous system preserve or restore impaired function of blood vessels and muscles required to control blood pressure. This helps to control high blood pressure, and assists in the prevention, and control of high blood pressure.

Another rule and Health Article from the Office of DR. ARNOLD R. BARISCH

Chiropractor
Colonaq Blvd.
Hillsdale Roads
Phone 541-1212
120 State Street
Phone 216-4941
Hours by Appointment
Disease and the Spinal Column
The spinal column is an important, and often overlooked, part of a child's growth and development. The spine is extremely vulnerable to abnormal development until the end of the rapid growth period (15 to 19 years), and is not completely developed until the young adult is approximately 25 years old.

Now your Chiropractor can help
Your doctor of chiropractic is trained to detect interference to the nervous system caused by misalignment or subluxation of the spine. He can determine whether your child has a subluxation and can correct it with spinal adjustments.

Children make good chiropractic patients
Doctors of chiropractic find children especially good patients. They respond quickly to spinal adjustments and are delighted to learn adjustments are not uncomfortable. Parents are happy, too, when they see their child rapidly responding to treatment.

Appointments Call 379-6290
Caffari Chiropractic Clinic
Dr. Phillip Caffari
637 McKeon Avenue - Donora
Hours: Mon - Tues - Thurs - Fri 9 to 12 - 1 to 4 - 6 to 8
Wed. & Sat. 8 A.M. to 12 Noon
South Side Hospital, homestead steel furnace, Pittsburgh. Romanus served as facility on August first.

**PEDROW CHIROPRACTIC CENTER**

"DELAY ALLOWS ANY DISEASE TO GROW WORSE"

Spinal nerve pressure can cause many ailments. Do you experience one or more of the following 11 danger signs?

1. Headaches
2. Painful Joints
3. Numbness in hands and arms
4. Leg Pain
5. Loss of Sleep
6. Neck Stiffness
7. Shoulder Pain
8. Bursitis
9. Sciatica
10. Upset or Nervous Stomach

Chiropractic care offers maximum results... minimum time...least cost to you.

PHONE
823-8090

Rt. 30 At Entrance To Blue-Dell Adequate Drive-In—North Huntingdon Free Parking
Do You Realize?

Do You Realize...

That a slight misalignment of a Bone or Bones in the Lower Neck Area could cause:

- Headaches
- Sinus Trouble
- Neuralgia
- Blurry Vision
- Dizziness
- Allergies
- Stiff Neck
- Throat Trouble
- Abnormal Blood Pressure

Do You Realize...

Chiropractic May Be Able To Help YOU

West Hazleton Chiropractic Clinic

Dr. T.M. Eyerly    Dr. R.F. Brundage

19 E. Broad St., W. Hazleton

Office Hours: Mon.-Wed.-Fri. 9-12, 2-4, 6-9
Tues.-Thurs. 1-5, Sat. 9-12
Phone 455-5822
GOOD HEALTH

Your good health is one of your most sacred possessions. It should be guarded with all of the zeal and enthusiasm that surrounds whatever economic wealth you may possess... yea, with even more concern for its well being.

Money you can make and lose. Good health, once thrown to the winds, is gone forever and cannot be "made" again as can coins of the realm. Therefore, it is vital that your good health be protected and guarded against any and all assaults.

What matters if you gain the wealth of Croesus and your health slips down the drain? How can you enjoy the greatness of wealth when you feel like something the cat dragged in and deserted?

Remember the story of Midas, whose touch turned everything to gold! And his touch brought everything except happiness. That story is being repeated over and over again in our modern times, when eager-beavers buck the rat race and pile up riches... only to find that in the end the score is against them, for they neglected the one thing that mattered — good health.

To protect your greatest asset in this fast-moving world, visit your chiropractor at frequent intervals so he may help you enjoy the fruits you are reaping... he can keep you in tune with good health that matters more than silver and gold.

Trout Chiropractic Clinic

Northumberland, Pa.    RD1 Danville Highway 473-3585
Mid-Atlantic Newspaper Services, Inc.
2717 N. Front St.,
Harrisburg, Pa. 17110

LIGONIER, PA.
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Circ. 4,067

A Nov. 25 wedding, in Grand Rapids, Mich., is being planned by the couple. Call 238-6771.

Dr. Keith A. Jones
Chiropractic Health Centre
315 N. Market Street
Ligonier, Pa.
238-7100—if no answer 593-2751
Available weekends and evenings by appointment

Chiropractor
Clinical Nutritionist

Specializing in nutrition and rehabilitation of chronic conditions

NO CHARGE for preliminary consultation or preliminary examination of the first visit to determine if you are a chiropractic patient.

Free: Spinal Scoliosis Exam for Children

Our services are covered by:
1. Personal health and accident insurance.
2. Workmen's Compensation.
3. No Fault (Automobile)
4. Medicare
5. Medical Assistance
6. Major Medical

"The doctor of the future will give no medicine—but he will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease."

Thomas A. Edison
NERVOUS STOMACH?

Digestive disorders create sort of half life. In addition to the suffering of 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 of 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 needed to live a full life.

Indigestion, headaches, dizzy spells and nausea are tell-tale signs of an upset body chemistry. If you have the slightest reason to believe that your body chemistry is not working properly, investigate before it is too late! What can you lose except your ill health?

DAHLSTROM
CHIROPRACTIC
FAMILY CENTER

1202 Mission Road
Latrobe, Pa.
(behind Needham Chevrolet)

PHONE
539-9445
if no answer...
PHONE 539-8342
APPOINTMENTS
PREFERRED

Dr. S. L. Dahlstrom
Chiropractor
"Where Good Health Becomes Reality"
LOW BACK PAIN

The sharp, burning pain or the dull, continuous ache at the base of the spine are familiar symptoms to many people who are suffering from a wiseless discomfort with what is generally termed "LOW BACK PAIN."

Such symptoms may be due to several factors, one very important being mechanical misalignment of the lower lumbar vertebrae and limited motion of the affected vertebrae or its disc beneath. Due to this lack of normal mobility, any motion of the spine, such as sitting, standing, bending or twisting tends to further irritate the already damaged and faulty discs.

The longer the time the muscles remain in spasm and the longer time the nerves remain irritated the worse the discomfort and the more serious could become the results of this nerve pressure, since other tissues and muscles receive nerve supply from these spinal nerves.

Chiropractic adjustments can put the affected vertebrae back into its normal position; thus, eliminating the nerve pressure and reducing muscle spasm. Early Chiropractic adjustment to such a back condition can save much annoying discomfort.

DR. LUDGER F. POCORUS
407 MAIN ST.
STROUDSBURG, PA. 18360

Office Hours
By Appointment

Home ... 992-6022
Office ... 424-5993
I'm Afraid of Chiropractic!

Many times I've heard a patient say that they have a friend or relative that wants to visit a Doctor of Chiropractic, but that they are scared. The reason is that they have heard a story or two about some old time chiropractor hurting a patient.

The state of spinal manipulation has progressed over the years. With the new ultramodern air tables, there is absolutely NO PAIN produced when adjusting a patient.

Our practice includes many young children. They look forward to receiving their spinal adjustments on each visit. We also care for many elderly arthritic patients with spine-leveled with calcium.

To help erase this fear we ask our patients to bring in their friend or relative to observe a treatment. Once they see first hand that there is no pain they quickly make an appointment.

FOR FURTHER INFORMATION CALL

BOCH CHIROPRACTIC CLINIC
248 South Hanover Street, 243-7717, Carlisle Pa. 17013
Emergency Service Available 24 Hours
Daily — 7 Days a Week.
AUG. 1977

MONESSEN, PA.

The Valley Independent-Circ. 18,382

Are you experiencing
a health problem?

If you have any of the following symptoms

1. Headaches
2. Painful joints
3. Numbness in hands & arms
4. Leg pains
5. Numbness of feet
6. Loss of sleep
7. Neck stiffness
8. Shoulder pain
9. Low back pain
10. Bursitis
11. Sciatica
12. Upset or nervous stomach

You can benefit from
chiropractic care

Rostraver
Chiropractic Clinic

Dr. Jack R. Taylor, Director
(Next to Rostraver Central Fire Co.)
Fellsburg, Pa.

"Come in or call for consultation to find out how chiropractic can help you."

Call 379-6169 For Appointment

Hours:
MON., TUES., THUR. 9 to 2 P.M. 6 to 9 P.M.
FRI. & WED. 9 to Noon 2 to 6 P.M.
What's it all about? Is it worth it?

The majority of patients think so, because they are having the work done. This article is for the patient with a question mark!

Let's begin by asking — what's your health worth? That's right, you can not equate it in terms of dollars and cents. In fact, it's priceless. One of our patients very eloquently put it this way, "That's less than the price of a used car, and my health is certainly more important!"

There are no guarantees in the health profession. However, we can make predictions based on similar types of cases. As a potential patient, you must evaluate the findings as presented to you by your Doctor, then make a decision.

Some patients are only interested in relief care. This is true in all the health disciplines. Most patients, however, want the problem properly corrected. Corrective care, be it Chiropractic or Dentistry, or Medicine, is expensive. It is also usually time consuming and requires a serious attitude on the part of the patient.

In the case of a misaligned spinal column with abnormal stress, the prognosis without corrective care is continued degeneration under the influence of gravity. This degeneration may be in the form of disc degeneration or herniation, arthritic calcium deposits, abnormal developing spinal curvatures, atrophy of spinal cord and spinal nerves. Of course, various symptoms will continue to persist throughout the body. If you continue to operate with more than 100% energy loss, then the vital organs of the body will be drained of energy. Organ failure prematurity is usually the end result.

For Further Information Call
SANTAVICCA CHIROPRACTIC CENTER
225-1655
144 North Main Street  Washington, Pa. 15301
The autonomic nerve system (also called the automatic nerve system) controls the activity of endocrine glands, blood vessels, organs and certain muscles over which the individual has no control. This nerve system is responsive to emotional stimuli. When such things as worry, fatigue, chronic anxiety or emotional disturbances of any kind over-stimulate the autonomic nerve system it does not properly control the functions for which it is responsible. Hence, the gastro-intestinal tract which normally contracts smoothly and rhythmically may be overstimulated and contract harshly and spasmodically producing pain, gas, and such.

From over-stimulation by the autonomic nerve system the heart's rate may be increased, its rhythm disturbed and such sensations as pounding, tightness in the chest, numbness and weakness may result. In similar fashion headaches, rashes, undue fatigue or other symptoms may result when emotional disturbances disrupt the working of the autonomic nerve system sufficiently to cause disturbance of function of various organs.

The doctor of chiropractic is a specialist of the nerve system. Knowing this, it is always wise to consult a competent chiropractor to relieve this difficulty.
Why Spend Your Money Needlessly?

ILL AND DISCOURAGED — The type of care you receive at the Miskovich Chiropractic Center may be the answer to your problems! Thousands of people with acute and chronic ailments have already benefited from the treatment they have received at the Miskovich Chiropractic Center. The care you receive from us gets sick people well without drugs or surgery. Our approach to your health is drugless and the only side effect is better health.

NOW you can find out if yours is a Chiropractic case by calling this office and requesting a FREE Consultation and Preliminary Examination. This free Consultation and Preliminary Examination will determine whether or not you are a Chiropractic case. If you are not a Chiropractic case, then Chiropractic will never help you. If you are, however, a Chiropractic case, than no one else will ever help you but Chiropractic. If you are sick and suffering, or dissatisfied with your present health care, NOW is the time to take advantage of this opportunity with NO cost or obligation.

The staff and facilities at the Miskovich Chiropractic Center are qualified to give you the best Chiropractic care that is available today! Call NOW for an appointment, because this opportunity is for a limited time only. Office hours are daily Monday thru Saturday by appointment only!
OVER WEIGHT!

ARE YOU A COMPULSIVE EATER?
YOU HAVE TRIED EVERYTHING ELSE AND FAILED

There is now a new proven, safe and painless method of losing weight and controlling compulsive eating without drastic dieting or exercise. By now you are saying, have I heard that story before? Well maybe you have, but not from us. McCall Research Development Laboratories Ltd., has developed this unique method and device (Patent Applied For) after two years of research and has been clinically used by physicians throughout the United States with overwhelming results of weight loss when used under the direction of your physician.

20-30-40 pounds or more can be lost without drastic dieting or exercise, or if you wish to maintain your present weight by using this safe, painless method, information can be obtained just for the cost of a phone call to the following number.

PHONE 489-9160 or 489-4225

Charleroi Chiropractic Clinic
305 McKean Ave. Dr. Paul J. Harbosky
Charleroi
WHY SPEND YOUR MONEY NEEDLESSLY?

ILL AND DISCOURAGED - the type of care you receive at the Miskovich Chiropractic Center may be the answer to your problems. Thousands of people with acute and chronic ailments have already benefited from the treatment they have received at the Miskovich Chiropractic Center. The care you receive from us gets sick people well without drugs or surgery. Our approach to your health is drugless and the only side effect is better health. NOW you can find out if yours is a Chiropractic case by calling this office and requesting a FREE Consultation and Preliminary Examination. This FREE Consultation and Preliminary Examination will determine whether or not you are a Chiropractic case. If you are not a Chiropractic case, then Chiropractic will never help you. If you are, however, a Chiropractic case, then no one else will ever help you but Chiropractic. If you are sick and suffering, or dissatisfied with your present health care, NOW is the time to take advantage of this opportunity with NO cost or obligation. The staff and facilities at the Miskovich Chiropractic Center are qualified to give you the best Chiropractic care that is available today. Call NOW for an appointment, because this opportunity is for a limited time only. Office hours are daily Monday thru Saturday by appointment only.
DR. V. J. THOMAS RECEIVES DEGREE —

Virgil John Thomas received his doctor of chiropractic degree from National College of Chiropractic, Lombard, Ill., and plans to open a Chiropractic Clinic in Wilkes-Barre in the near future.

He received his bachelor of science degree in human biology from National College of Chiropractic as well as certificates for his work in physiotherapy, human dissection, laboratory diagnosis and X-rays.

He is a diplomate of the National Board of Chiropractic Examiners.

Dr. Thomas is a graduate of Meyers High School and attended King's College and Wilkes College. He is the son of Mr. and Mrs. Gene Thomas, 105 Lawrence St., Wilkes-Barre. His wife is the former Bonnie Evans, daughter of Mr. and Mrs. Olin Evans of Eleaumanor Street, Wilkes-Barre, and Lake Niangola.
PINCHED NERVES

IN THE FOLLOWING SPINAL AREAS...

MAY CAUSE
1. Headaches, Nervousness, Dizziness, and Tension.
5. Stomach and liver disorders.
6. Shingles and disturbances of the upper bowels.
8. Slipped disc, lumbago and low-back pains.
9. Sciatica, constipation, menstrual problems, and sacroiliac pains.
10. Bladder disturbances, leg cramps, and colon disorders.

WHY BE SICK WHEN YOU CAN BE WELL?
NERVE PRESSURE COULD BE THE CAUSE OF YOUR HEALTH PROBLEMS, THERE IS NO CHARGE FOR A CONSULTATION VISIT.

McCANDLESS CHIROPRACTIC CENTRE
8510 Perry Highway • Pittsburgh, Pa.
North Hills Dr. James P. Clark 367-0101
Rheumatism

Constantly increasing pain, tenderness, swelling of the joints, fever, rapid pulse, a general aching and heavy sweating all are a part of the agony suffered by the person afflicted with rheumatism.

Only one who has endured the suffering knows how rheumatism can drain the physical and mental strength of the body.

But, there is no need to suffer the agony. Once the cause is removed, nature can act to restore the affected parts to normal use. Dulling the symptoms is not enough; the condition which causes the disorder must be corrected.

The chiropractor, through study and training, is scientifically equipped to trace rheumatic pains to their source. He locates the nerve pressure of subluxation which is responsible for the disorder, and through competent, gentle adjustments eliminates the cause. Vital nerve energy flows to the affected area, and the body promotes its own healing. The aches, pains and accompanying discomforts disappear. Another Health and Life Article from the Office of:

Dr. Leo S. Osikowich
Chiropractor

120 Wyoming Ave.
Wyoming, Pa. 18704

Monday, Tuesday, Friday
10 to 12, 1:30 to 4
6 to 8 pm

Wednesday and Thursday
6 to 8 pm

By Appointment Only

For Appointment
Call 693 0177

Free Spinal X-Rays
HYPOGLYCEMIA (LOW BLOOD SUGAR)

Every man, woman and child consumes an average of 125 pounds of sugar a year. At the turn of the century it was a small fraction of this amount. As a result of this excessive consumption of sugar and carbohydrates, many of our bodies become carbohydrate intolerant. The over load on the pancreas and adrenal glands is responsible.

Hypoglycemia is the most mis-diagnosed disease in America today. The symptoms are very extensive and appear at first to be unrelated. Dizziness, fatigue, intestinal disturbances, cardiovascular problems, headaches, extreme nervousness are but a few.

If the underlying causes to hypoglycemia are not corrected, it inevitably leads to diabetes.

Our basic approach to hypoglycemia includes a six hour glucose tolerance test that is performed with a finger pin prick, and a detailed study of the patient's diet. The integrity of the nervous system is also measured, since the endocrine (glandular) system works hand in hand with the spinal system.

The treatment program includes a special diet with nutritional supplementation to normalize not only blood sugar but the other lab values as well. Any spinal structural stress is also removed through manipulation and therapy. The followup lab work indicates to both the patient and doctor the results.

For Further Information Call

SANTAVICCA CHIROPRACTIC CENTER
225-1655

144 North Main Street Washington, Pa. 15301
John Kevin said he awaked from an insomniac night with a pinched spinal nerve, or a herniated disc, which is pain deep in body tissues caused by irritation on a spinal nerve.

Disease of the spine such as arthritis and tuberculosis are very serious, but comparatively rare. Slipped or herniated discs occur much less often than is thought by many.

**THE VILLAINOUS FOUR**

Disease caused by under-exercised muscles are called "hypokinesis" diseases. In this condition, certain muscles grow weak and flabby, destroying the symmetry of the muscle balance in the back, thus allowing the stronger muscles to pull the weaker ones... and with it the spinal column into a misalignment.

On the other side of the coin, muscles which are exercised too much may be unable to relax with resultant muscle spasm.

As everyone who has ever had a "Charley horse" knows, this hurts. Poor posture and emotional tension keep a muscle or group of muscles taut and painful.

Miraculous nerves and neuralgia are two more sources of backache. Pinched nerves, a very painful condition, may initially be caused by poor posture, strain or misalignment of the spine.

**SENSIBLE SOLUTION**

Nobody can put up with constant pain very long without relief. Your Doctor of Chiropractic is a specialist. He can tell you what kind of backache you have, and begin treatment immediately correcting abnormalities, and aligning the spine correctly.

Causes of back pain are so varied and complicated that you need a specialist. Your Doctor of Chiropractic studies the human body as a whole through X-rays, clinical laboratory, orthopedic and neurological examinations. His object is to help you back to health. He uses no drugs or surgery, and when your pain is gone, it is because he has corrected the cause of the pain.

**THE UNHOLY NINE**

Your Doctor of Chiropractic can tell you that the "Unholy Nine" are critical symptoms to look for in back pain. The first is "paresthesias" which are strange sensations like tingling, hot or cold spots, burning and crawling sensations. Others are headache, painful joints, numbness in hands or arms, insomnia, neck stiffness, pain between the shoulders, numbness or pain in the legs, or stiffness and pain in the lower back. These pains or sensations are nature's way of telling you that there is danger somewhere to your nervous system and that it is time to get help.

When the pain can not be pinpointed by the patient, it may be that he is suffering from neuritis, which is pain deep in body tissues caused by irritation on a spinal nerve.

**THE UNHOLY NINE**

1. Headache
2. Insomnia
3. Neck stiffness
4. Pain between the shoulders
5. Numbness or pain in the legs
6. Stiffness and pain in the lower back
7. Pain in hands or arms
8. Insomnia
9. Pain in the legs

**THE VILLAINOUS FOUR**

1. Hypokinesis
2. Muscle spasm
3. Pinched nerves
4. Neuralgia

**THE Farina Chiropractic Clinic**

"Dedicated to Problem Cases"

775-3031

404 Lancaster Ave., Shillington, Pa.
To Whom It May Concern:

HIT AND RUN VICTIM

In January of 1973 I was a victim of a hit and run motorist on one of the rural roads in our community. When I was found by the local police, I was rushed to the hospital where x-rays were taken. God must have been with me because only my tail bone was broken. The doctors thought I would have to be operated on but later I decided against it.

From the time of the accident, my brother Joe had been trying to get me to see his Chiropractor. Frankly, I was scared to death and would not go. My brother Joe finally just made an appointment for me and I went. The Chiropractor did not treat the fractured tail bone but did find other bones in my lower spine that were out of place and which were apparently causing my problem because when these bones were corrected, I felt better. In fact, now I have no pain at all. I do go to the Chiropractor regularly as my brother Joe does and we both find many more benefits from the adjustments other than just having a backache. I feel even better now than I did before the accident in 1973.

If you have problems see a Chiropractor.

Sincerely,
Edward Rose

WHY BE SICK WHEN YOU CAN BE WELL?
WE ACCEPT ALL CASES—REGARDLESS OF ABILITY TO PAY.

BENGEL CHIROPRACTIC CLINIC
825 FREEPORT ROAD (Rt. 28) * TARENTUM, PA.
DR. BENGEL 224-2224 * By Appointment Only
Minor back problems and pains are taken lightly by many people. Yet the spine serves to protect the nervous system and gives shape and structural support to the body. If the supporting structures of a house were to weaken you can realize the long term effect would be damaging if left neglected. The same principle applies even more so to people’s neck and back problems. Children who sustain falls, accidents or injuries playing football or basketball with resulting symptoms or pain or stiffness should always have a Chiropractic check up. Attending to seemingly minor problems at this stage and age, will certainly help to avoid major problems in the future. A word to the wise is sufficient.

A Public Service Article to Explain HEALTH

Through CHIROPRACTIC Care

Trout Chiropractic Clinic

Northumberland, Pa. RD1 Danville Highway 473-3585
SUBLUXATIONS ... SILENT KILLERS

While subluxation is a complex word, its meaning is not. When one or more bones of the spine shift from their normal position, they pinch nerve roots causing functional interference. Unfortunately, most often, a subluxation occurs that a person is not aware of, for he doesn’t feel any back or neck pain. He may be treated for problems in other organs, while the cause in the spine goes undetected. Spinal nerves control all body organs including: lungs, throat, tonsils, spleen, bladder, male and female sex organs, muscles, to name a few.

Chiropractors, through years of study, training and experience, are best qualified to detect and correct subluxations. You owe it to yourself to find out if the “Silent Killer” subluxation is responsible for your health problems.

CHIROPRACTIC ... SAFE ... NATURAL ... EFFECTIVE

HEVERLEY CHIROPRACTIC LIFE CENTER
191 EAST MARKET ST., BLAIRSVILLE
APPOINTMENTS PREFERRED, PHONE 459-5180
Sciatica is an abnormal and very painful condition of the great sciatic nerve which supplies the tissues of the thighs and lower legs. Stresses and strains of physical activities, such as lifting, twisting, fatigue and postural distortions, cause the lower segments of the spine to misalign, producing pain in this nerve.

The Chiropractor is especially trained to locate the vertebrae which are in an abnormal position producing the inflammations. The Chiropractor possesses the ability to restore the vertebrae to their proper position with Chiropractic adjustments.

(One of a series of articles published in the public interest to explain and illustrate the scientific practice of Chiropractic, written by Dr. Thomas L. Snyder, Chiropractic Orthopedist, Brialltown, Pa. 18322. Phone 897-4787.)
The Spine is the Human Switchboard controlling Health...

Chiropractic releases the Power Within

Stay Healthy Naturally
Got a Chiropractic Check-up Today at
OGDEN CHIROPRACTIC CLINIC
905 W. Beaver Ave.
State College, PA 16801
open M, T, TH, F 9-9
Saturday by appointment
THE POWER THAT MADE
THE BODY HEALS THE BODY
OUR PATIENTS SPEAK

IT'S GREAT TO BE ALIVE!

Imagine pain. Pain — hot and stabbing. Pain seemingly in every joint in your body. Pain that won't let you sleep more than an hour or so at a stretch. Pain that left you in tears, causing a loss of mobility and keeping you from your normal activity. This is what I had suffered with over a period of years.

During this time, prayers were many and often. Yes, I had been to a medical doctor. He said my pain was from arthritis and my only relief would be wet heat, shots and many prescriptions. None of these gave me more than momentary relief.

Finally I decided to try Chiropractic. My life has now turned around 180 degrees. I saw my Chiropractor, he x-rayed my spine and made the adjustment. I am receiving adjustments twice weekly and the aches and pains have all but disappeared.

I sleep better, feel better and look better. I move about easier and my family has even noticed a great difference in me.

How I wish that I had tried Chiropractic sooner!

Sincerely,
Betty Roberts
Cheswick, PA 15024

WHY BE SICK WHEN YOU CAN BE WELL?
WE ACCEPT ALL CASES—REGARDLESS OF ABILITY TO PAY.

BENGEL CHIROPRACTIC CLINIC
825 FREEPORT ROAD (Rt. 28) • BRACKENRIDGE, PA.
Dr. Bengel — 224-2224
Swimmers Ear

Do you have friends, family or children you know who are constantly troubled with swimmers ear? Sometimes active life around the pool presents some problems.

Pain or aches in the ear, discharge, redness or heat, possible swelling, impaired hearing and fever, are some of the symptoms. Some children are bothered with constant swimmers ear every year. Constantly, they are prone to infections of this type.

Why are some children or adults prone to infections and others are not? People who are healthy have a body that is working correctly. This means these individuals have a healthy nervous system with little or no nerve pressure. Thus, a body with a good nerve supply to all organs, muscles, tissues, and cells, stays healthy and free from infections.

Chiropractic adjustments remove the pressure from the spinal cord and the spinal nerves. Once all pressure is removed from the delicate nerve system, life's healing energy may then flow to all parts of the body. Glowing, radiant health is a natural result.

Presented for the public interest by, Louise A. Froehlich, Chiropractor, Richboro, Pa. 18954.
To us, the Chiropractor and Chiropractic patient, health is simply the normal free expression of this Innate Intelligent Command or mental impulse flow in all the parts of the physical organism. When this Innate expression is at 100% within each and every tissue cell, then 100% life is expressed and the body is at a true state of EASE. Where there is 100% communication from brain cell to tissue cell and from tissue cell level back to brain cell level, the cycle of expression is harmonious, coordinate action of all component parts of the body as a WHOLE. Health is WHOLE life, WHOLE function, WHOLE expression, WHOLE communication which can only be achieved when no interference exists over or thru the nervous system. Consequently, where there is a WHOLE life expression there is WHOLENESS or HEALTH, the greatest possible resistive level of achievement imaginable.

So now we can see that as Chiropractic teaches that when a vertebra is subluxated, it separates the line of communication between Innate Intelligence Headquarters in the brain and the affected part in the body, thereby choking off the natural supply of mental impulse to an organ, cell or tissue. Then that organ, cell or tissue becomes susceptible to the environment and disease results. Interference is the CAUSE of DIS-EASE. Chiropractic can correct this cause and keep all the channels of communication open. HEALTH, LIFE, or WHOLENESS becomes the only natural result.
The practice of CHIROPRACTIC is as broad as the nerve system often called "THE MASTER SYSTEM OF THE HUMAN BODY." This MASTER SYSTEM regulates and controls all other systems of the body including the circulatory system, the digestive system, the respiratory system, the muscular system, the reproductive system, the glan­
dular system, lymphatic system and eliminative system, etc.

Take time to study this famous "Health Chart of Chiropractic," and you can understand how

**WHY BE SICK WHEN YOU CAN BE WELL?**

1. A slight "pinching" of the nerves at this point can cause headaches, some eye diseases, ear problems, insomnia abnormal blood pressure, colds, hay fever, sinus trouble nervous, wry or stiff neck, some types of arthritis, colic in babies, glandular trouble, etc.

2. A nerve difficulty in this part of the spine can be the cause of so-called throat trouble, neuralgia, pain in the shoulder and arms, gallstone nervous prostration, etc.

3. In this part of the spine a "pinched" nerve can cause so-called bronchitis, pain between the shoulder blades, rheumatism and neuritis of the arms, shoulder, or hands bursitis, etc.

4. A blocked nerve at this point can cause so-called nervous heart or fast heart, asthma, difficult breathing, bronchial congestion, etc.

5. Stomach and liver trouble, pleurisy and a sore of other troubles can be caused by pressure in this part of the spine.

6. Nerve pressure at this point can cause gall bladder problems, dyspepsia or gas of upper bowels shingles, hiccups, etc.

7. Certain kidney problems or diseases, eruptions and other skin diseases can be caused by nerves being pinched in the spinal openings at this point.

8. Chiropractic adjustments here often helps such troubles as so-called lumbago, constipation, colitis etc.

9. Nerve pressure at this point can cause bladder frequency, prostate problems, lower bowel and abdominal pains.

10. A slight slippage on one or both of the hip bones or the sacrum may cause so-called sciatica leg or knee pains, and many other leg problems
WHY NOT PUT SOME LIVING INTO YOUR LIFE?

There are thirty-one paired spinal nerves coming from the spinal cord and passing between the spinal bones of the back. These nerves branch off and go to every organ of the body. These nerves carry and transmit the energy that causes function and motion of body organs, the spinal column, composed of 24 different segments of bone is daily subjected to all kinds of various stresses, such as twisting, falling, walking, etc. A slight displacement of just one of these spinal bones can pinch a nerve, cutting or blocking its carrying capacity of nerve energy. Then the organ supplied by the pinched nerve begins to malfunction. A condition of this nature can bring about adverse effects within the body. It may be that there is only one nerve or one cause as to why you are sick, but then again there may be 31 reasons. You can find out for certain with a Chiropractic examination.

Why be sick when you can be well?

KURTZ CHIRO PRACTIC
LIFE CENTER

781-7117

We accept all cases regardless of ability to pay.

The lateral view of the spinal column indicates the names of the spinal nerves as they branch from the spinal cord and emit through vertebrae openings. Spinal nerve involvement does cause many conditions — conditions that can be remedied with chiropractic care.

Phone 929-6100

TUCCI CHIROPRACTIC OFFICE
609 Broad Ave. Belle Vernon, Pa.
Mid-Atlantic Newspaper Services, Inc.
2717 N. Front St.
Harrisburg, Pa. 17110

McKEESPORT, PA. AUG 22 1971
Daily News (e)
Circ. 40,473

Headaches? Neck Pain?

Modern Chiropractic Methods of Treatment
Offer Remarkable Relief For These
Individual Conditions

Research has shown that spinal problems in the neck can cause various disorders in the head, neck, shoulders, arms and hands. Conditions such as bruises, migraine and neuralgia frequently result. Extensive clinical studies show that it may take many months or even years for the effects of injuries or minor accidents to develop into painful symptoms.

THE 9 DANGER SIGNALS...

1. Persistent pain and muscle tension in back of the neck.
2. Recurring headaches.
3. Numbness, pain or tingling in the arms or hands.
4. Grating & popping noises when turning the head.
5. Painful joints, shoulders, elbows.
6. Frequent pain between the shoulders.
7. Loss of sleep.
8. Dizziness.

The trend in the treatment of Headaches and Neck pain is to chiropractic. All patients are examined thoroughly before treatments are given.

For Further Information or Appointment Call:

DR. DANIEL MILLER
117 North Seventh St.
Phone 678-2919

GIRAN CHIROPRACTIC
LIFE CENTER
126 Pennsylvania Ave.
Phone 466-0441

SEAL OF APPROVAL
L.F.P.

DR. MILLER

DR. GIRAN
IS YOUR CONDITION LISTED HERE?


Regardless of what your ailment is called, no matter how long you have suffered. Chiropractic care may be the answer to your health problems.

DON'T accept your condition and learn to live with it.

DON'T say you have tried everything if you haven't tried CHIROPRACTIC.

KRUPAR CHIROPRACTIC LIFE CENTER

Dr. Andrew C. Krunar

Dr. Betty O. Krunar

Dr. Homer L. Bowers

227 West Pittsburgh St., Greensburg, Pa.

Dr. Homer L. Bowers

PHONE 831-1887

Dr. Andrew C. Krunar

CHIROPRACTOR

CHIROPRACTOR

Isn't it time to attain better health through Chiropractic, NATURALLY.
The Spinal Column

By Thomas A. Boch, D.C.

"EVEN SPECIALISTS COULDN'T HELP ME"

"For two years, I was bothered with low back pain. I was seen by orthopedic specialists and several neuro surgeons, who gave me almost every kind of pain medication to try, none of which brought any relief. My back problem caused me to miss many months of work. After a couple of visits to the hospital and seeing so many doctors, and getting no results from treatments or medications, some people began to tell me about their experience with Chiropractic.

So, I decided to try it. Happy to say, I've gotten relief of my pain and haven't missed work since coming to Dr. Boch".

Mr. D. L. York, Pa.

FOR FURTHER INFORMATION CALL

Boch Chiropractic Clinic

240 South Hanover Street, 243-7717, Carlisle Pa. 17013
Emergency Service Available 24 Hours
Daily — 7 Days a Week.
Pedrow Chiropractic Center

"Have You Made The Rounds"

Chiropractic does not claim to be a cure-all. The following is a partial list, however, of conditions which thousands of chiropractors are treating successfully in millions of patients throughout the world.

1. Sinus Trouble
2. Constipation
3. Allergies
4. Female Trouble
5. Acne
6. Shingles
7. Sciatica
8. Fatigue
9. Neuritis
10. Headaches (Migrane)
11. Lumbago
12. Rheumatism
13. Bursitis
14. Spinal Curvature
15. Arthritis
16. Stiff Neck
17. Backache
18. Whiplash
19. Stomach Trouble
20. Shoulder Pain
21. Asthma
22. Bronchitis
23. Nerves
24. Numbness in Hands
25. Loss of Sleep
26. Knee Pains
27. Chest Pains
28. Joint Pains

If Your Condition Has Not Responded To Other Forms Of Care, Let Us Determine
If Yours Is A Chiropractic Case. — REMEMBER!
Consultation is FREE & WITHOUT OBLIGATION.

PHONE FOR APPOINTMENT
HOURLS:
822-8070
MON. - FRI.
9:30 to 2 & 4 to 7
RT. 30, NORTH HUNTINGDON
ENTRANCE TO BLUE BELLE DRIVE-IN
SWIMMERS EAR

Do you have friends, family or children you know who are constantly troubled with swimmers ear? Summertime active life around the pool presents some problems.

Pain or aching in the ear, discharge, redness or heat, possible swelling, impaired hearing and fever, are some of the symptoms. Some children are bothered with constant swimmers ear every year. Constantly, they are prone to infections of this type.

Why are some children or adults prone to infections and others are not? People who are healthy have a body that is working correctly. That means these individuals have a healthy nervous system with little or no nerve pressure. Thus, a body with a good nerve supply to all organs, muscles, tissues, and cells, stays healthy and free from infections.

Chiropractic adjustments remove the pressure from the spinal cord and the spinal nerves. Once all pressure is removed from the delicate nerve system, life's healing energy may then flow to all parts of the body. Glowing, radiant health is a natural result.

Presented for the public interest by,
Dr. Louise A. Froehlich
Chiropractor, Richboro, Pa.
326-1133
8 danger signs... often symptoms of serious disease

These are the 8 danger signs to look for:

1. Headaches
2. Painful Joints
3. Numbness in Arms or Hands
4. Numbness or Pain in Legs
5. Loss of Sleep
6. Stiffness of Neck
7. Pain Between Shoulders
8. Stiffness or Pain in Lower Back

Consult Your Family Chiropractor

There are certain stresses and strains created by any occupation, and they create spinal pressure and tension on delicate, sensitive nerves. This is true of office workers, heavy construction laborers, housewives, musicians or children at play.

Pressure or tension on a vital nerve "short circuits" the nervous system and adversely affects normal nerve energy. The vital organs are then unable to function properly under these conditions. Chiropractic care releases this latent force, and normal function of these organs may be restored.

Should any one of these important danger signs appear to a member of your family, call your family chiropractor immediately. With quick action on your part and the training and ability of the chiropractor, it is almost possible that pain and ill feeling will be replaced by glowing good health.

Chiropractic Specialties May Save Your Life. Other Methods & Medicines Have Failed

O'Shaugnessy Chiropractic Center

Mid-Atlantic Newspaper Services, Inc.
2717 N. Front St.
Harrisburg, Pa. 17110

NEW BETHLEHEM, PA.
AUG 24, 1977
Leader-Vindicator
Circ. 4,439
You undoubtedly know some children with whom you have strong conflicts. They appear to be ill-mannered, hot-tempered, cranky, bratty, uncontrollable, and self-centered. The slightest amount of correction brings on a tantrum. You wonder if they are abnormal or if they should be institutionalized.

The problem may be neither with the parents training nor with the child’s desire. The problem may be in the child’s spine.

When a child is born, the doctor may twist the baby’s spine. As a child grows he receives a thousand falls and jolts. The spine absorbs most of them, but the rest passes on the nervous system housed in the spine. This builds up tension on the nervous system. The emotional expression is only the reaction to the severe tension on the nervous system inside. Why not advise the parents that if they really care for the future health and welfare of the child, they should take him to your family Chiropractor for an adjustment to try to relieve the child’s tension before serious problems develop. Then watch the tremendous change in the child.

MIDDLETOWN CHIROPRACTIC HEALTH CENTER
219 Spring St. 944-4676
HOURS BY APPOINTMENT ONLY

We accept all families and patients regardless of condition or financial ability to pay.
Times Sun  
AUG 24 1977

Circ-3 875

The Rostraver Chiropractic Clinic recently opened for business under the direction of Dr. Jack R. Taylor, a native of the Mon Valley. Dr. Taylor graduated from Ringgold High School, Monongahela Campus, then completed pre-professional training at Allegheny County Community College's South Campus. He attended Palmer College of Chiropractic in Davenport, Iowa and completed four years of study in X-ray, chiropractic technique and related studies of the healing arts - including extensive research in anatomy, neurology, and philosophy. Dr. Taylor received intern excellence awards in both X-ray and clinic intern programs, and after graduation from Palmer College interned at the We Care Chiropractic Clinic in Hazelwood. Believing in the ideals of the We Care Clinics, where the best healthcare is given regardless of the ability to pay, the Rostraver Chiropractic Clinic has provisions for Medicare and welfare recipients as well as those on fixed income. A complete family health care plan is also offered to help ease the financial burden of families with children. Dr. Taylor welcomes anyone with a health problem to visit the Clinic, located in Follshurg next to the Rostraver Central Fire Company, or phone 379-6160 for a free consultation.
BACK PAIN?
LEG PAIN?

CHIROPRACTIC HEALTH CARE OFFERS REMARKABLE CORRECTION

5 Danger Signals...

1. Stiffness or pain in the lower back.

2. Numbness pain or tingling in the legs.

3. Extreme fatigue in the lower back or legs.

4. Painful hips or knees.

5. Morning stiffness upon arising.

ALLEN CHIROPRACTIC CENTER
Dr. Thomas J. Allen, D.C.
Barclay Building
120 W. John St.
Bedford, Pa. 15522

Hours by Appointment
Mon, Tue, Wed. & Fri.
9 - 9

Phone 623-9619
STROUDSBURG, PA.
AUG 24, 1971
The Pocono Record (m)
Circ. 16,313

"Hit list." Did you find any in Nixon.

DR. LUDGER F. POCORUS
407 MAIN ST.
STROUDSBURG, PA. 18360

IS YOUR HEADACHE MIGRAINE?

Is Migraine or "Sick Headache" upsetting you? Frequently, you feel wonderful between those excruciating attacks. As time passes you may notice circulatory or digestive disturbances or a dull headache or a state of extreme well-being preceding these attacks. You notice a severe pain of a sharp shooting character localizing mostly in either the frontal, temporal or occipital portion of one side of the head. Further, the attacks seem to be getting more frequent and more severe. You may notice intolerance to light and sound, incapability of mental exertion and nausea.

Chiropractic is almost a specific for migraine in that it searches for and removes the cause.

If your headache seems to be migraine, consult your Chiropractor.

Office . . . 424-5993
Home . . . 992-6022

OFFICE HOURS BY APPOINTMENT
Some people are susceptible to illness because their resistance is low. They should endeavor to raise their resistance and thus lower their susceptibility to illness.

Chiropractic teaches that sub-normal resistance is due to lack of functional impulses sent out over nerves because a vertebrae is out of alignment and pressing on nerves. These impulses emanate from the brain, are transmitted down the main cable, called the spinal cord, and branch out to all parts of the body.

When these vertebrae get out of alignment they interfere with nerves and impair function.

Chiropractors help the body to increase the resistance and reduce susceptibility by adjusting the misaligned vertebrae, thereby releasing the imprisoned life impulses.
Stomach Ulcers

Ulcers are nothing more than open sores on the lining of the stomach or the upper part of the small intestine.

Pain is, by far, the most common sign of ulcers. This pain may vary from a mild discomfort to a sharp, severe, and sometimes penetrating pain. It generally is of the same type, and recurs in the same location. It tends to maintain a rhythm of recurrence and has a tendency of regular periods of remission and later becomes chronic.

Other symptoms of ulcers include constipation, heartburn, swelling, nausea, vomiting and weight loss.

The science of chiropractic, in most cases of ulcers, provides the safest, surest, and most effective pathway to relief. Skilled chiropractors can locate and correct the cause of the nerve interference which results in lowered resistance in some part of the body.

The competent hands of the chiropractor can make gentle adjustments to correct vertebral misalignments which result in pressures of the spinal cord and spinal nerves and provide one of the primary factors in the development of peptic ulcers. Another Health and Life Article from the Office of:

DR. R.J. BROZICH
3706 W. 6th AVE.
BEAVER FALLS
(West Mayfield)
843-2807
HAZLETON, PA.

Standard-Speaker
Circ. 23,900

HAZLET0N, PA.

Aug 24 1977

PROCRSTINATION IS THE
THIEF OF HEALTH

"Prompt Attention will mean BETTER HEALTH
and LONGER LIFE"

Eventually Chiropractic . . . Why Not Now??

WEST HAZLETON
CHIROPRACTIC CLINIC

Dr. T.M. Eyerly       Dr. R.F. Brundage

19 F. Broad St., West Hazleton

Office Hours: Mon.-Wed.-Fri. 9-12, 2-4, 6-9
Tues.-Thurs. 1-5, Sat. 9-12
Phone 455-5822
The 8 danger signs indicate
SPINAL PRESSURES

- HEADACHES
- LOSS OF SLEEP
- PAINFUL JOINTS
- STIFFNESS OF THE NECK
- NUMBNESS IN THE ARMS OR HANDS
- PAIN BETWEEN THE SHOULDERS
- NUMBNESS OR PAIN IN THE LEGS
- STIFFNESS OR PAIN IN LOWER BACK

The highways and streets we drive along have many warning signs we immediately recognize, telling us well in advance that potential danger lies ahead. The human body has a similar set of signals. These critical symptoms are often the forerunners of more serious diseases—diseases that can be averted if the eight danger signs are heeded in time.

NO CHARGE — preliminary consultation and examination of the first visit to determine if you are a chiropractic patient. Chiropractic fees are covered by most insurance programs.

If you have any questions phone or write
Office Hours by Appointment: 243-2268 OR 793-8133
ALSO AVAILABLE EVENINGS AND WEEKENDS

Dr. Keith A. Jones
HAMMILL-QUINLAN BLDG.
133 Jefferson Road
2nd floor - use elevator
EXERCISE, DIET, AND CHIROPRACTIC!

These three considerations are essential for one to maintain a healthy body and mind. Over 70% of our nation is chronically ill. If you find this hard to believe, just walk down the street and question the first ten people you know. They really do have chronic problems.

Every tissue and cell in your body is controlled by the spine and the nervous system. It must be kept free of pressure and irritation; otherwise brain and body fail to communicate effectively. Given enough time, problems will develop.

You are what you eat and drink. Put natural nutritious food into your body and it will utilize all the elements and vitamins as provided by nature. Put garbage in, in the form of devaluated foods; your body then turns into a junk factory. Disease eventually follows.

Exercise is needed to promote circulation, maintain proper muscle tone, and enhance the disposal of waste products. Failure to exercise in a natural enjoyable manner always brings on a multitude of problems.

The staff at our center works with every patient in all three of these areas. After the diagnosis is completed, a detailed treatment plan is presented to the patient. Structural integrity is re-established through spinal manipulation. Spinal stability is achieved through chiropractic therapy. The body is then able to rebuild under a supervised program of exercise and nutrition.

In a short time the patient sees that it really is a whole new way of life. It makes sense. You don't have to suffer with your problem. It's there for a reason, pay attention to it. Your Doctor of Chiropractic can help you. All you have to do is take the initiative!

For Further Information Call
SAVATIVICCA CHIROPRACTIC CENTER
225-1695
144 North Main Street Washington, Pa. 15301
The highways and streets we drive along have many warning signs we immediately recognize, telling us well in advance that potential danger lies ahead. The human body has a similar set of signals. These critical symptoms are often the forerunners of more serious diseases—diseases that can be averted if the eight danger signs are heeded in time.

NO CHARGE Preliminary consultation and examination of the 1st visit to determine if you are a chiropractic patient. Doctor Jones Chiropractic Health Center has fast become Westmoreland County's most noted chiropractic office for alleviating these 8 danger signals.

If you have any questions phone or write

Dr. Keith A. Jones
315 Market Street, Ligonier, PA

(412) 238-7100

If no answer: 593-2751
CHIROPRACTIC and
STRUCTURAL
DISORDERS

Headaches, Low Back Pain, Bursitis, Shoulder, Neck and
Arm Pain, Sciatica, Whiplash, Nerves, Neuralgia. Protect
yourself and your family against STRUCTURAL
DISORDERS which comprise one of the largest groups of
disabling diseases in America.

Most structural spinal disorders are due to neglect or lack
of proper care to the neck and back following minor falls
and accidents.

Research has shown that a small painless spinal distor-
tion may gradually increase WITHOUT SYMPTOMS over
a period of many months or years. During this period the
spine shifts slowly until finally an awkward step or
unusual exercise brings about a severe and prolonged
SPINAL DISABILITY. A regular professional spinal care
program enables your Chiropractor to more adequately
protect you through EARLY DISCOVERY OF SPINAL
DEFECTS.

Dr. Norman E. Curfman
Chiropractor
Route 3, Mercersburg, Pa.
Phone 328-2227
RHEAMS TESTING AVAILABLE
Dear Patients:

Our offices are proud to announce the inception of a new chiropractic health tape library now available free through this office to better communicate to you and the general public the miraculous results that chiropractic care can provide. This library is made available to you 24 hours a day. By dialing 439-434-4341 you can receive this information merely by asking for the tape you desire by number.

Our offices are continually striving to communicate with our patients the wonders of chiropractic. Make a new friend...tell him about the Chiro-Tel program.

Below is a list of the tapes presently available in the library:

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IF YOU STILL HAVE FURTHER QUESTIONS, THE FIRST VISIT TO DETERMINE IF YOU ARE A CHIROPRACTIC CASE AND WHAT CAN BE DONE ABOUT IT, IS FREE OF CHARGE.
The so-called whiplash injury which results most often during automobile accidents, both minor and serious, one of the world's most mishandled conditions, because little or no significance is given to tiny spinal displacements which occur at the time of the accident and are left unattended; this condition can cause years of tormenting pain and crippling diseases. After every accident, even though minor spinal examination and analysis should be conducted by a qualified participating Chiropractor in the Life Foundation Program for better health and lower cost.

These participating Chiropractors specialize in location and detection of tiny misalignments of the spine that may be overlooked or considered insignificant by an ordinary practitioner who is irregular in training, and is not qualified in spinal x-rays, analysis and correction. After every accident visit a participating doctor of Chiropractic.

ABNORMAL CURVE

Chiropractic spinographs made after a whiplash injury. Note the reversal of the forward curve at point marked by arrow which does not change in any position.

A. Shows neck straight

B. The Neck bent forward

C. Abnormal curve still exists when the head is tilted backward.

We accept all cases regardless of ability to pay.

TUCCI CHIROPRACTIC OFFICE

609 BROAD AVENUE

H. BELLE VERNON, PA. 15012

929-6100

DR. F. F. TUCCI

Chiropractor
The Daily Standard-Observer (e)
Circ. 10,745

17 tanks and reinforced with replace the final "w" in cushions.

"Have You Made The Rounds?"

Chiropractic does not claim to be a cure-all. The following is a partial list, however, of conditions which thousands of chiropractors are treating successfully in millions of patients throughout the world.

1. Sinus Trouble
2. Constipation
3. Allergies
4. Female Trouble
5. Acne
6. Shingles
7. Sciatica
8. Fatigue
9. Neuritis
10. Headaches (Migrain)
11. Lumbago
12. Rheumatism
13. Bursitis
14. Spinal Curvature
15. Arthritis
16. Stiff Neck
17. Backache
18. Whiplash
19. Stomach Trouble
20. Shoulder Pain
21. Asthma
22. Bronchitis
23. Nerves
24. Numbness in Hands
25. Loss of sleep
26. Knee Pains
27. Chest Pains
28. Joint Pains

If your condition has not responded to other forms of care, let us determine if yours is a chiropractic case. Remember consultation is FREE and without obligation.

PHONE
823-8090

Rt. 30 At Entrance To Blue-Dell • Adequate Drive-In—North Huntingdon Free Parking
"AFTER 15 YEARS —
GOT TIRED OF PILLS"

"I got tired of taking shots, and pain pills and heat treatments every other day for my arthritic neck pains. I had done this for 15 years. Several of my friends had suggested I go to a chiropractor but my doctor had said long ago to never let anyone touch my neck because it would make the arthritis worse, so I never went.

My husband had a neck problem and went to Dr. Boch for it. He was helped so much I decided to give it a try. To make a long story short, in 2-3 months time I was doing fine and my neck pains were greatly relieved. I wish now I hadn’t waited so long to try chiropractic. I have nothing but praise for chiropractic and now I would not give it up for any other type of care."

Mrs. N. M. Lancaster, Ohio

FOR FURTHER INFORMATION CALL

JOHNSON CHIROPRACTIC CLINIC

248 South Hanover Street, 243-7717, Carlisle, Pa. 17013

Emergency Service Available 24 Hours
Daily — 7 Days a Week.
THE POWER THAT MADE YOUR BODY
HEALS YOUR BODY!

Persistent pain and muscle tension in the back of the neck with recurring HEADACHES... constant BACKACHE and LEG PAINS... CONSTIPATION... SCIATICA are definite warning signals of nerve pressure in multiple areas No. 1-2-8-9.

Chiropractic care is advisable for the locating and correction of the cause of most conditions. Consult the Chiropractic Family Center today.

WHY BE SICK WHEN YOU CAN BE WELL?

Dahlstrom Chiropractic Family Center
1202 Mission Rd., Latrobe
(behind Needham Chevrolet)
APPOINTMENTS PREFERRED

Phone 539-9445, if no answer: 539-8342
"Where Good Health Becomes Reality"
THE AUTONOMIC NERVE SYSTEM.
HOW IMPORTANT! . . .

The autonomic nerve system (also called the automatic nerve system) controls the activity of endocrine glands, blood vessels, organs and certain muscles over which the individual has no control. This nerve system is responsive to emotional stimulation. When such things as worry, fatigue, chronic anxiety or emotional disturbances of any kind over-stimulate the autonomic nerve system it does not properly control the functions for which it is responsible. Hence, the gastro-intestinal tract which normally contracts smoothly and rhythmically may be overstimulated and contract harshly and spasmatically producing pain, gas, and such.

From over-stimulation by the autonomic nerve system the heart’s rate may be increased, its rhythm disturbed and such sensations as pounding, tightness in the chest, numbness and weakness may result. In similar fashion headaches, rashes, undue fatigue or other symptoms may result when emotional disturbances disrupt the working of the autonomic nerve system sufficiently to cause disturbance of function of various organs.

The doctor of chiropractic is a specialist of the nerve system. Knowing this, it is always wise to consult a competent chiropractor to relieve this difficulty.
HIP and LEG
PAIN
Chiropractic Can Help...
Delay may make hip and leg pain become worse

If you suffer from lumbago, rheumatism, neuritis, or sciatica, or any other hip or leg problems, ask your chiropractor to examine your spine and nervous system. If indicated, he will provide chiropractic spinal adjustments which can restore vital nerve energy to these affected parts. Once the nerve interference has been removed and the normal flow of nerve energy has been restored, nature can go to work and promote healing from within.

Yes, chiropractic can help nature relieve and heal ailments that cause hip and leg pain. But remember, delay makes any condition worse. So seek a chiropractic examination immediately to see if yours is a condition which comes within the range of chiropractic science, one that may have been overlooked for too many months - or perhaps years!

CHIROPRACTIC EMPHASIZES PREVENTION
MT. HOPE
CHIROPRACTIC CLINIC
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Office Hours By Appointment
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9:30-11:30; 1-4:30; 6-8:00
TUES., 1-4:30; 6-8:00
SAT., 10:00-2:00
Dr. David G. Novatnak
It is not true to say —

"We Are Doing Everything Possible"

Unless

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Is Included

DR. LEO S. OAKCHUNAS

CHIROPRACTOR

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10-12, 1:30 to 4 & 6 to 8 p.m.
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BACK PAIN

Back Pain that persists or recurs frequently is Nature’s warning that something is very wrong. Almost always pain is a signal that proper nerve supply to the painful area has been interrupted.

Don’t be fooled by the degree of pain! A slight, dull pain may indicate a very serious condition — while a sharp, stabbing pain may indicate only a minor problem.

Deadening pain without correcting the cause may be quite dangerous. It allows the condition to progress, damaging other healthy structures.

A thorough chiropractic examination will determine the source of your pain. If it is within the scope of chiropractic, the care you receive will be directed toward correcting the cause where it originates.

If you are one of the many who are suffering with pain, call and arrange an appointment for a consultation and get professional advice. It may well be your first step on the road towards better health.
OSTEARTHritis

Osteoarthritis affects almost everyone who reaches a ripe old age since it is related to normal wear and tear on the joints of the body over the years.

In Osteoarthritis, cartilage wears away between the joints, and bony bone surfaces become rough, become rough. This is due to many possible causes, including changes in the cartilage matrix, accidents, disturbances of the circulation of the blood, and disorders in the nervous system.

When any part of the body fails to function and begins to degenerate, it is generally because this particular organ, muscle, or tissue is not receiving its normal requirement of vital life-giving nerve energy to remain active. If vital nerve energy is produced by the brain (the body's powerhouse) and transmitted through the spinal cord by the nervous system to every inch of the body. These nerves extend through openings between each vertebra of the spinal column.

If one or more segments of the spine become misaligned, they can interfere with the transmission of vital nerve energy. Once this interference is relieved by scientific spinal adjustments, the full degree of vital nerve power can be restored to weakened parts and recovery is as rapid as the laws of nature will permit.

Dr. George L. Sabo
— Chiropractor —
516 Chestnut St, Reading, Pa.
Hours: Mon., Wed. & Fri.
10 a.m. to 10 p.m
FOR APPOINTMENT
PHONE: 372-6369
I suffered with a chronic allergy condition, headaches, and various other back and shoulder problems until I finally tried Chiropractic. I had tried all kinds of medication with no relief. My Mother was getting great results from going to a chiropractor so she advised me to try it too. I'm sure glad I did because I have gotten excellent results also. My allergies haven't given me any trouble since I started and my headaches are completely gone. I would recommend anyone who has allergies to go to a Chiropractor.

Philip J. Adams

ALTOONA CHIROPRACTIC LIFE CENTER INC.

Phone 946-0279
FREE SPINAL X-RAYS

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AUG 29 1977
Globe Times
Circ. 35,647
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499, 3223 Carson St., Whitehall. from Springfield College.

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REGULAR OFFICE VISIT . . . . $8.00
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same household and must accompany each other)
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(X-Rays taken only when necessary)
($30.00 fee includes the whole family as
outlined under FAMILY VISITS)
THIS PROGRAM STARTED APRIL 1, 1977
SUBJECT: Low back problems (Sciatica, Neuritis, Intervertebral Disc Syndrome)

Tuesday, September 6, 1977 — 5:30 to 6:30 P.M.

Clinic of Hope
127 Mauch Chunk Street, Nazareth, Pa.

Public Invited
WASHINGTON, PA.

AUG 29 1977
Observer-Reporter
Circ. 32,180

The charges stem from the mass sentencing. Allen reportedly

The Spinal Column
By
Dr. Flavian Santavicca, Jr., B.S. M. Ed., D.C.

MIGRAINE HEADACHES!

It is astonishing to learn that millions of people are suffering needlessly with migraine headaches.

This severe type of headache usually puts the patient to bed for a day or two. Symptoms include intense pain on one side of the head, extreme sensitivity to light, loud sounds or even the smell of food. An upset stomach is usually involved also. A number of our patients have had migraines that have lasted up to 10 days.

The standard procedure is to take pain pills until the symptoms subside. The end result is that the patient must learn to live with them indefinitely.

Clinically we find two common factors with every migraine patient. Nerve irritation due to a misaligned vertebra and an improper diet. Both of these conditions must be corrected before a permanent solution is achieved.

The nerve irritation in the spine is intensified when certain foods are eaten. This brings on a series of events that eventually ends in a severe headache.

In our center, every migraine patient undergoes a rigid spinal examination followed by a detailed study of his her diet. Then and only then is a detailed treatment program prescribed. Results are very gratifying both to the patient and to the staff. You don't have to suffer with migraines. The underlying cause must be identified and corrected by your chiropractic physician.

SANTAVICCA CHIROPRACTIC CENTER
225-1655
144 North Main Street Washington, Pa. 15301
Hay Fever

Pollen, goldenrod, ragweed, and dust are merely an irritant and not the primary cause of hay fever. If these were the sole cause, everyone who sniffled the air that floats pollen, dust, and aromas would be a victim. But, since all such persons do not catch hay fever, the cause must be in the person rather than the substances to which he comes in contact with.

The brain is the body's power plant that produces vital nerve energy to keep the organs of the body healthy and to fight off foreign substances entering the cells and tissues that influence "allergies." This nerve energy is transmitted from the brain through the spinal cord and out nerve trunks through openings between each vertebrae. If one or more vertebrae becomes displaced, nerve fibers become impinged. Without this vital nerve energy, resistance to some part of the body is lowered in the extent that some foreign substance may present an allergic effect on some part of the body.

If you are a hay fever sufferer, start Chiropractic care now without delay.

Presented for the public interest by, Louise A. Froehlich, Chiropractor, Richboro, Pa. 18077.
Before I sought Chiropractic care from Dr. Harbosky at the Charleroi Chiropractic Clinic, I was suffering from constant fatigue, painful shoulder, ulcer type stomach pain with a constant hunger and craving for sweets. I suffered with these conditions for at least fifteen years without any relief whatsoever even though I had been to several M.D.'s who had put me on pain pills, sleeping pills, tranquilizers, heating pads, rubs, the whole trip. Nothing helped. Dr. Harbosky gave me the feeling that he was as interested in my progress as I was.

Dr. Harbosky first found after testing that I was hypoglycemic and worked out a diet for me. No one else had bothered to look this deep into my problem. I now have more energy than I ever thought possible, with a welcome weight loss. Through specific chiropractic adjustments I am now free of pain; even my shoulder pains that I had suffered from for so long are gone. I don't have one stomach pain and I have not taken medication of any kind since I have been treated by Dr. Harbosky. I have taken only vitamins so that in spite of today's depleted foods, my nutrition is assured.

It is a pleasure to go to the clinic, and I am glad to tell anyone, DON'T PUT YOUR HEALTH OFF ANY LONGER, DR. HARBOSKY CAN HELP YOU, TOO.
THE POWER THAT MADE THE BODY HEALS THE BODY
OUR PATIENTS SPEAK

To Whom It May Concern:
I’ve been suffering with arthritis and bronchial asthma for over fifteen years. My family had been telling me for years a chiropractor would be able to help me. I just kept on taking my pills trying to ease the pain. I thought, well, I have what I have and I’ll have to put up with pain and shortness of breath.

Over a year ago the pain got so bad that there were days I couldn’t sit right, lay down in bed or hardly walk. Even dressing I had to have help. One day my son suggested I let him call Dr. Bengel, a chiropractor, for an appointment. Dr. Bengel took an X-ray of my spine and found out my hips and parts of the spine were out of place. I started with the adjustments and even after the first one I felt better.

I have my adjustments regularly. I’m so grateful I can walk, lay down in bed and dress myself. I can take deeper breaths than I have in years. I’m sorry I didn’t listen to my family sooner because going to a chiropractor was the best thing I’ve done in years. I wish everyone with arthritis or bronchial asthma would go and see a chiropractor and see what a help he can be to you.

Mrs. Florence Frasier
2408 W. Hardies Road
Gibsonia, Pa. 15044

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WE ACCEPT ALL CASES—REGARDLESS OF ABILITY TO PAY.

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