AND WHAT THEN? He makes me feel BETTER AGAIN!

WHY DO I GO TO A CHIRO-PRACTOR
BECAUSE HE'S MY FRIEND!

'CAUSE WHEN I GET HURT...

AND DON'T FEEL SO GOOD...

I VISIT HIS OFFICE...
But backs can be lined up...just like a train.

See your Chiropractor, avoid that back pain!

NOW I'LL MAKE IT PLAIN...

Your Spine's like a train!
YOUR SPINE'S LIKE A TRAIN WITH ITS CARS ON A TRACK,

in more ways than one it's a lot like your back!

When a car's off the track, a train can stop running,

but when your back's out of whack, well that's not so funny!
Come and visit me, your friend the Chiropractor.

IS THAT SPINE MINE?
Sometimes when you feel bad it may be your spine!

Do you ever fall or take a bump on your head?

But keep on going but should be in bed?

It might be your back get it back on the track...
BUT IT CAN BE HELPED WITH A

TRIP TO THE DOC'S!

(your Doctor of Chiropractic)

HAVE YOU GOT NERVE!

DR. CHARLES K. GLOMB
CHIROPRACTOR
MON., TUES., WED., FRI. 10-8 SAT. 10-2
1335 ALBERT ST., WHITEHALL, PA.
Tel. 434-1226 Zip Code No. 18052

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All of us do, and when they're out of adjustment, they'll make you blue!

Your spine is like mine, when it's out of whack...

All of you feels it and not just your back!

You'll become nervous! Irritable, cross...
THE BIG EYE

We have all had X-rays taken, but few of us know exactly what an X-ray is. Basically, it is a beam of light with an extremely short wave length capable of penetrating solid substances. The wave length is so short that it is invisible to the naked eye.

The X-rays tell your Doctor of Chiropractor several things: the extent of any disease of the bones, fractures, spinal defects or deformities. They also reveal misalignments of the spinal column, and distortions.

Without an X-ray blueprint of your spine and bone structure, your Chiropractor would be severely hampered in his diagnosis of your condition. Fortunately he has this valuable tool and is well-trained to take and interpret X-ray films. He is also constantly studying and upgrading these skills.

WHAT THE "EYE" SEES

Your Chiropractor, through his skilled use of X-ray can take a static X-ray, a functional X-ray, or any number of combinations to show him whether or not you might have a tipped or rotated pelvis, pelvic torsion, diseases of the bone, fractures, subluxations, curvatures, misalignments or distortions.

Once he has these pictures, plus your medical history, he can plan a coordinated treatment tailored just for your special situation.

The many scientific advances available to you make total chiropractic care a priceless investment in health care. A chiropractic check-up pays dividends in peace of mind for you and your family as well as enabling your chiropractor to spot health problems before they develop.
X-RAY and CHIROPRACTIC
WORKING TOGETHER FOR YOU

Partners in making you well are Chiropractic and X-rays. Each came into being about the same time in history; pioneered, grew and developed together. Both are constantly making advances in technique and technology, from which you will reap great advantages.

WAY BACK WHEN
Both X-rays and Chiropractic were discovered in 1895. D. D. Palmer discovered Chiropractic in Davenport, Iowa in that year at the same time that Wilhelm Conrad Roentgen was discovering X-ray in Wurzburg, Germany. Chiropractors recognized from the beginning the value of the German invention and were among the first to experiment with X-ray, pioneering in research and development of X-ray equipment and techniques as it related to “taking a picture” of the spine and pelvis.

Courses in X-ray were included in the curriculum of the Palmer School of Chiropractic in 1910, and before the end of World War I, a practical way of making X-ray film had been developed, replacing the old glass plate. In 1918 at the Universal College of Chiropractic, Pittsburg, Pa., the first X-ray of an upright spine was taken.

Another major breakthrough was accomplished in 1932, when Dr. Warren Sausser of New York produced the first X-ray of the entire spine. From that point on, constant refinements were made and are still going on.
TWO . . .
On your second visit, your doctor of Chiropractic will have his diagnosis ready and will discuss with you in detail his plan for restoring you to full health and vigor.
He will be honest with you, and if he has determined that he can't help you, he will say so, and recommend the right specialist. He is also always ready to consult another doctor if there are health factors outside his field of expertise.

THREE . . .
Once you have agreed to a course of treatment, FOLLOW THROUGH. You may feel better, but discontinuing treatment may cause your trouble to return.
Don't be shy about asking about his fees. Talk about this on your first visit. He will welcome a frank discussion of costs. A large number of insurance companies and governmental agencies recognize the effectiveness of Chiropractic by providing for it in their policies. Workmen's Compensation cases are treated every day in Chiropractic offices. It is especially important to get a complete chiropractic examination after an automobile accident or any accident.

GO FOR HEALTH
The goal of your doctor of Chiropractic is the same as yours. You want to be healthy and happy, and that is what he wants for you, too. Working together, the goal can and will be reached.
ONE ... TWO ... THREE ...

GO FOR HEALTH!
(For the New Chiropractic Patient)

ONE ...

So you're new to Chiropractic and you want to know something about the doctor in whose hands you will be placing your health? Good for you. That shows you are intelligent and shrewd. You have a right and a duty to yourself to ask questions.

Chiropractic care is nothing new. It dates back many, many years but is constantly being improved through intensive research into a modern and effective way to get well and stay well.

Your Chiropractor looks at you as a whole person, and not just a collection of body parts. He treats you as a totality so that tissues, organs, muscles and nerves are working in harmony, and he does this without the use of drugs.

Your first visit will be the longest one so make an appointment. During that session, you and your Chiropractor will get acquainted. He will take your medical history, perhaps some X-rays and do a preliminary examination of your spine and general physical condition. Come prepared to tell him about past illnesses, operations, or accidents and when they occurred. He needs complete frankness from you to make a diagnosis.

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**GENERAL DETAILS OF THE SPINAL COLUMN**

The spinal column consists of 24 moveable vertebrae, the sacrum and coccyx joined together by multiple ligaments and intervening fibrocartilage.

Misaligned vertebrae which pinch nerves are called spinal subluxations. A fall or injury may cause subluxations; or they may result from stress or strains, such as lifting something improperly. Also chemical, electrical or emotional shocks may overload the nerve system's protective mechanism and produce subluxations.

Nerves lead from the spinal cord through openings between the vertebrae. These openings are called Foramina. The nerves emerge in pairs, one to the right and one to the left. Each nerve goes to and controls a specific area of the body.
HELP STARTS WITH DIAGNOSIS

Your Doctor of Chiropractic starts with a full and thorough examination of your spine and vertebrae and looks for pinched nerves at the outset, instead of waiting until all other diseases have been ruled out. His skill and experience will guide him in locating the source of trouble. If it is a pinched nerve or several pinched nerves, chances are that a series of treatments can put things right again.

On the other hand, if he discovers that pinched nerves are not the culprit, he can then make a further diagnosis as to the cause of your trouble. He can then refer you elsewhere, if he deems it necessary. In the treatment of pinched nerves, he realigns your spine and lets your body heal itself, which is Nature's way.

YOUR NERVES' BEST FRIEND

When you are in pain and in doubt about its cause, play it smart and put your case into the hands of your Doctor of Chiropractic. A spine and nerve test may save you many hours of discomfort and worry. Delay can never make you feel better, and pinched nerves rarely "just go away." Only your Chiropractor knows for sure, even though pinched nerves can be trying to deceive him by appearing like something else. Rely upon your Doctor of Chiropractic.
PINCHED NERVES

Nature's Deceiver

A mockingbird imitates the song of other birds; and chameleons take on the coloration of their surroundings. Mother Nature has a number of these "deceivers"... and in the human body, the pinched nerve syndrome is the Great Deceiver. Even doctors and diagnostic clinics can be misled because pinched nerves can masquerade as ulcers, eczema, bursitis, bronchitis, dyspepsia, hemorrhoids, thyroid trouble... the list is endless. Much suffering has been caused by mis-diagnosis before the pinched nerve has been unmasked and treated.

THE COMPLEXITY OF NERVES

The body's system of nerves has been compared to the electrical wiring of a building, and like that electrical system, the nerves lead to every organ and body part. Few laymen give much thought to his or her nerve system until something goes wrong. The average person does not know, for example, that approximately 300,000 nerve fibers pass through each of the foramen or small openings of the spine on a path from the brain to all parts of the body. Even a slight dislocation of a vertebrae can partially close one of these small openings and interfere with the normal nerve impulse pattern. The resulting "pinching" can cause the patient a great deal of pain, and if not relieved, can result in a serious disability.
BURITIS — 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.

RADICULITIS — is a term meaning pressure on the nerve root. This 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.

NEURALGIA — means pain running along the length of a specific nerve, creating specific symptoms.

NEURITIS — 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 barometer 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 suited 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; a thorough examination and analysis of x-rays 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.
ARM & SHOULDER PAIN

MARVELOUS INTRICACY

It's nice to be able to take some things for granted. Imagine the strain 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 flour 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 and fingers.

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 connecting 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 line the bones at their junctions with other bones.

There are many sacs of connective tissue 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 neck, shoulder and arms, causing pain.

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When the cuff is loosened, blood rushes in and the pressure can be measured. This rush denotes the systolic pressure of the pumping heart. The diastolic pressure is the measurement of rest between the beats of the heart muscle. The amount of blood needed by a given area of the body varies with different activities such as exercise and digestion. Nerve impulses from the brain to the heart control the blood supply at any given moment. The increase of blood pressure is often the result of misaligned spinal vertabrae, which produce an abnormal flow of nerve impulses, which in turn constrict blood vessels.

You don't have to be a senior citizen to have high blood pressure. More than seven million people in North America have a consistent high blood pressure. Most of those in the early stages of the condition are in their thirties, but it can begin in the teens and has even been seen in babies.

**WHO CAN HELP YOU**

Since the mechanism of blood pressure is controlled by the nervous system, the chiropractor, a specialist of the spine and nerves, is the doctor to ask if you think you could be suffering from high blood pressure. A quick, painless and inexpensive examination will determine whether you are one of many people in this country suffering from consistent high blood pressure.

**THINK ABOUT IT**

For millions of Americans, high blood pressure is as real as a summer thunderstorm on the verge of producing a tornado, demonstrating its presence with headaches, jumpy hearts, shortness of breath and the fear of heart attack and stroke. Millions more are walking around with undetected high blood pressure. Hypertension is a lurking menace when unchecked and untreated. To make sure that you are not one of its victims, recognize the symptoms and seek help immediately from your Doctor of Chiropractic.
**THE SILENT KILLER**

The silent killer stalks the unwary like a jungle cat after its prey... seldom giving warning until it strikes. If morning brings a tense, stiff neck with headache in the back of the skull, or if you wake up already tired, you could have high blood pressure. If dizziness or vertigo threaten your normal routine, or you find yourself flushing for no reason at all, high blood pressure could be stalking you.

**KNOW YOUR ENEMY**

High blood pressure, sometimes called "hypertension" is one of the most vicious killers in North America. Heart attack and stroke, results of unremitting high blood pressure, account for many deaths in North America EVERY DAY. High blood pressure must be treated as soon as it is discovered. If the condition persist untreated, certain body organs may suffer irreversible damage. The heart, brain, eyes and kidneys are the most vulnerable organs. The tiny arteries in the kidneys may be damaged by high blood pressure, causing the blood-filtering mechanism there to malfunction. If this occurs, body wastes begin to accumulate in the blood stream, poisoning the entire system. Consistent high blood pressure affects the heart and blood vessels and eventually other organs of the body. The increased load on the heart will cause it to enlarge and ultimately to fail. Hardening of the arteries, cerebral hemorrhage and heart attack are among the fatal results of high blood pressure.

**HOW WE SPOT IT**

Oxygen-rich blood is pumped through the heart into the arteries and carried to every part of the body. The walls of these arteries are made up of muscle fibers which, acting in tandem with the pumping action of the heart, create the level of tension which is measured through the use of a blood pressure cuff. The blood pressure cuff compresses the artery in the arm to full collapse.

Because man must stand upright on his legs, he exchanges the stability of the stress-free, solidly buttressed suspension of the quadruped spine for a top-heavy column of interlocking segments which achieves balance only by virtue of constant stress on its supporting ligaments and musculature.

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WHY ME?

Millions of Americans spend countless dollars on headache remedies, even though they know that these remedies will probably give little or no relief, for migraine headaches are caused primarily by expansion of the arteries and pinching of the nerves of the neck and head. Since the nerves and blood vessels pass through small openings and canals between the neck vertebrae, a misalignment pinches those nerves and vessels leading to the head, causing excruciating pain.

WHERE TO TURN

Chiropractic researchers have developed special nerve tests to determine the precise point in the neck at which the arteries and nerves are being blocked. In difficult or unusual cases, chiropractors often elect to use X-ray machines to pinpoint the location of misalignment. Many thousands of X-rays have proved that the migraine trouble develops when one or more of the tiny neck bones is misaligned or forced out of normal position.

Your chiropractor, a specialist of the spine and nerves, uses all the aids of modern technology to track down the source of the problem. It is usually a simple matter to release the pinched nerves and blood vessels and banish the migraine forever.

YOUR HEAD IS IN YOUR HANDS

No one who has ever suffered a migraine attack would willingly repeat the experience ... and you don’t have to. A quick, painless and inexpensive visit to your chiropractor can mean relief on the way. Your doctor has devoted many years to the study of the conditions that cause migraine. To determine whether or not you suffer from migraine headaches, recognize the symptoms and seek help immediately from your Doctor of Chiropractic.
MIGRAINE...
Agony Around the Corner

PAIN AND PANIC...
THE MIGRAINE SYNDROME
The lights of oncoming cars may seem extra bright, nausea wells up and your temples begin to pound. Panic sweeps over you... Oh No! Not tonight of all nights!

If the symptoms seem all too familiar, you are probably experiencing the warning signals of impending migraine attack. Migraine pain is not always limited to headache. Called by doctors the ‘migraine equivalents’, other side effects can include: chest and abdominal pains, vomiting, diarrhea, swelling in various parts of the body, fever, pains in arms and legs and rapid mood changes. A study of migraine and its long-range effects shows that often there is a general disintegration of the victim's personality.

It is the FEAR that an attack is lurking to spoil an important occasion that contributes the most to the onset of self doubt and mood changes.

IS IT THE REAL THING?
Migraine sufferers belong to their own exclusive club... and the dues are high. If your occasional headache is caused by drinking or smoking, stale air, eye strain, smog or constipation, then you are one of the lucky ones. Not so fortunate are the sufferers from chronic tension headache... painful, but not as serious as vascular or migraine headache.

THIS COULD BE THE START OF SOMETHING BIG
Migraine headaches almost never just “go away”. Usually, they worsen, disrupting home life and social relationships and adversely affecting performance on the job. Fearing the pain and incapacity of a migraine attack, the sufferer begins to mistrust himself and lose confidence in his ability. Others may begin to mistrust him, opportunities slip by and life on the home front is strained as the family attempts to cope with the frequent migraine mood changes.

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You also discover that the nervous system affects other parts of your miraculously-formed body, including the circulatory system, the digestive system, the muscular system, the reproductive system, and glandular, lymphatic and elimination systems.

TO THE RESCUE

Your Doctor of Chiropractic is the professional to call for nervous disorders, just as you call in an electrician if your lighting system fails. The doctor works with the spine and nerves, and he has spent many years studying the nervous system. You want the best "detective" you can get to find the trouble and correct it quickly. In this task, he is aided by the natural healing powers of the body.

The chart in the center page shows clearly how nerves start in the brain, pass down inside the spine, exit through narrow openings between the vertebrae, and extend outward to all of the organs and limbs.

SUMMARY

Whether your nervous system is healthy or malfunctioning makes a tremendous difference in your life. If healthy, you feel vigorous, strong and optimistic. If they are NOT healthy, you may be incapacitated with everything from minor aches and pains that make each day a drag, to complete invalidism. Seek help from your Doctor of Chiropractic.
Nerves are to the body what the electrical system is to your house. If you have ever experienced an electrical blackout, you know that many household functions come to a halt and others are sharply curtailed. The same thing happens to your bodily "house" when nerves fail. NERVES ARE THE MASTER SYSTEM OF THE HUMAN BODY.

YOUR NERVES ARE YOU

No other entity performs quite the same function as the nerve system, the "wiring" of the body. Nerves transmit sensations... sight, smell, taste, hearing and feeling. Nerves maintain the balance and keep body temperature at 98.6 degrees. That wonderful nervous system controls your blood pressure, stomach action, blood flow, speech and breathing. Nerves make your bowels move. Nerves make it possible for you to swallow.

IF YOUR NERVES "SHORT CIRCUIT"

You go along, never giving your nervous system a thought until there is a short circuit in the system. Then you may experience dizziness, headaches, nervousness, eye and ear problems, high blood pressure, chronic tiredness, migraine headaches, nervous breakdown, glandular troubles, allergy, skin disorders, gall bladder troubles, poor circulation, low blood pressure, rheumatism, and scores more uncomfortable symptoms.
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 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” 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 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 adjusts 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.

As with so many other diseases, you can rely upon your Doctor of Chiropractic.

Printed in U.S.A.

Published Solely in the Interest of Chiropractic Health Education
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.

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.
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 "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 adjust the spine so that the body will have the nerve supply to heal itself. 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 your chiropractor.
MY ACHIN' BACK!

"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 is time to get help.

THE VILLAINOUS FOUR

Disease caused by under-exercised muscles are called "hypokinetic" 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.
trate, periods of depression, fractures, palpitation, eye strain, tremors, pallor, insomnia, muscle atrophy and rapid heart beating.

WHAT HAPPENS IN A WHIPLASH

The weight of the head and the flexibility of the neck make the upper part of the cervical spine the most easily injured part of the spinal column.

CARE OF WHIPLASH

The Doctor of Chiropractic has an extensive knowledge of the importance of the spine and its alignment, and is the best source of help, because if you have been in an accident, you need specialized treatment.

Your Doctor of Chiropractic has a simple, painless and inexpensive spine and nerve test which can quickly reveal whether or not you have been hurt, in what portion of the anatomy, and what treatment is indicated.

It is better to go to your Chiropractor as soon as possible after the impact, a fall or blow, and let him decide whether you have been hurt or not. The sooner he can make the diagnosis, the sooner you will get well. Delay sometimes causes damage that may be difficult to reverse.

SUMMARY

Whiplash is more common than it should be. To make sure that it is not disabling, recognize the symptoms and seek help immediately from your Doctor of Chiropractic.
After that first heart-stopping moment when a grinding clash of metal against metal signals an automobile accident, your first thought is, “Am I hurt?” and then . . . “Is anyone in the other car hurt?” When you find out you are apparently uninjured, except for minor bruises, you think about the damage to your car. This is a common mistake that may be storing up for you days or weeks of pain, because you may have a whiplash injury, and the symptoms may not show up for hours, weeks, or even years.

Whiplash injuries are all too frequent because of faster cars, more automobiles on the highways and more powerful engines. There is also an increasing number of falls, and injuries due to blows.

**SYMPTOMS OF WHIPLASH**

You should be aware of some of the symptoms that may signal a whiplash injury. They are headache, head and neck pains, tension, muscle spasms, stiff neck, restriction of neck motion, blackouts, fatigue, extreme nervousness, mental dullness, muscle swelling, heaviness of head, neck and shoulders, light blindness, loss of balance, equilibrium problems, loss of hearing, pinched nerves, slipped discs, muscle tearing, nerve pain, neuritis, ringing in the ears, nausea, gastro-intestinal pains, lightheadedness, shortness of breath, low back pains, pains between the shoulders, cold hands or feet, excessive sweating, numbness in the limbs, loss of normal spine contours, increased reaction to drugs, anxiety, irritability, poor memory, inability to concen-
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You also discover that the nervous system affects other parts of your miraculously-formed body, including the circulatory system, the digestive system, the muscular system, the reproductive system, and glandular, lymphatic and elimination systems.

TO THE RESCUE

Your Doctor of Chiropractic is the professional to call for nervous disorders, just as you call in an electrician if your lighting system fails. The doctor works with the spine and nerves, and he has spent many years studying the nervous system. You want the best “detective” you can get to find the trouble and correct it quickly. In this task, he is aided by the natural healing powers of the body.

The chart in the center page shows clearly how nerves start in the brain, pass down inside the spine, exit through narrow openings between the vertebrae, and extend outward to all of the organs and limbs.

SUMMARY

Whether your nervous system is healthy or malfunctioning makes a tremendous difference in your life. If healthy, you feel vigorous, strong and optimistic. If they are NOT healthy, you may be incapacitated with everything from minor aches and pains that make each day a drag, to complete invalidism. Seek help from your Doctor of Chiropractic, your knowledgeable friend in need.
Nerves are to the body what the electrical system is to your house. If you have ever experienced an electrical blackout, you know that many household functions come to a halt and others are sharply curtailed. The same thing happens to your bodily “house” when nerves fail. NERVES ARE THE MASTER SYSTEM OF THE HUMAN BODY.

YOUR NERVES ARE YOU

No other entity performs quite the same function as the nerve system, the “wiring” of the body. Nerves transmit sensations... sight, smell, taste, hearing and feeling. Nerves maintain the balance and keep body temperature at 98.6 degrees. That wonderful nervous system controls your blood pressure, stomach action, blood flow, speech and breathing. Nerves make your bowels move. Nerves make it possible for you to swallow.

IF YOUR NERVES “SHORT CIRCUIT”

You go along, never giving your nervous system a thought until there is a short circuit in the system. Then you may experience dizziness, headaches, nervousness, eye and ear problems, high blood pressure, chronic tiredness, migraine headaches, nervous breakdown, glandular troubles, allergy, skin disorders, gall bladder troubles, poor circulation, low blood pressure, rheumatism, and scores more uncomfortable symptoms.
When the cuff is loosened, blood rushes in and the pressure can be measured. This rush denotes the systolic pressure of the pumping heart. The diastolic pressure is the measurement of rest between the beats of the heart muscle. The amount of blood needed by a given area of the body varies with different activities such as exercise and digestion. Nerve impulses from the brain to the heart control the blood supply at any given moment. The increase of blood pressure is often the result of misaligned spinal vertabrae, which produce an abnormal flow of nerve impulses, which in turn constrict blood vessels.

You don’t have to be a senior citizen to have high blood pressure. More than seven million people in North America have a consistent high blood pressure. Most of those in the early stages of the condition are in their thirties, but it can begin in the teens and has even been seen in babies.

WHO CAN HELP YOU

Since the mechanism of blood pressure is controlled by the nervous system, the chiropractor, a specialist of the spine and nerves, is the doctor to ask if you think you could be suffering from high blood pressure. A quick, painless and inexpensive examination will determine whether you are one of many people in this country suffering from consistent high blood pressure.

THINK ABOUT IT

For millions of Americans, high blood pressure is as real as a summer thunderstorm on the verge of producing a tornado, demonstrating its presence with headaches, jumpy hearts, shortness of breath and the fear of heart attack and stroke.

Millions more are walking around with undetected high blood pressure. Hypertension is a lurking menace when unchecked and untreated. To make sure that you are not one of its victims, recognize the symptoms and seek help immediately from your Doctor of Chiropractic, your knowledgeable friend in need.
THE SILENT KILLER

The silent killer stalks the unwary like a jungle cat after its prey . . . seldom giving warning until it strikes. If morning brings a tense, stiff neck with headache in the back of the skull, or if you wake up already tired, you could have high blood pressure. If dizziness or vertigo threaten your normal routine, or you find yourself flushing for no reason at all, high blood pressure could be stalking you.

KNOW YOUR ENEMY

High blood pressure, sometimes called "hypertension" is one of the most vicious killers in North America. Heart attack and stroke, results of unremitting high blood pressure, account for many deaths in North America EVERY DAY. High blood pressure must be treated as soon as it is discovered. If the condition persist untreated, certain body organs may suffer irreversible damage. The heart, brain, eyes and kidneys are the most vulnerable organs. The tiny arteries in the kidneys may be damaged by high blood pressure, causing the blood-filtering mechanism there to malfunction. If this occurs, body wastes begin to accumulate in the blood stream, poisoning the entire system. Consistent high blood pressure affects the heart and blood vessels and eventually other organs of the body. The increased load on the heart will cause it to enlarge and ultimately to fail. Hardening of the arteries, cerebral hemorrhage and heart attack are among the fatal results of high blood pressure.

HOW WE SPOT IT

Oxygen-rich blood is pumped through the heart into the arteries and carried to every part of the body. The walls of these arteries are made up of muscle fibers which, acting in tandem with the pumping action of the heart, create the level of tension which is measured through the use of a blood pressure cuff. The blood pressure cuff compresses the artery in the arm to full collapse.

Misaligned vertebrae which pinch nerves are called spinal subluxations. A fall or injury may cause subluxations; or they may result from stress or strains, such as lifting something improperly. Also chemical, electrical or emotional shocks may overload the nerve system's protective mechanism and produce subluxations.

Nerves lead from the spinal cord through openings between the vertebrae. These openings are called foramen. The nerves emerge in pairs, one to the right and one to the left. There are 31 pairs of nerves. Each nerve goes to and controls a specific area of the body.
turate, periods of depression, fractures, palpitation, eye strain, tremors, pallor, insomnia, muscle atrophy and rapid heart beating.

WHAT HAPPENS IN A WHIPLASH

The weight of the head and the flexibility of the neck make the upper part of the cervical spine the most easily injured part of the spinal column.

CARE OF WHIPLASH

The Doctor of Chiropractic has an extensive knowledge of the importance of the spine and its alignment, and is the best source of help, because if you have been in an accident, you need specialized treatment.

Your Doctor of Chiropractic has a simple, painless and inexpensive spine and nerve test which can quickly reveal whether or not you have been hurt, in what portion of the anatomy, and what treatment is indicated.

It is better to go to your Chiropractor as soon as possible after the impact, a fall or blow, and let him decide whether you have been hurt or not. The sooner he can make the diagnosis, the sooner you will get well. Delay sometimes causes damage that may be difficult to reverse.

SUMMARY

Whiplash is more common than it should be. To make sure that it is not disabling, recognize the symptoms and seek help immediately from your Doctor of Chiropractic, your knowledgeable friend in need.
After that first heart-stopping moment when a grinding clash of metal against metal signals an automobile accident, your first thought is, "Am I hurt?" and then . . . "Is anyone in the other car hurt?" When you find out you are apparently uninjured, except for minor bruises, you think about the damage to your car. This is a common mistake that may be storing up for you days or weeks of pain, because you may have a whiplash injury, and the symptoms may not show up for hours, weeks, or even years.

Whiplash injuries are all too frequent because of faster cars, more automobiles on the highways and more powerful engines. There is also an increasing number of falls, and injuries due to blows.

SYMPTOMS OF WHIPLASH

You should be aware of some of the symptoms that may signal a whiplash injury. They are headache, head and neck pains, tension, muscle spasms, stiff neck, restriction of neck motion, blackouts, fatigue, extreme nervousness, mental dullness, muscle swelling, heaviness of head, neck and shoulders, light blindness, loss of balance, equilibrium problems, loss of hearing, pinched nerves, slipped discs, muscle tearing, nerve pain, neuritis, ringing in the ears, nausea, gastro-intestinal pains, light-headedness, shortness of breath, low back pains, pains between the shoulders, cold hands or feet, excessive sweating, numbness in the limbs, loss of normal spine contours, increased reaction to drugs, anxiety, irritability, poor memory, inability to concen-