

“To understand movement is to understand the whole brain. And therefore it’s important to remember when you are studying memory, cognition, and sensory processing, they’re there for a reason, and that reason is action.”

DR. DANIEL WOLPERT

Fred Kavli Distinguished International Scientist Lecture at the Society for Neuroscience meeting: Neuroscience 2009



www.keithwassung.com



CHIROPRACTIC

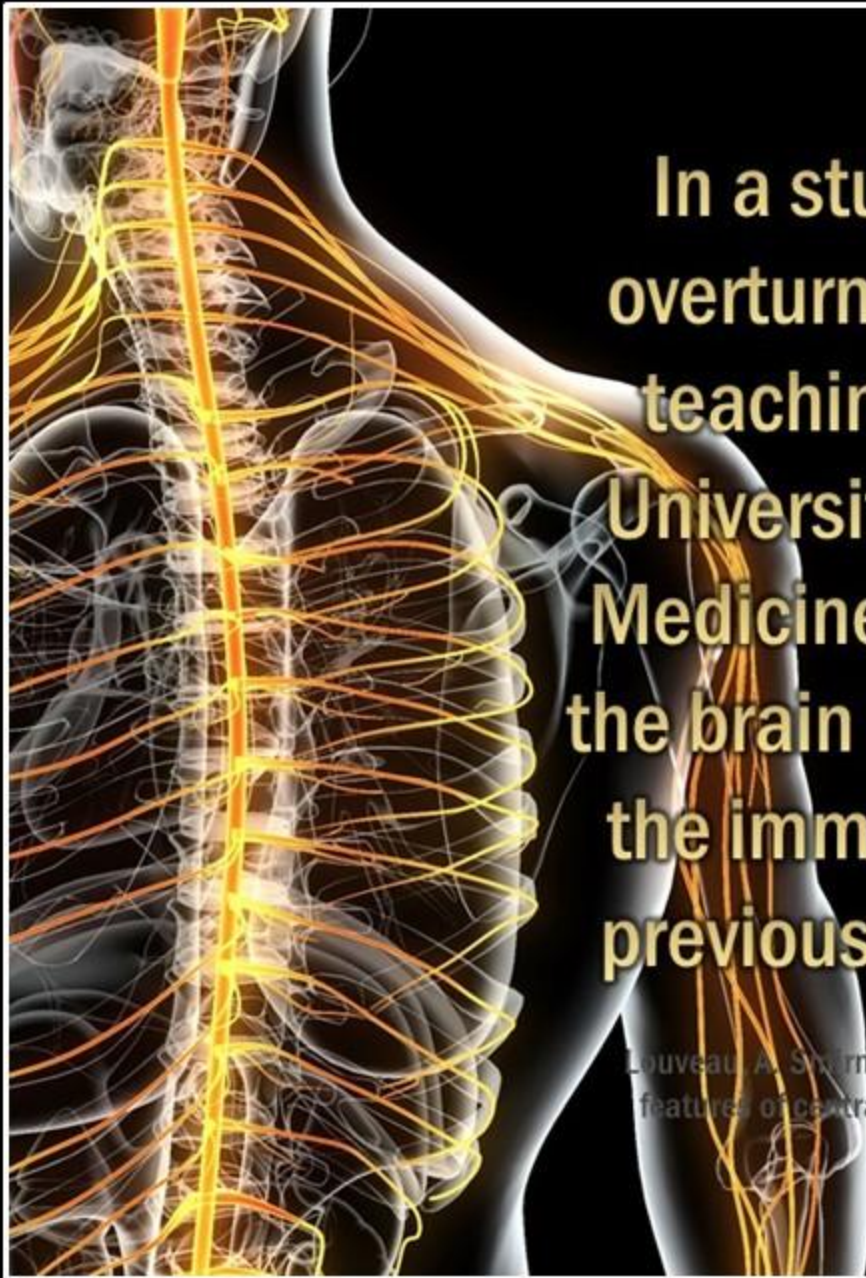
obviously just a fad

www.keithwassung.com

Dr. John Ferguson

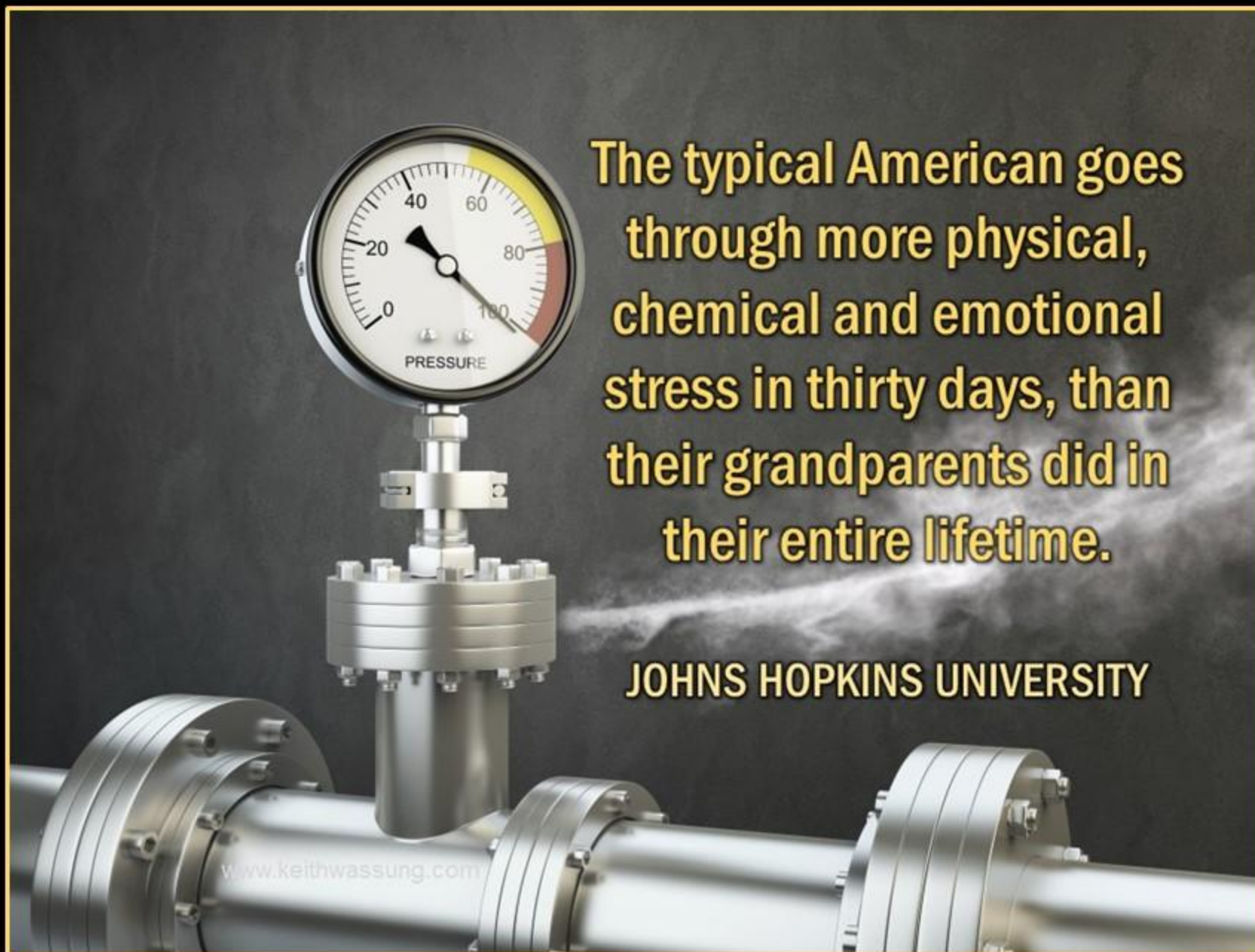
518.383.5595

www.ForLifetimeWellness.com



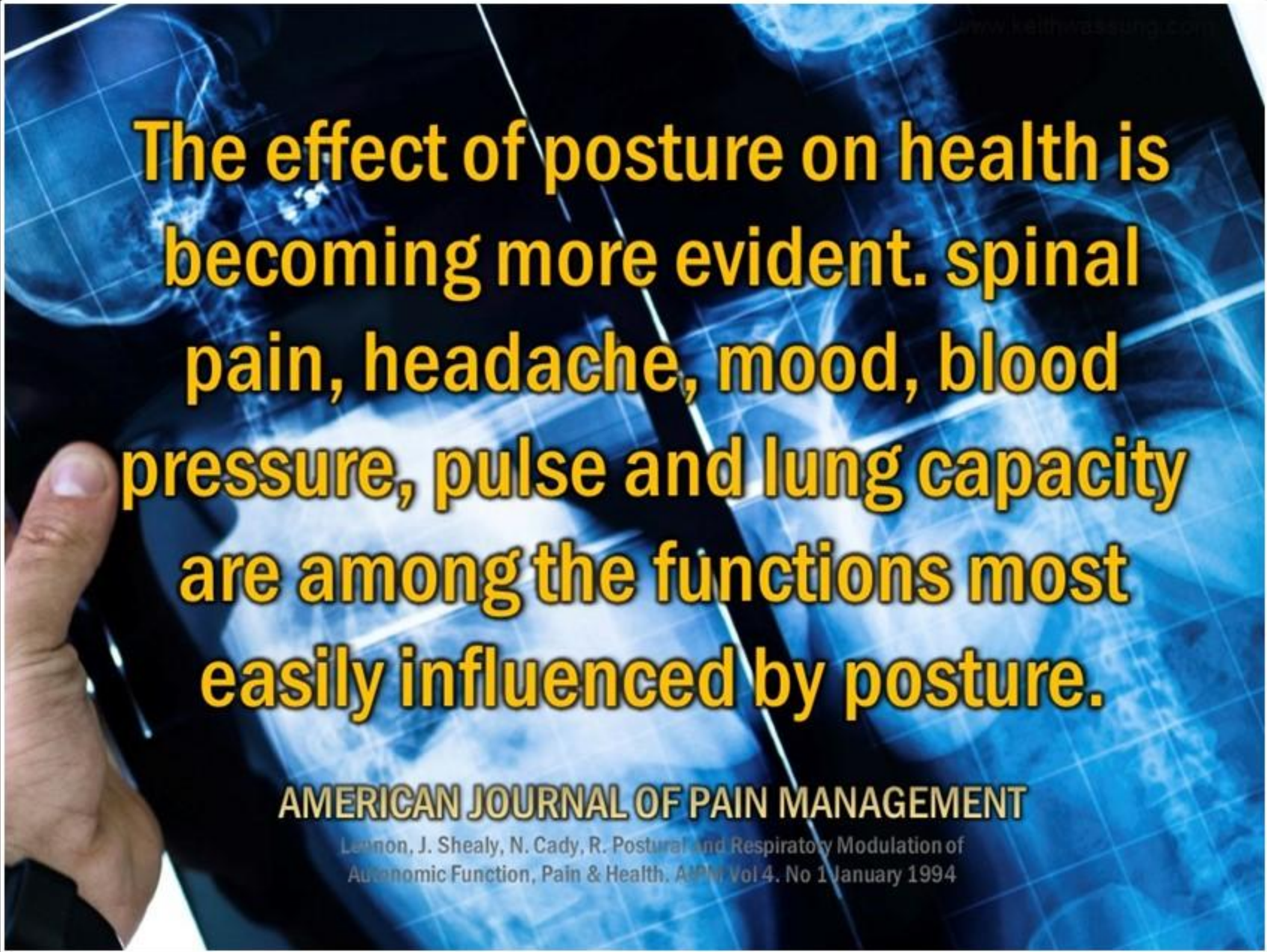
In a stunning discovery that overturns decades of textbook teaching, researchers at the University of Virginia School of Medicine have determined that the brain is directly connected to the immune system by vessels previously thought not to exist.

Louveau, A. Smirnov, I. Timothy J. Keyes, T.. Structural and functional features of central nervous system lymphatic vessels. Nature, 2015



The typical American goes through more physical, chemical and emotional stress in thirty days, than their grandparents did in their entire lifetime.

JOHNS HOPKINS UNIVERSITY



The effect of posture on health is becoming more evident. spinal pain, headache, mood, blood pressure, pulse and lung capacity are among the functions most easily influenced by posture.

AMERICAN JOURNAL OF PAIN MANAGEMENT

Lennon, J. Shealy, N. Cady, R. Postural and Respiratory Modulation of Autonomic Function, Pain & Health. *ASPM* Vol 4, No 1 January 1994

“More people die of a sedentary lifestyle than from smoking.”

**C. Everett Koop,
Former Surgeon General of the U.S**



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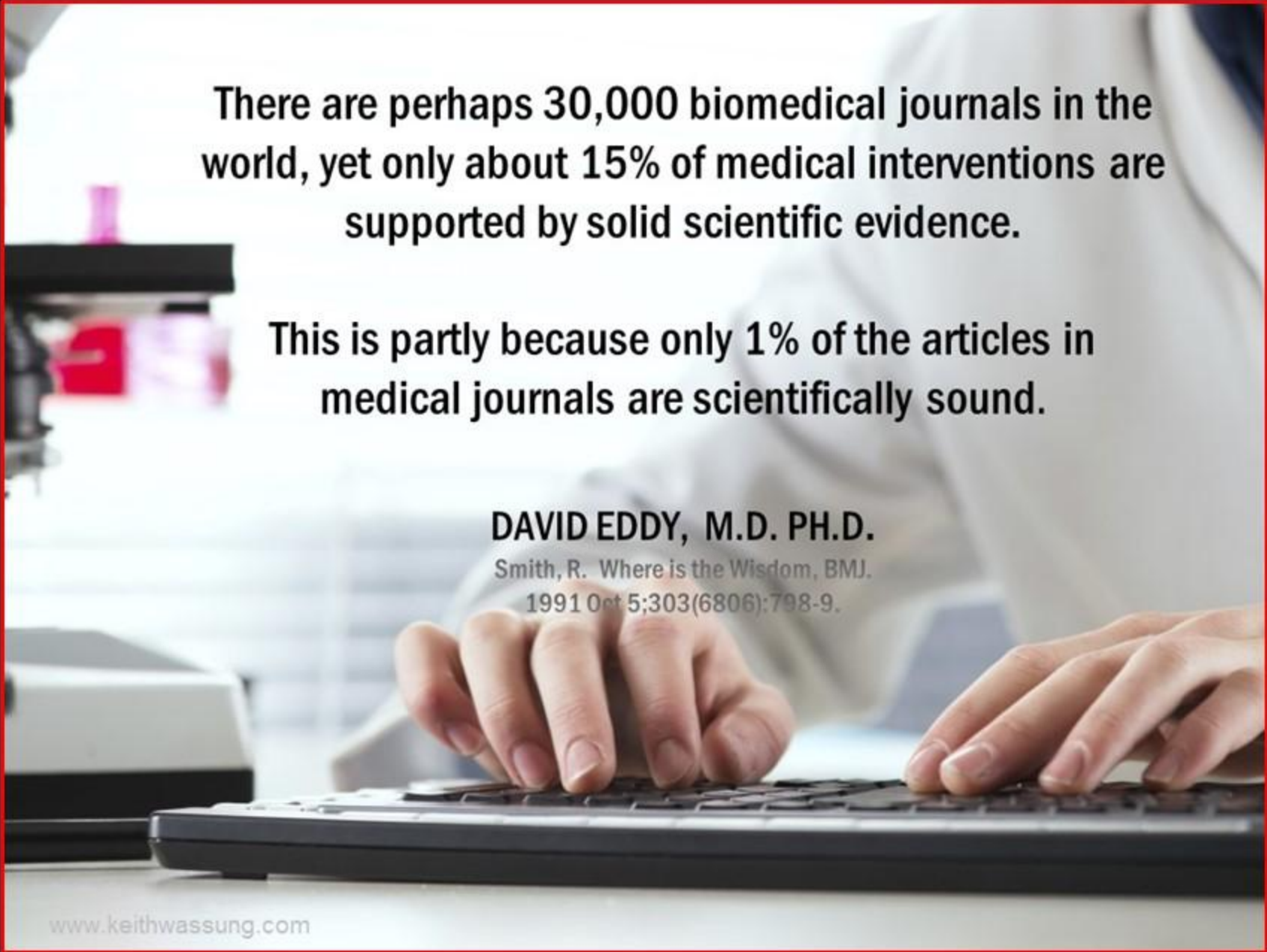
**Proper spinal function
can help balance a key
component of the body, the
autonomic nervous system,
which regulates many aspects
of health from blood pressure,
heart beat and breathing, to
gut function, sexual arousal
and controlling all stress.**

EUROPEAN SPINE JOURNAL

Lenoir, T. Guedj, N. Camptocormia: the bent spine syndrome, an update." European Spine Journal. 2010 Aug; 19(8):1229-37

www.ForLifetimeWellness.com





There are perhaps 30,000 biomedical journals in the world, yet only about 15% of medical interventions are supported by solid scientific evidence.

This is partly because only 1% of the articles in medical journals are scientifically sound.

DAVID EDDY, M.D. PH.D.

Smith, R. Where is the Wisdom, BMJ.
1991 Oct 5;303(6806):798-9.

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Dr. John Ferguson

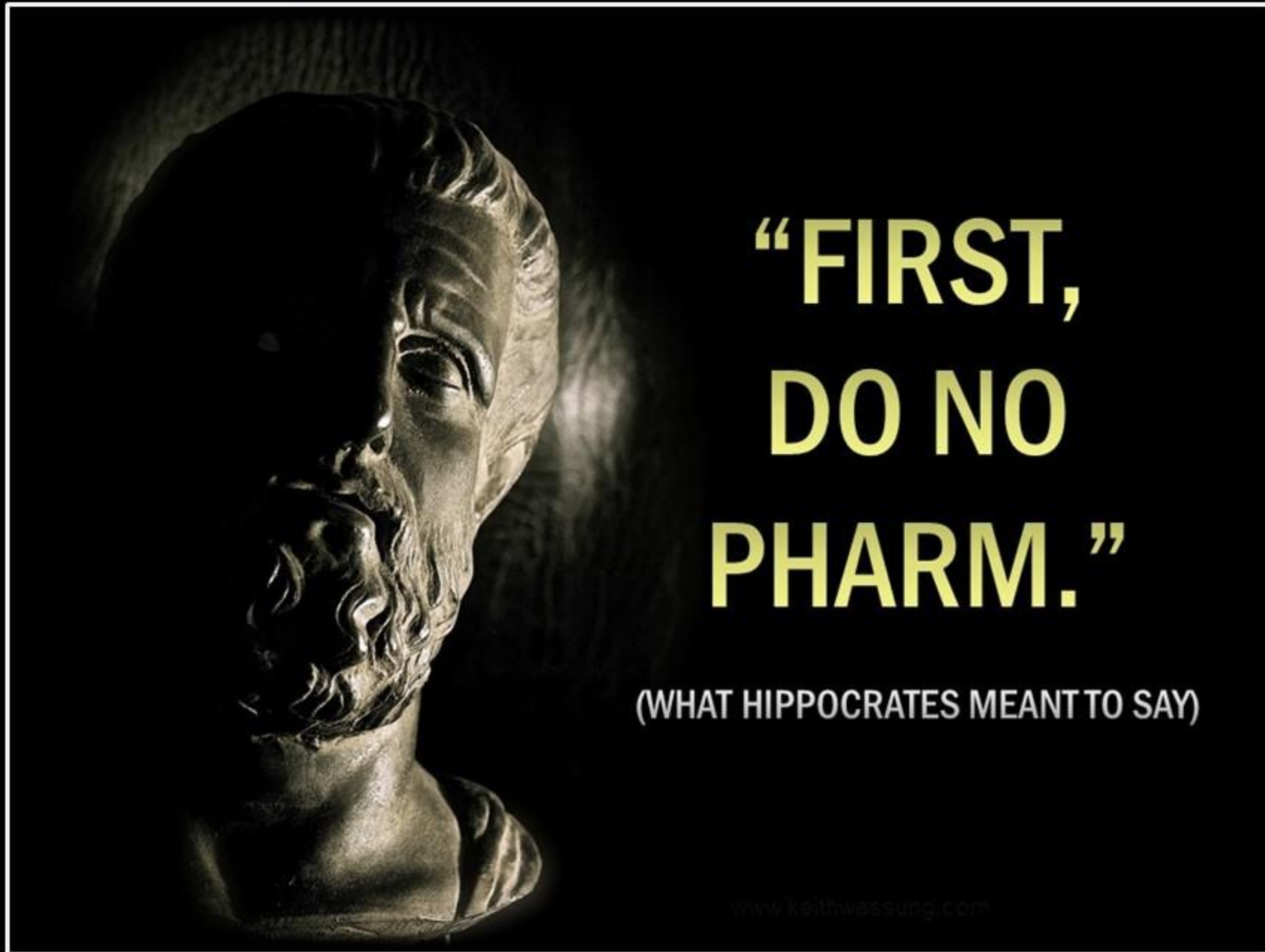
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MAGIC EYE ART

Stare at this for 30 seconds to see the hidden image



Dr. John Ferguson

518.383.5595

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CHIROPRACTIC



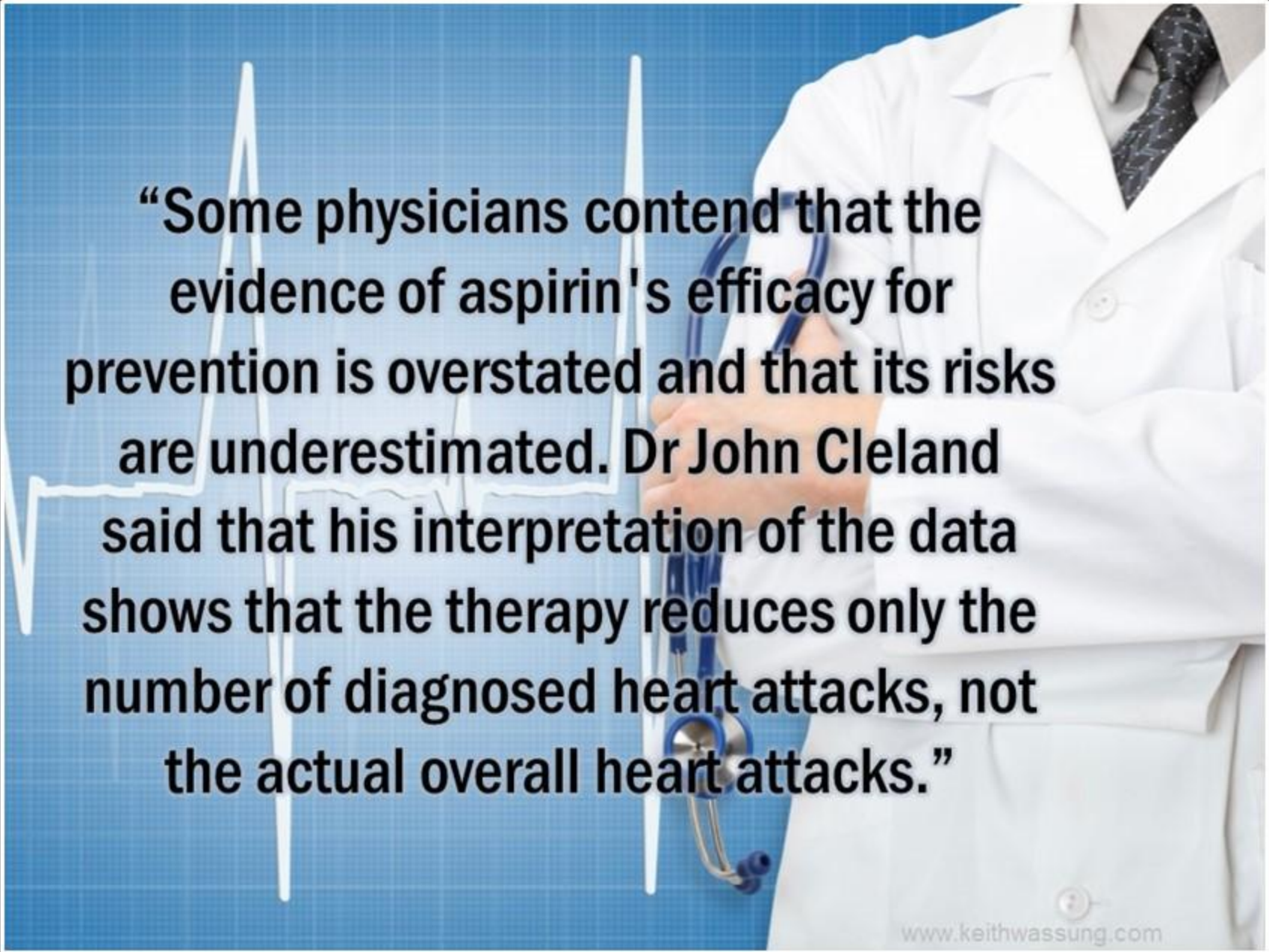
EST 1895

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“Some physicians contend that the evidence of aspirin's efficacy for prevention is overstated and that its risks are underestimated. Dr John Cleland said that his interpretation of the data shows that the therapy reduces only the number of diagnosed heart attacks, not the actual overall heart attacks.”

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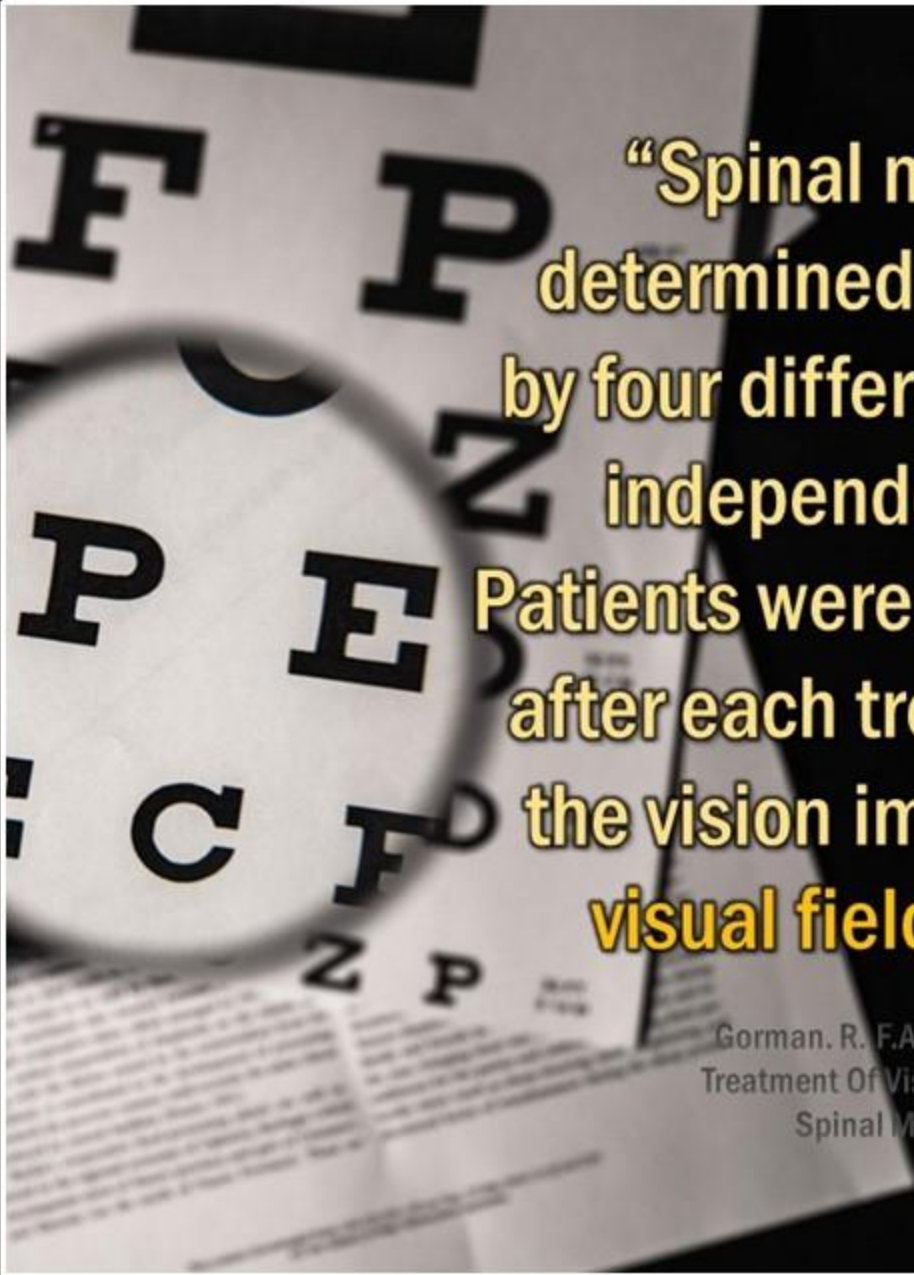
In the British Medical Journal he explained that aspirin merely masks heart attacks, producing a "cosmetic" blip in epidemiological statistics and that 25% of people who have what later turn out to be a heart attack don't recognize the signs anyway. Because aspirin can be an analgesic, it may further mask those symptoms.

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Job stress carries a price tag for U.S. industry estimated at 300 billion dollars annually as a result of:

- Accidents
- Absenteeism
- Employee Turnover
- Diminished Productivity
- Direct Health Care Costs
- Worker's Compensation Claims

NATIONAL INSTITUTE OF HEALTH



“Spinal manipulation was determined for visual disorders by four different ophthalmologists independent of each other. Patients were examined before and after each treatment. In all cases the vision improved in either the visual field or visual acuity.”

Gorman, R. F. An Observer's View Of The
Treatment Of Visual Perception Deficit By
Spinal Manipulation. 1991



JUST A THOUGHT.

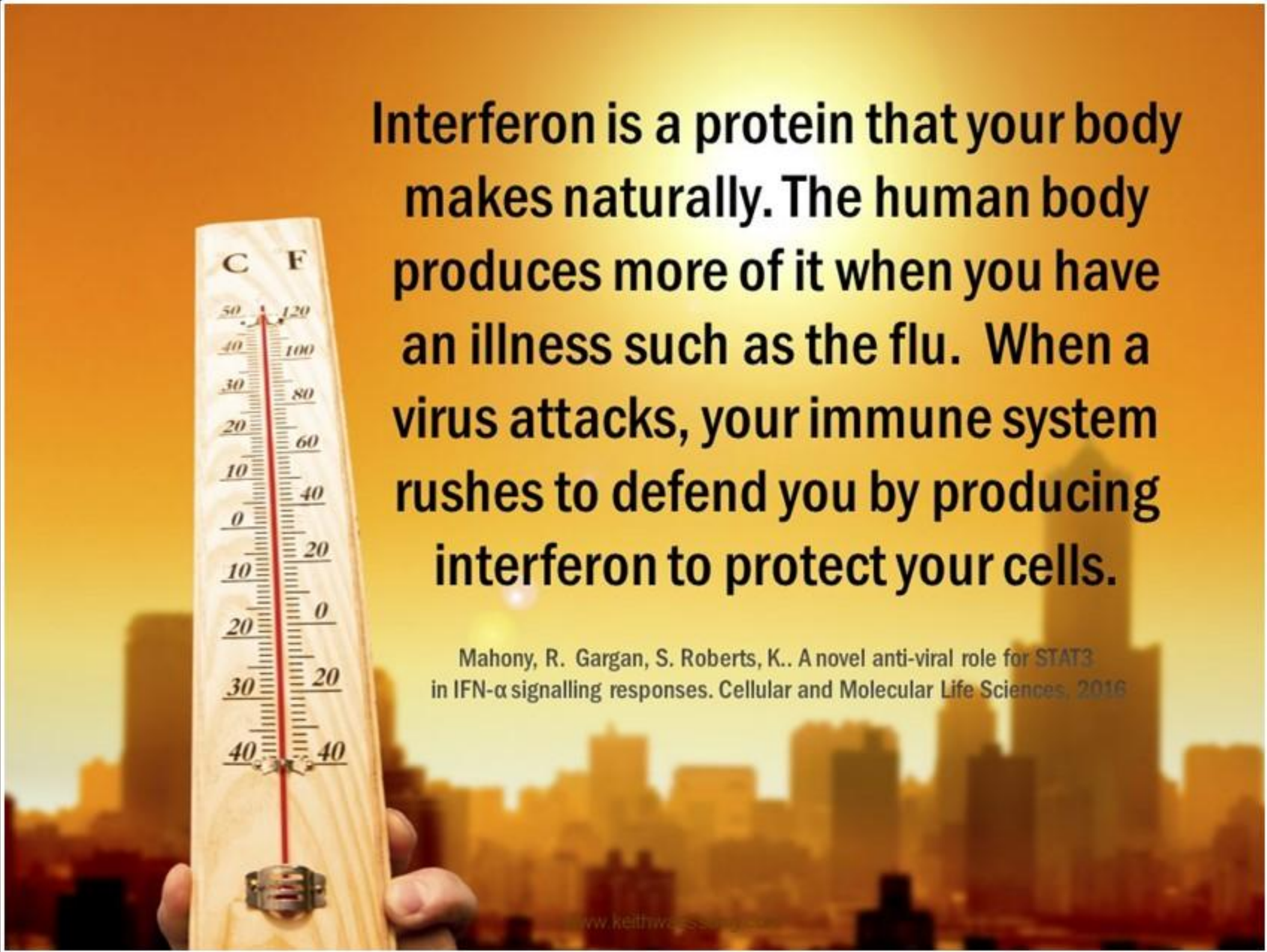
Why is the media so focused on fact checking what politicians say when they NEVER challenge a single fact or claim made by the pharmaceutical industry on its millions of television commercials and press releases?



www.forthewellness.com

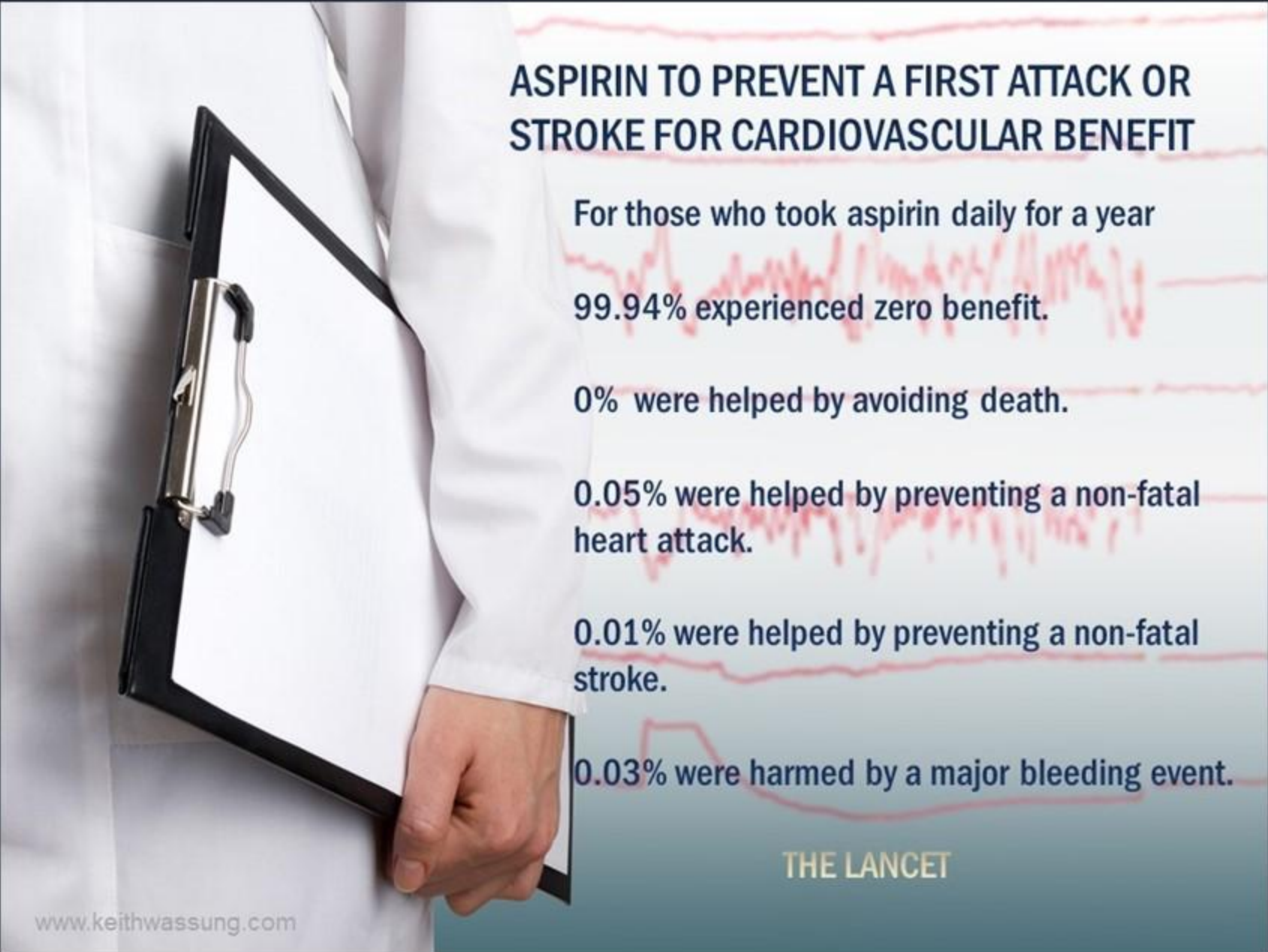
In a discovery that demonstrates a clear link between the central nervous system and the body at a molecular level, scientists have shown that a chemical signal which normally allows nerve cells to communicate with each other also directly influences the intricate workings of the immune system.

EXPERIMENTAL BIOLOGY JOURNAL
(Goetzel, Proceedings of the National Academy of Sciences
Federation of the American Societies for Experimental Biology.)

A hand holds a wooden thermometer against a blurred city skyline at sunset. The thermometer has two scales: Celsius (C) on the left and Fahrenheit (F) on the right. The red liquid level is at approximately 38°C (100°F).

Interferon is a protein that your body makes naturally. The human body produces more of it when you have an illness such as the flu. When a virus attacks, your immune system rushes to defend you by producing interferon to protect your cells.

Mahony, R. Gargan, S. Roberts, K.. A novel anti-viral role for STAT3 in IFN- α signalling responses. Cellular and Molecular Life Sciences, 2016



ASPIRIN TO PREVENT A FIRST ATTACK OR STROKE FOR CARDIOVASCULAR BENEFIT

For those who took aspirin daily for a year

99.94% experienced zero benefit.

0% were helped by avoiding death.

0.05% were helped by preventing a non-fatal heart attack.

0.01% were helped by preventing a non-fatal stroke.

0.03% were harmed by a major bleeding event.

THE LANCET

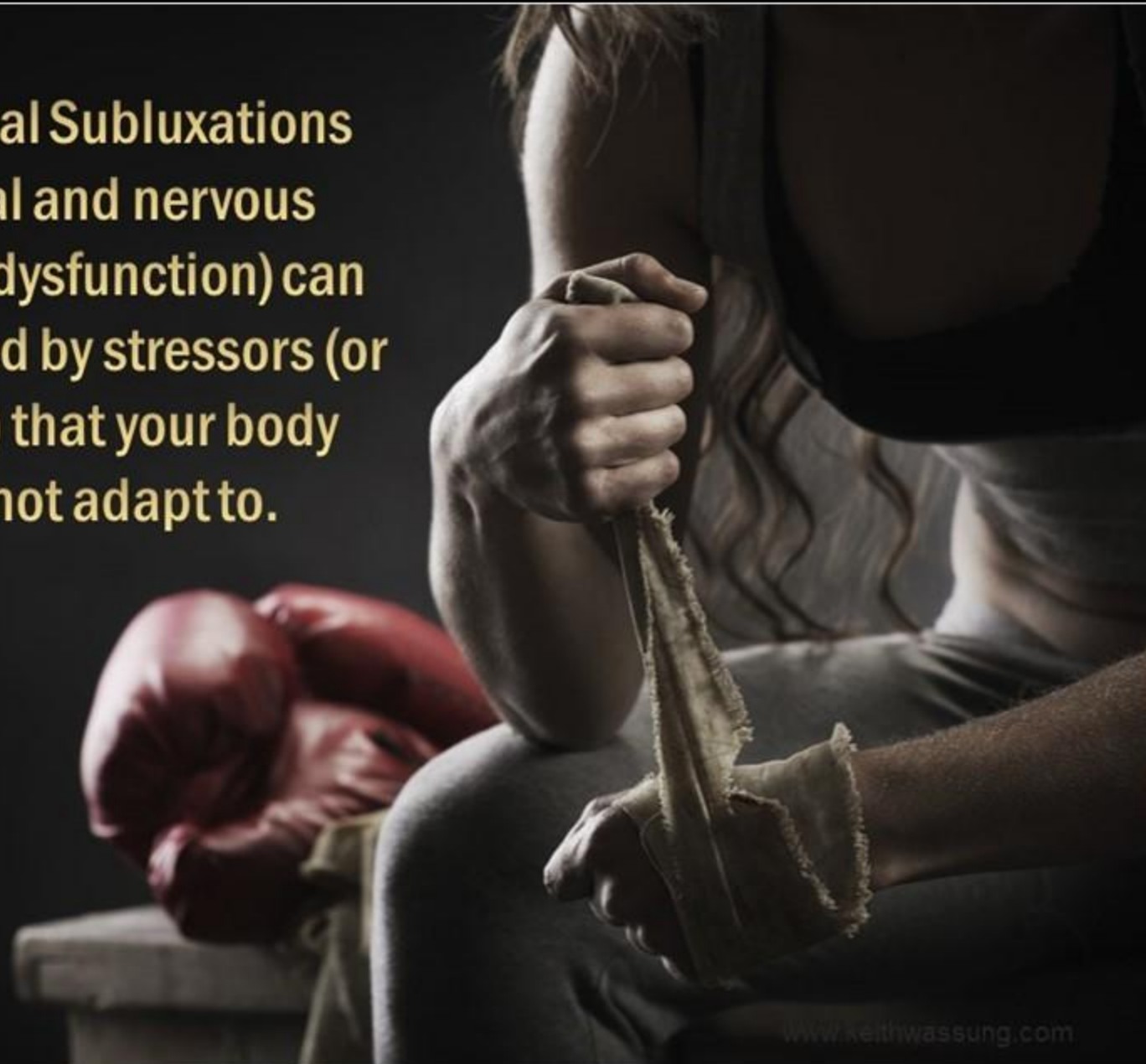
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**Vertebral Subluxations
(spinal and nervous
system dysfunction) can
be caused by stressors (or
forces) that your body
cannot adapt to.**



www.keithwassung.com



**“Modern Medicine would rather let
you die using it’s remedies than live by
using what physicians call quackery.”**

ROBERT MENDELSON, M.D.

www.keithwassung.com



Taking an antibiotic will kill or inhibit those bacteria that are susceptible to its effects and leave behind a subpopulation of bacteria that are resistant to the antibiotic. These remaining bacteria can survive and continue to grow. If they then spread from person to person, they may become the norm, and all future infections caused by these resistant bacteria will withstand the original antibiotic, rendering it useless for treatment.

SCIENTIFIC AMERICAN

“Because of it’s emphasis on proper biomechanics of the body’s kinetic chain, Chiropractic offers a cost-effective conservative approach to treating Carpal Tunnel Syndrome.



While some cases may ultimately require surgery, many patients find relief from symptoms and are able to resume normal activities under a chiropractor’s care.”

PRACTICAL RESEARCH STUDIES

**“POSTURAL
STRENGTH AND
COORDINATION ARE
ESSENTIAL FOR
INJURY PREVENTION
AND SPORTS
PERFORMANCE.”**

Thomas Harris, M.D.
The Sports Medicine Guide
Slawson Comm. 1989

www.keithwassung.com



People with uncorrected forward head posture can potentially suffer chronic or unpleasant conditions such as irritated nerves and blood vessels, like thoracic outlet syndrome, muscle and tissue pain, syndromes like fibromyalgia, chronic strains and early degeneration and arthritis.

Lee D. Principals and practices of muscle energy and functional techniques. In: Grieve GP(ed.)Modern Manual Therapy of the Vertebral Column. New York: Churchill Livingstone, 1986





The central nervous system is involved in all disease conditions as the cns not only processes incoming physical and chemical information from the body, it actually controls organs and cells to maintain health and homeostasis of the body.

MEDICAL HYPOTHESES

Lee, T. Thalamic Neuron Theory Med Hypotheses.
2002 Nov: 59 (5) 504-21.



Wolff's Law states that every change in the function of a bone is followed by certain definite changes in internal architecture and external conformation in accordance with mathematical laws.

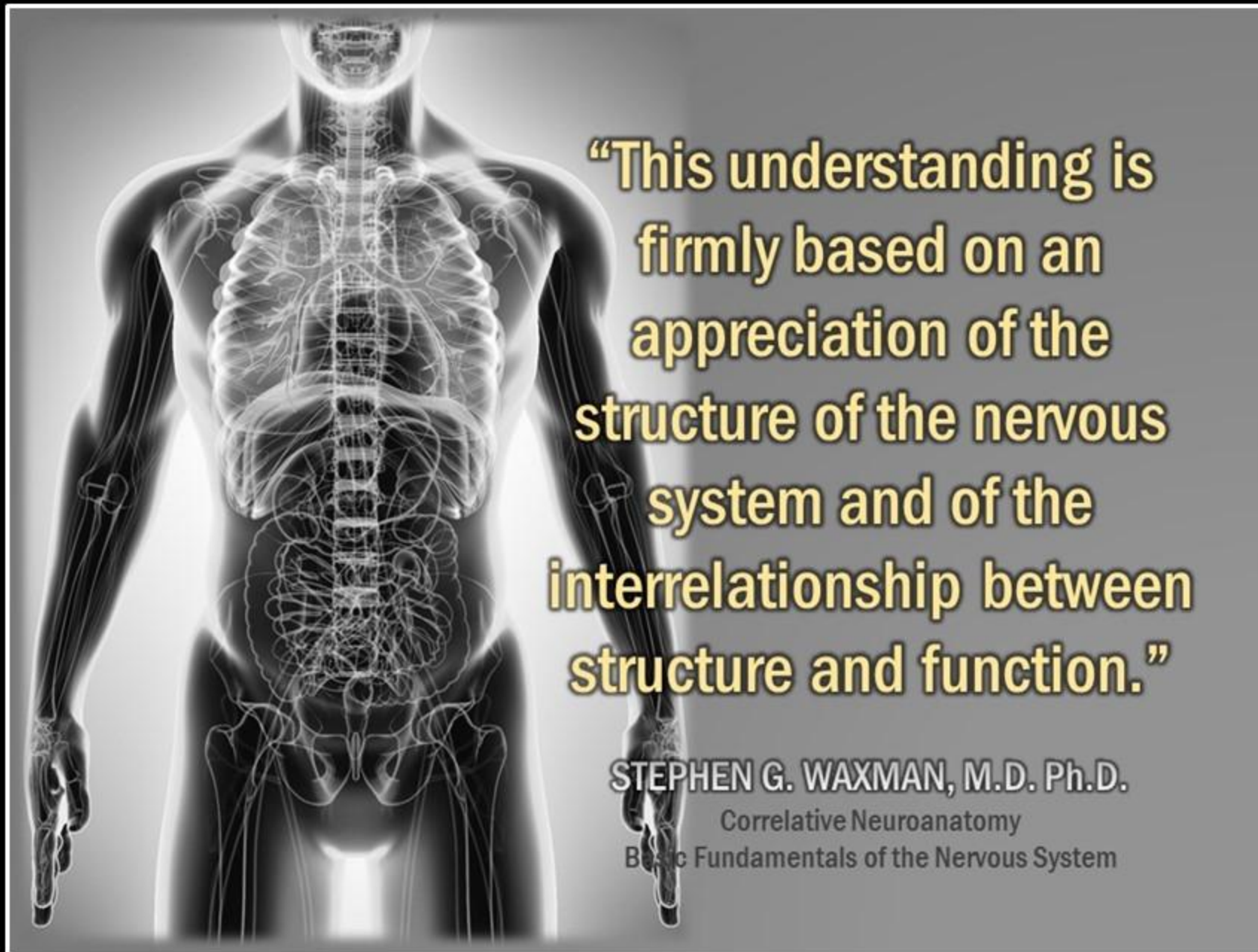
www.keithwassung.com

“Neuroscience has begun to provide an understanding, in elegant detail, of the organization and physiology of the nervous system and of the alterations of nervous system function that occur in various diseases.

STEPHEN G. WAXMAN, M.D. PH.D.

Correlative Neuroanatomy
Basic Fundamentals of the Nervous System





**“This understanding is
firmly based on an
appreciation of the
structure of the nervous
system and of the
interrelationship between
structure and function.”**

STEPHEN G. WAXMAN, M.D. Ph.D.

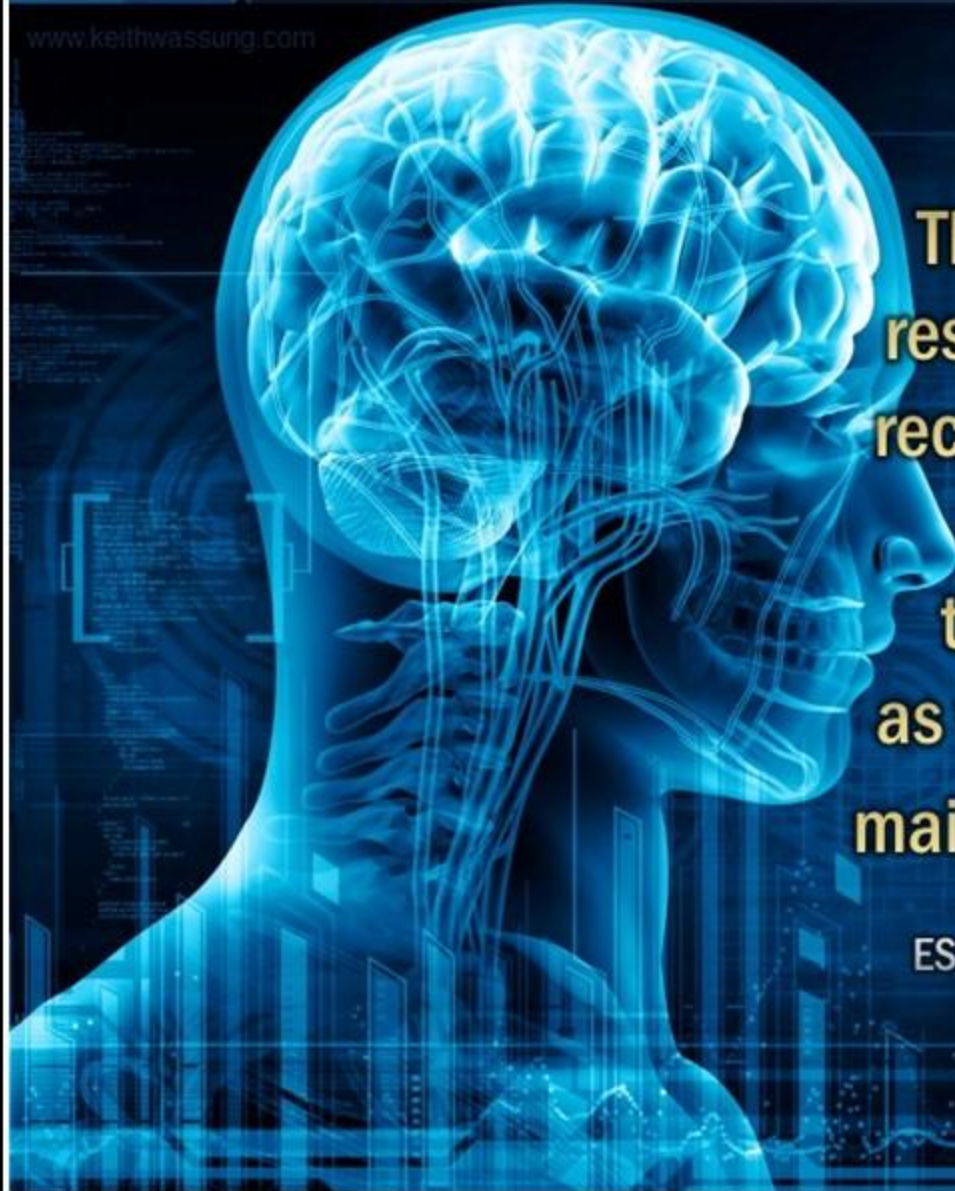
Correlative Neuroanatomy
Basic Fundamentals of the Nervous System

“The nervous system is the most complex system in the body and it is estimated that as many as half of all genes are expressed in the nervous system.

DEVELOPMENTAL BIOLOGY

Gilbert, S. Developmental Biology, 2010. Sinauer Publishing,





The nervous system is responsible for sending, receiving and processing nerve impulses throughout the body as well as regulating and maintaining homeostasis.

ESSENTIALS OF HUMAN PHYSIOLOGY

Marieb, E. 11th ed. Pearson Publ.



“The fact that healing is a natural power is a concept that is missing from traditional medicine. This seems to be the greatest defect of modern medicine—a defect that has immense practical significance since it underlies our ability to find cost effective solutions to common health problems.”

ANDREW WEIL, M.D.

Spontaneous Healing, Ballantine Books
NY, 1995

**“Health Care is going to
change from treatment
based to a prevention
based discipline.”**

William Haseltine
Chairman
Human Genome Science



www.keithwassung.com

HR

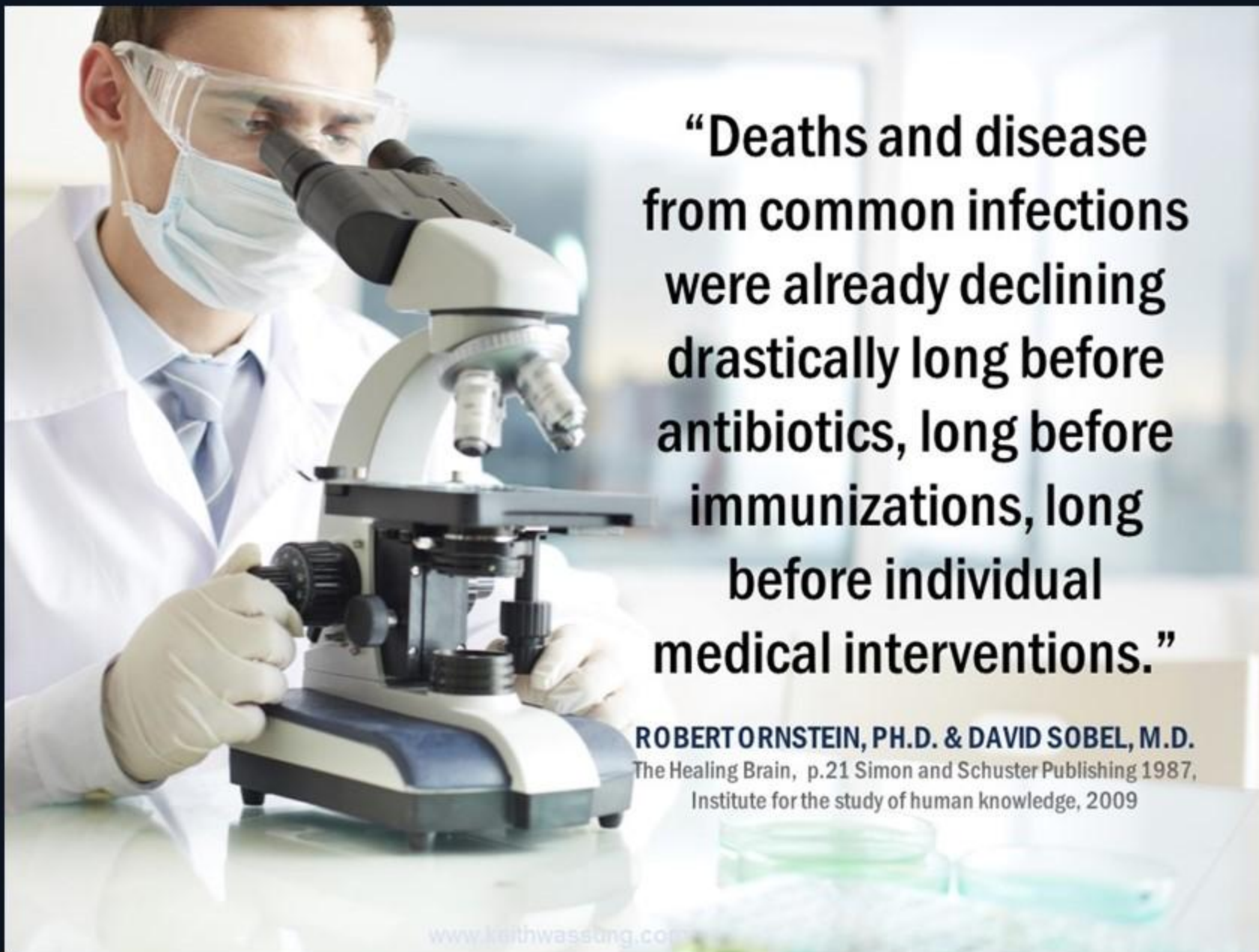
The epidemic of heart failure and atherosclerosis that plagues the modern world may paradoxically be aggravated by the pervasive use of statin drugs.

We propose that current statin treatment guidelines be critically reevaluated.

EXPERT REVIEW CLINICAL PHARMACOLOGY

Okuyama H, Langsjoen P, Hamazaki T. Statins stimulate atherosclerosis and heart failure. Expert Rev Clin Pharmacol. 2015 Mar;8(2):189-99.

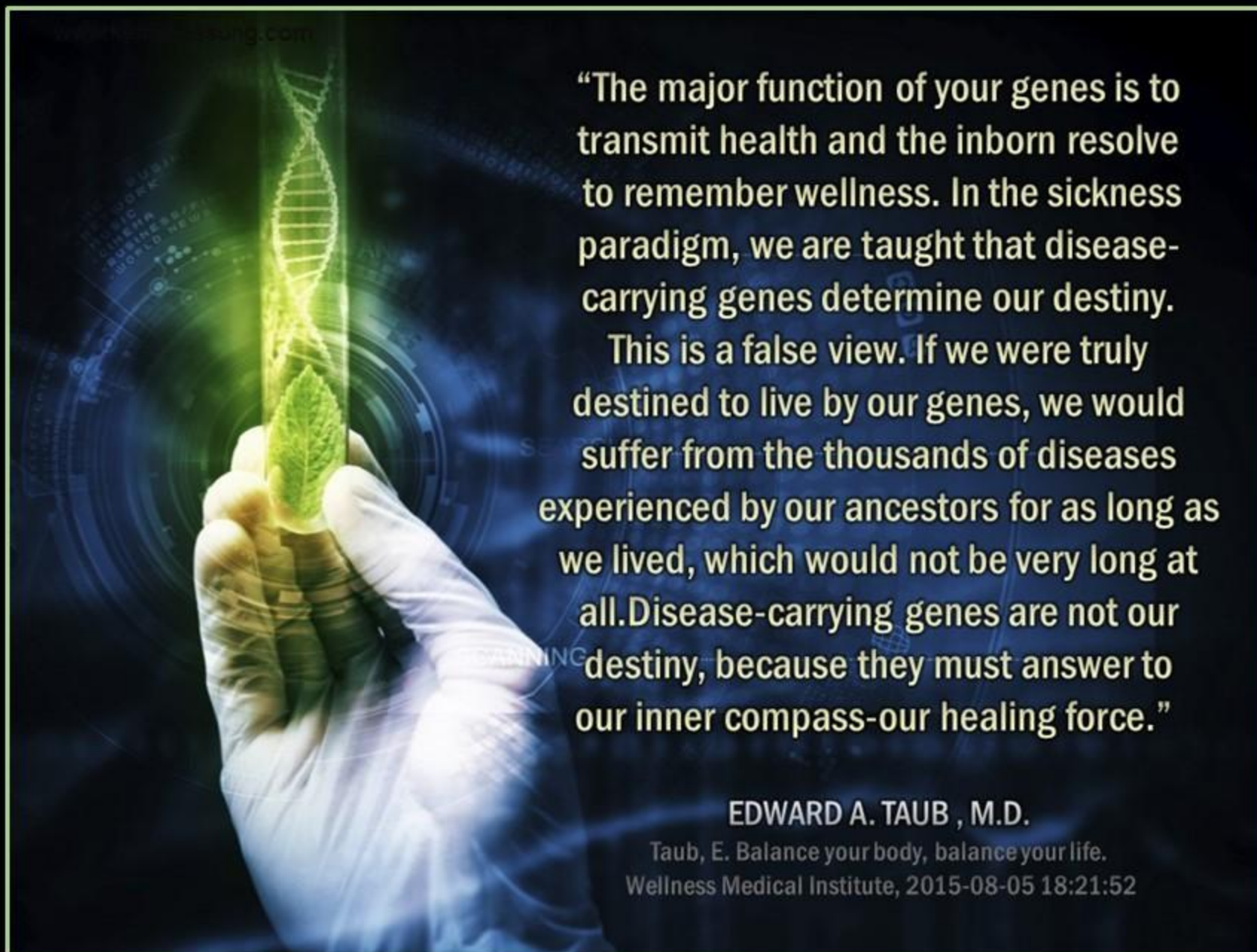
BPM



**“Deaths and disease
from common infections
were already declining
drastically long before
antibiotics, long before
immunizations, long
before individual
medical interventions.”**

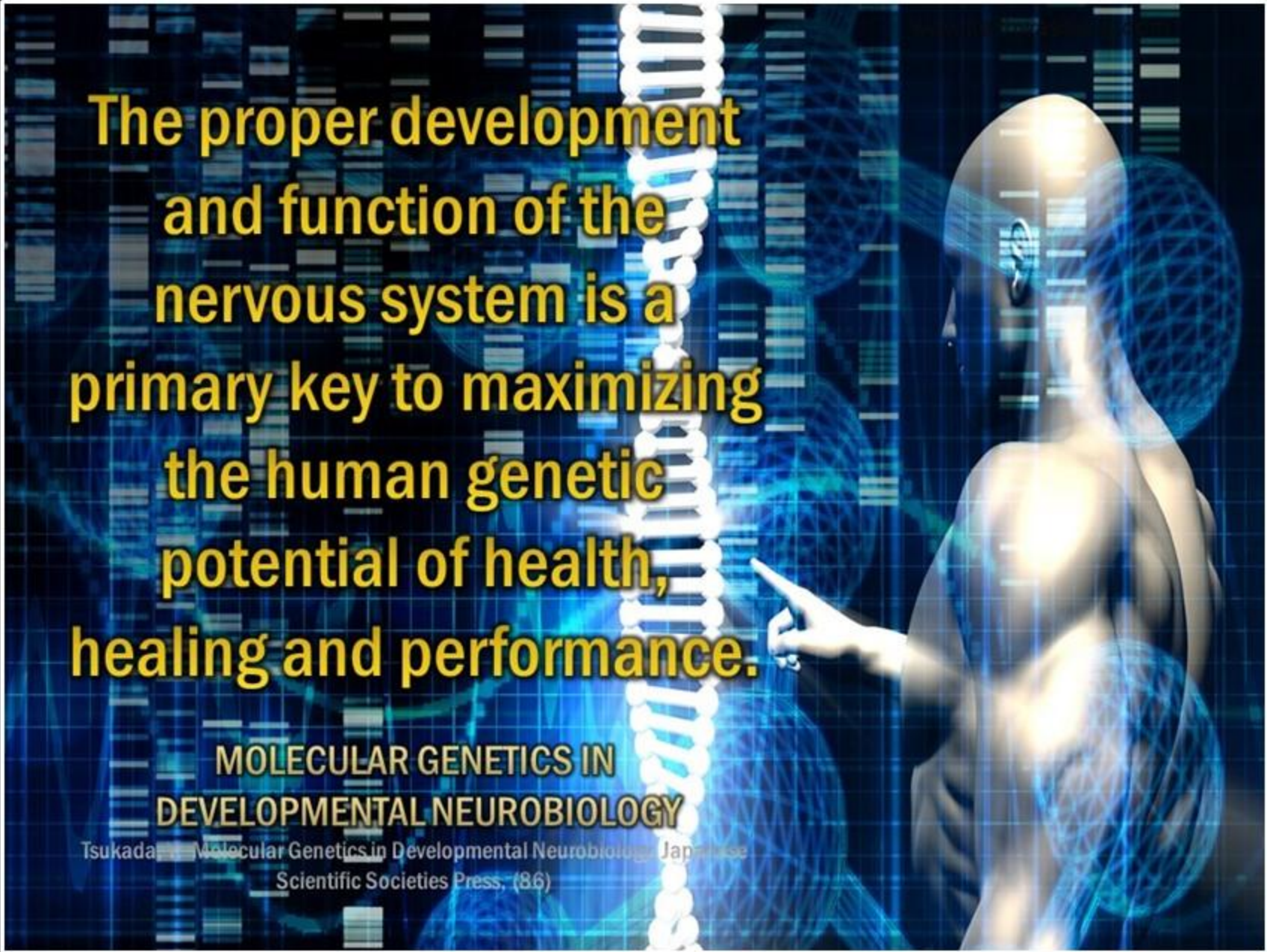
ROBERT ORNSTEIN, PH.D. & DAVID SOBEL, M.D.
The Healing Brain, p.21 Simon and Schuster Publishing 1987,
Institute for the study of human knowledge, 2009

www.keithwassong.com



“The major function of your genes is to transmit health and the inborn resolve to remember wellness. In the sickness paradigm, we are taught that disease-carrying genes determine our destiny. This is a false view. If we were truly destined to live by our genes, we would suffer from the thousands of diseases experienced by our ancestors for as long as we lived, which would not be very long at all. Disease-carrying genes are not our destiny, because they must answer to our inner compass-our healing force.”

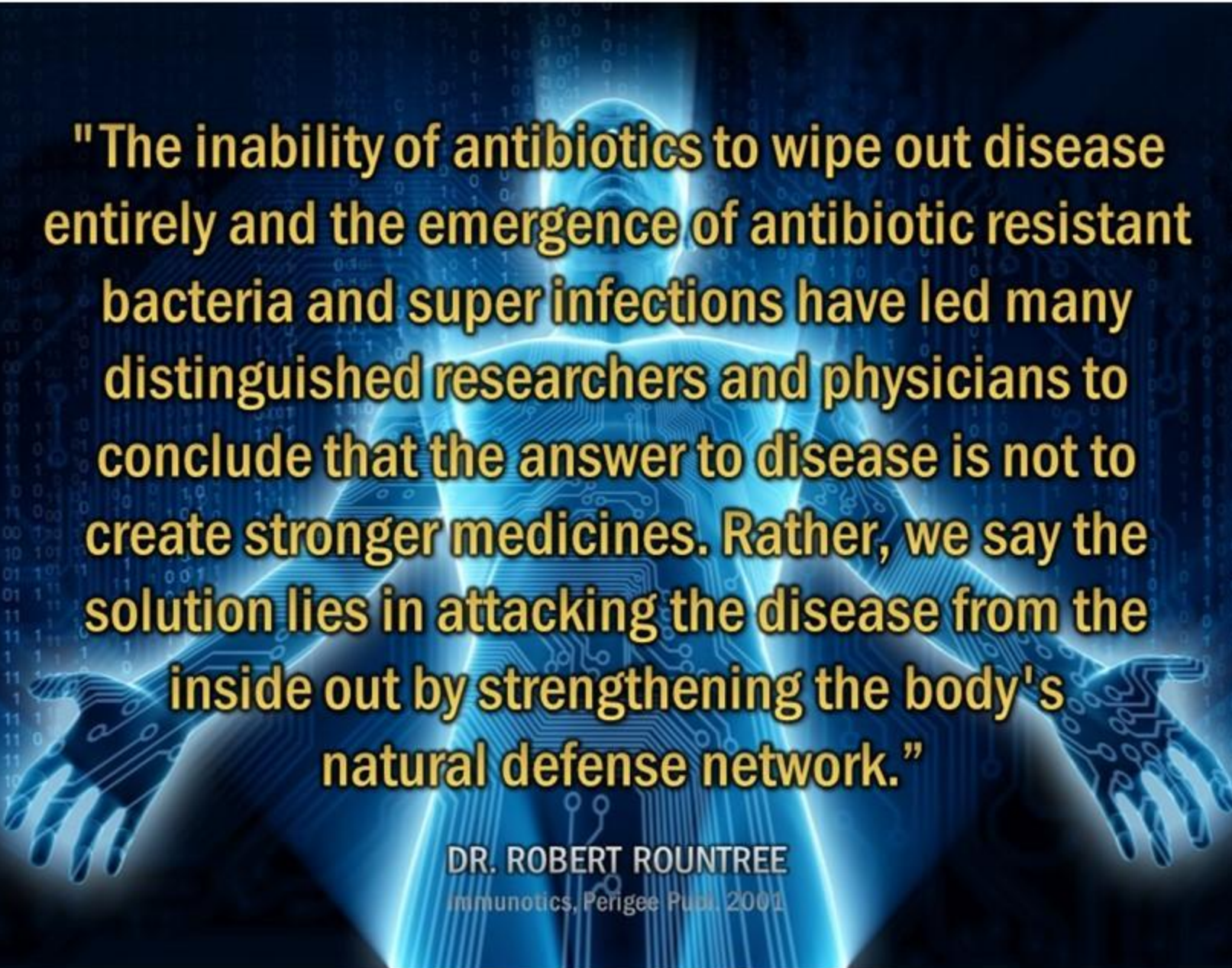
EDWARD A. TAUB , M.D.
Taub, E. Balance your body, balance your life.
Wellness Medical Institute, 2015-08-05 18:21:52



The proper development
and function of the
nervous system is a
primary key to maximizing
the human genetic
potential of health,
healing and performance.

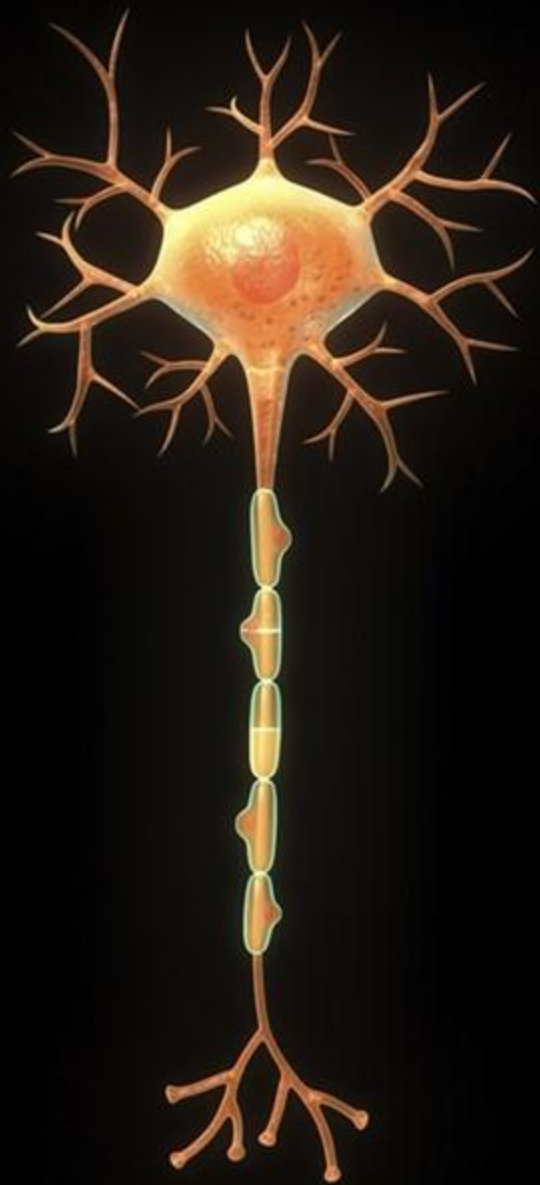
MOLECULAR GENETICS IN
DEVELOPMENTAL NEUROBIOLOGY

Tsukada, Molecular Genetics in Developmental Neurobiology, Japanese
Scientific Societies Press, (86)



"The inability of antibiotics to wipe out disease entirely and the emergence of antibiotic resistant bacteria and super infections have led many distinguished researchers and physicians to conclude that the answer to disease is not to create stronger medicines. Rather, we say the solution lies in attacking the disease from the inside out by strengthening the body's natural defense network."

DR. ROBERT ROUNTREE
Immunotics, Perigee Publ. 2001



“Regardless of the impact of such internal immunological processes on our conscious experience, it is apparent that a continuous concerted monitoring of immune system activities, and responding by the somatosensory and automatic nervous systems, is important to maintain health – and that a balance of afferent and efferent neuronal activity must be maintained to avoid pathology.”

Ordovas-Montanes, J. Rakoff-Nahoum, Siyi Huang, S.
The Regulation of Immunological Processes by Peripheral Neurons in Homeostasis and Disease. Trends Immunol. 2015 Oct; 36(10): 578–604

www.wellnessjung.com

A close-up, high-contrast image of Arnold Schwarzenegger as the Terminator from the 1984 movie "The Terminator". He is wearing his signature dark sunglasses, and his left eye is replaced by a mechanical, metallic structure with a glowing red lens. The lighting is dramatic, with strong highlights and deep shadows, emphasizing the mechanical nature of his face.

"Let me tell you there is no better profession than Chiropractic. Chiropractic is about health and fitness. Chiropractic is about natural, preventative health care. What I have experienced this for the last 30 years on my own body, means that whenever I have a problem- or even if I don't have a problem- and I go to a chiropractor, my problems are gone for a long time.

Arnold Schwarzenegger

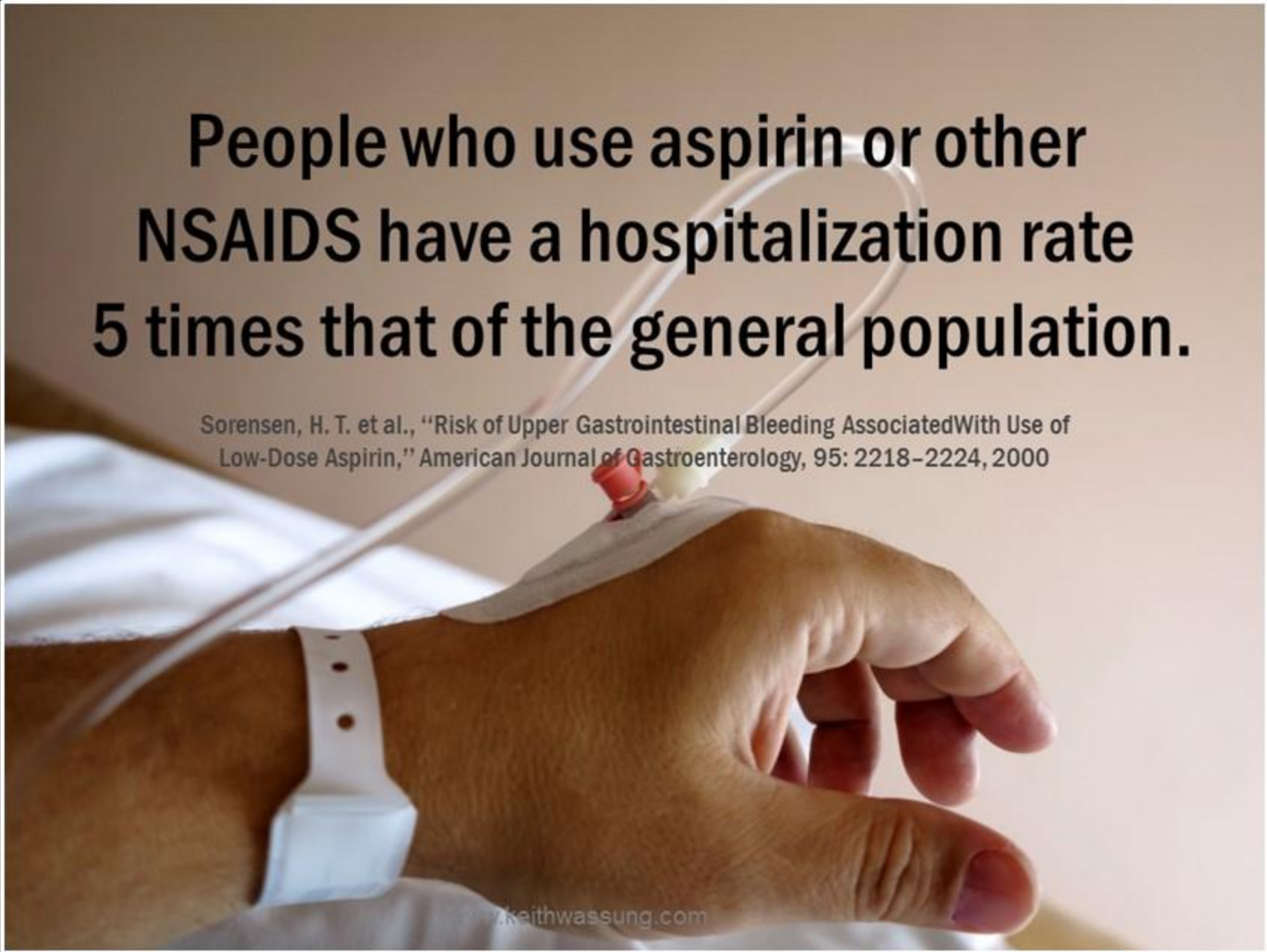
www.keithwassung.com



“There is now abundant evidence to show that clinical disease, including autoimmune disease, infectious disease and allergic disorders are due to abnormal communication and signaling pathways in the human body.”

HARVARD SCHOOL OF PUBLIC HEALTH

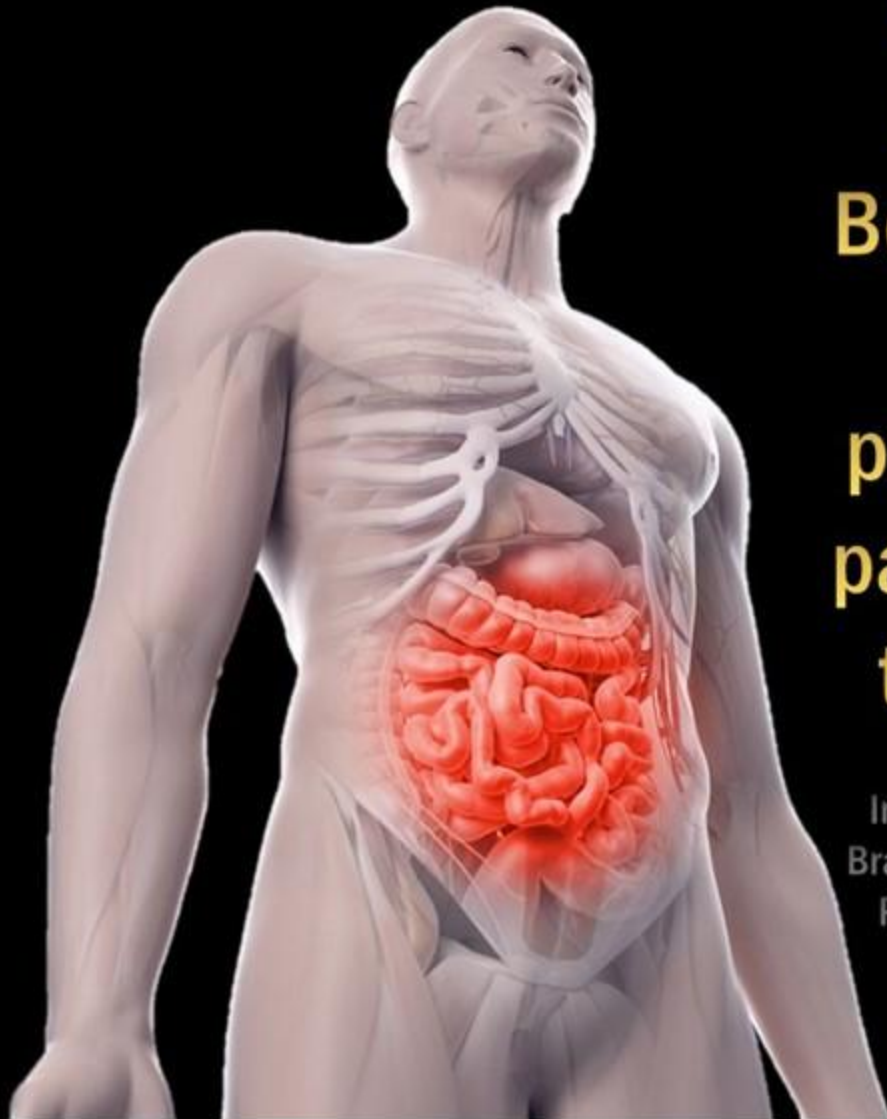
www.keithwassung.com



**People who use aspirin or other
NSAIDS have a hospitalization rate
5 times that of the general population.**

Sorensen, H. T. et al., "Risk of Upper Gastrointestinal Bleeding Associated With Use of Low-Dose Aspirin," American Journal of Gastroenterology, 95: 2218-2224, 2000

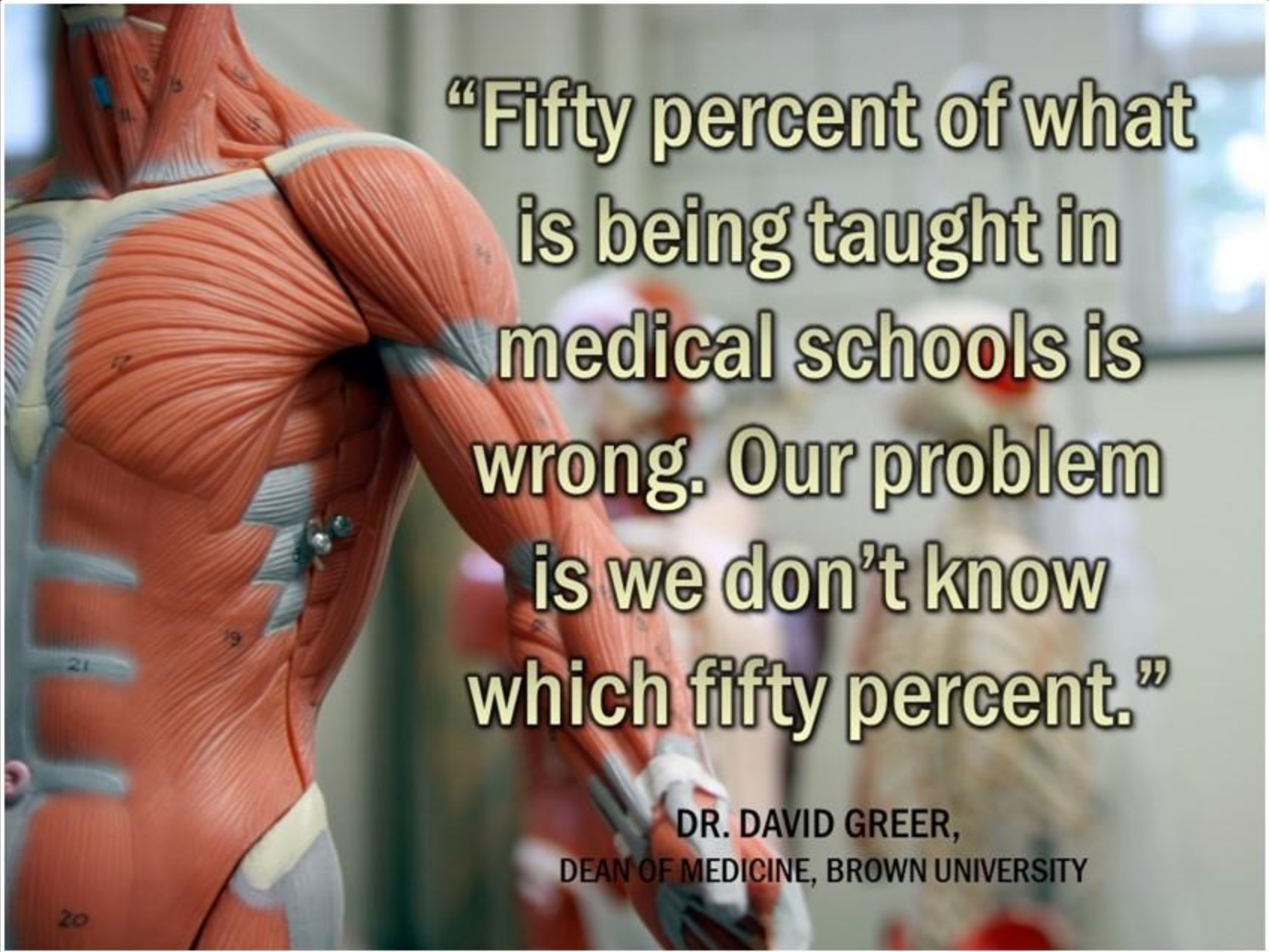
www.keithwassung.com



**Emerging research
show that Irritable
Bowel Syndrome (IBS)
may be caused by
problems in the nerve
pathways that connect
the gut to the brain.**

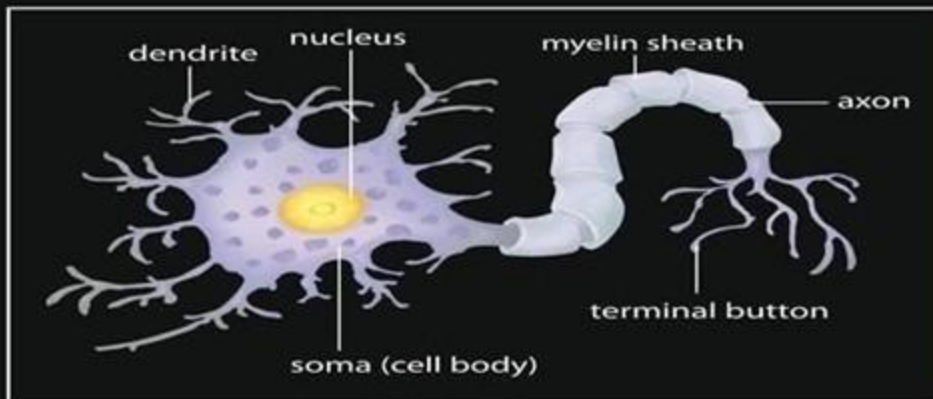
Irritable Bowel Syndrome and the Mind-Body
Brain-Gut Connection, '' by Dr. William B. Salt II
Parkview Publishing, Columbus, Ohio, 1997

www.keithwassung.com

An anatomical model of a human torso, showing the muscles and bones. The model is orange and white, with various parts labeled with numbers. The background is a blurred image of a medical school classroom.

**“Fifty percent of what
is being taught in
medical schools is
wrong. Our problem
is we don’t know
which fifty percent.”**

**DR. DAVID GREER,
DEAN OF MEDICINE, BROWN UNIVERSITY**



“Hyperfunctional or Hypofunctional neurons along a neural chain prevent normal nerve transmission causing disturbances in the homeostasis of the cells, tissues and organs.”

Dr. T. N. Lee
Academy of Pain Research



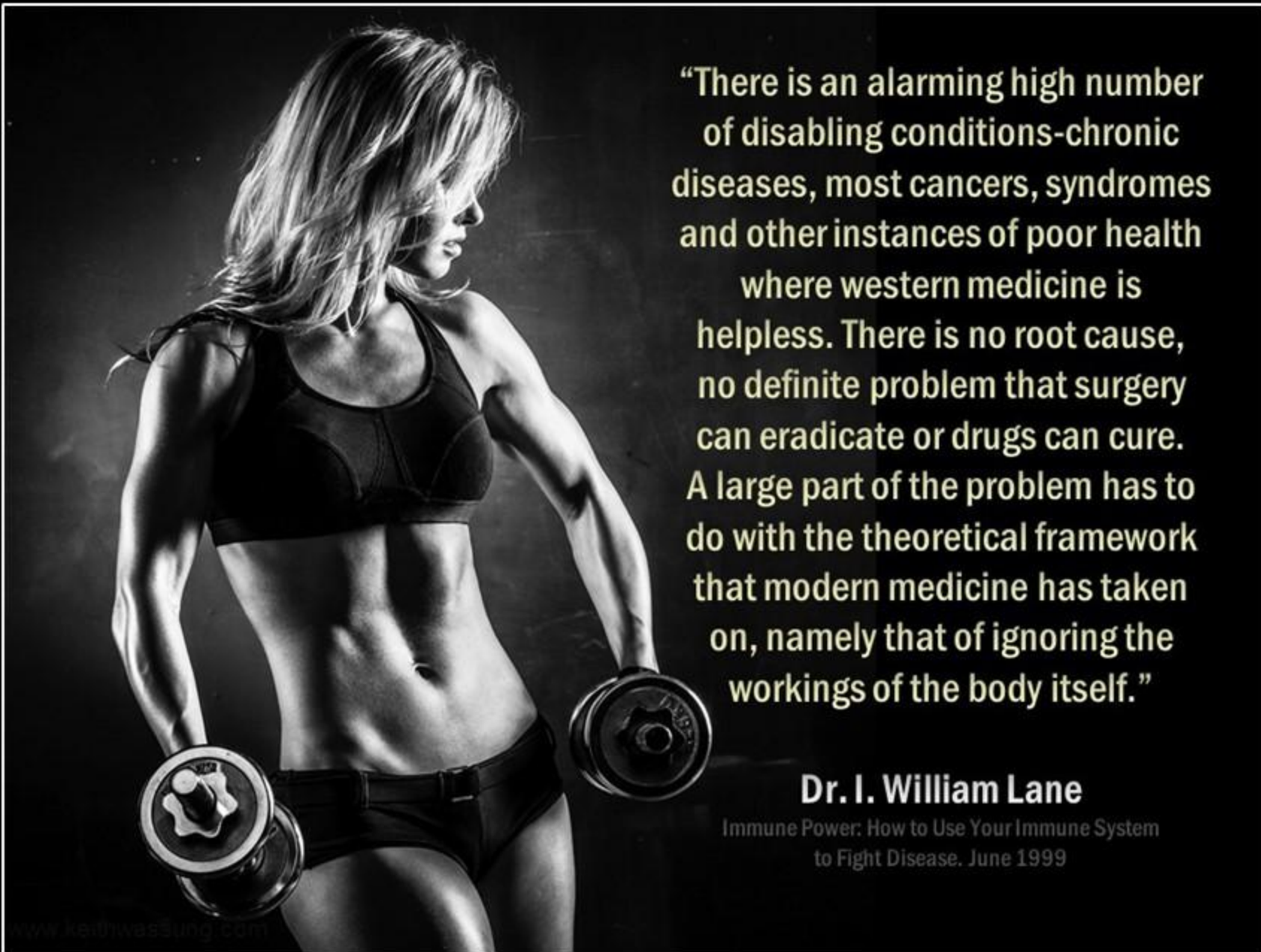
**“NO PROBLEM, MY MOTHER IS
UNDER REGULAR CHIROPRACTIC CARE.”**

www.healthwassung.com

Dr. John Ferguson

518.383.5595

www.ForLifetimeWellness.com



"There is an alarming high number of disabling conditions-chronic diseases, most cancers, syndromes and other instances of poor health where western medicine is helpless. There is no root cause, no definite problem that surgery can eradicate or drugs can cure. A large part of the problem has to do with the theoretical framework that modern medicine has taken on, namely that of ignoring the workings of the body itself."

Dr. I. William Lane

Immune Power: How to Use Your Immune System
to Fight Disease. June 1999



Women with Carpal Tunnel Syndrome show restricted range of motion demonstrating that the cervical spine is likely involved in individuals with Carpal Tunnel Syndrome.

JOURNAL OF ORTHOPEDIC AND SPORTS THERAPY

Isabel de-la-Llave-Rincón, A. Fernández-de-las-Peñas, C. Laguarda-Val, S. Women With Carpal Tunnel Syndrome Show Restricted Cervical Range of Motion. *Journal of Orthopaedic & Sports Physical Therapy*, 2011 Vol.:41 Issue:5 p.305-310



**“Individuals with
neurofibromatosis
cancer exhibit neuronal
dysfunction that affects
the central nervous
system resulting in
vulnerability to reduced
genetic expression.”**

JOURNAL OF NEUROSCIENCE

Gutmann D. Parada L. Silva A Ratner N.
Neurofibromatosis type 1: modeling CNS dysfunction.

J Neurosci. 2012 Oct 10;32(41):14087-93.

“Nerve dysfunction is stressful to the visceral nerve and other body structures and the lowered tissue resistance modifies the immune response and lessens the overall capability of the immune system.”

SCIENCE

Schwartz, J. Science. (1981). pp. 1100-1109.





“The endocrine pancreas is regulated by hormonal activity controlled by the hypothalamus. The dysfunction of the regulation of islet hormone secretion as well as its mechanisms and the pathophysiology of the islet dysfunction is primarily a breakdown in the neuroendocrine control.”

JOURNAL OF ENDOCRINOLOGY

Canastein A. “Pancreatic Control and Regulation”
Journal of Endocrinology p. 87

www.keithwassung.com

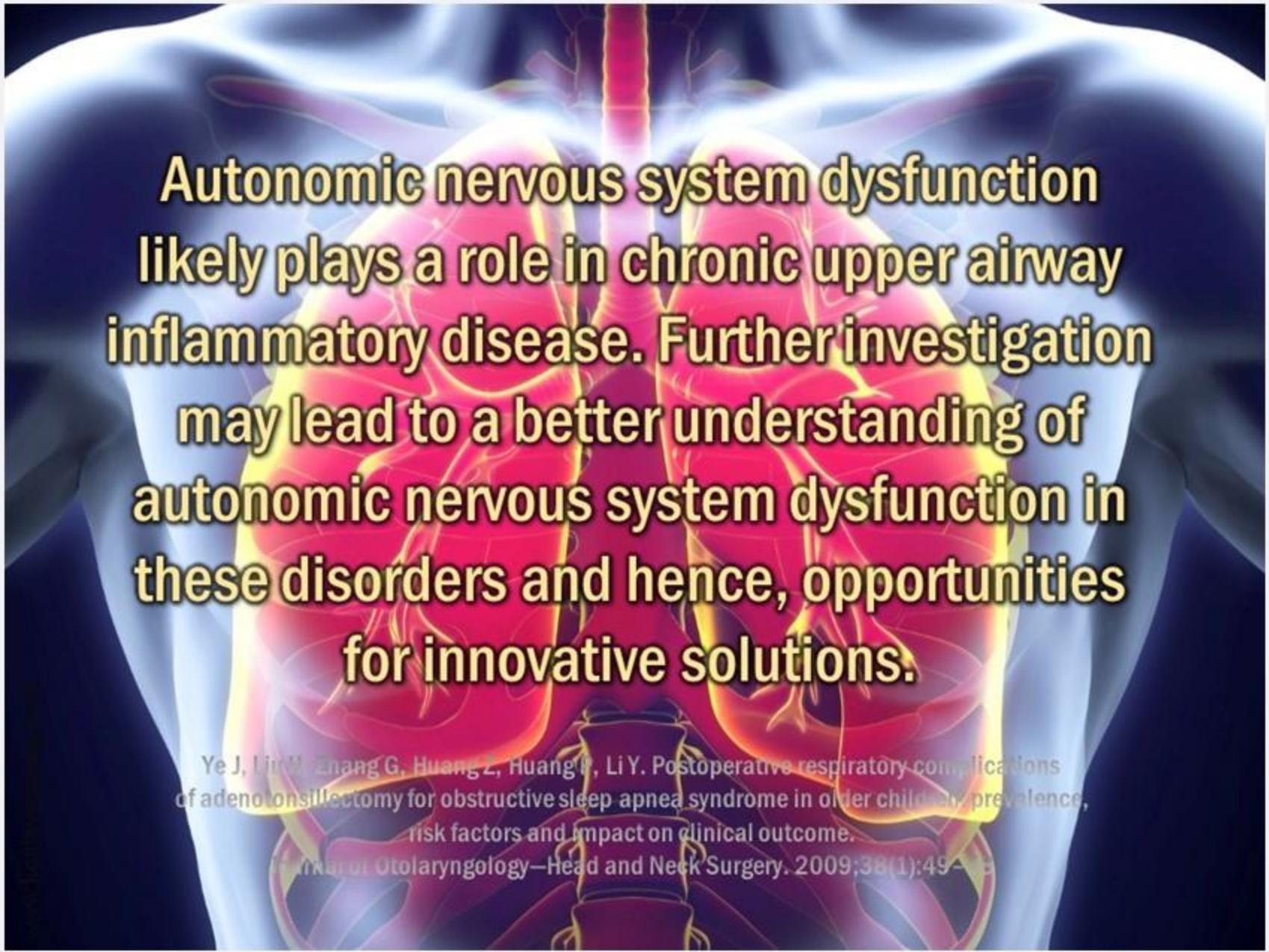
**“A child exposed to colds
and viruses earlier in life
will develop a stronger
immune system and is
less likely to become sick
in his or her later years.”**

NBC NEWS

Gaines, T. Will early exposure to colds boost immunity?
NBC News, Aug 5, 2012

www.keithwassung.com





Autonomic nervous system dysfunction likely plays a role in chronic upper airway inflammatory disease. Further investigation may lead to a better understanding of autonomic nervous system dysfunction in these disorders and hence, opportunities for innovative solutions.

Ye J, Liu M, Zhang G, Huang Z, Huang W, Li Y. Postoperative respiratory complications of adenotonsillectomy for obstructive sleep apnea syndrome in older children: prevalence, risk factors and impact on clinical outcome. *Journal of Otolaryngology—Head and Neck Surgery*. 2009;38(1):49-53.

Posture affects and moderates every physiological function, from breathing to nervous system function.



Despite the considerable evidence that posture affects physiology and function, the significant influence of posture on health is not addressed by most physicians.

www.keithwassung.com

American Journal of Pain Management

Dr. John Ferguson

518.383.5595

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**Your Body is Designed
to Heal Itself.**

**Why Not Help it -
Rather Than Hinder it?**

LORRAINE DAY, M.D.

www.laithwassung.com

An anatomical illustration of the human spine and surrounding muscles. The spine is shown in a posterior view, with the vertebrae and intervertebral discs clearly visible. The muscles are depicted in a reddish-pink color, and the overall image has a semi-transparent, artistic quality.

Complication rates for spinal surgical intervention in degenerative disc disease are as high as 55% and include hematoma, neurological adjacent segment degeneration, infection and hardware failure.

Deyo, R. Gray, D. Kreuter, W. U.S trends in lumbar disc surgery for degenerative conditions. Spine, 2005; 30(12) 1441-5

www.kalithwassung.com

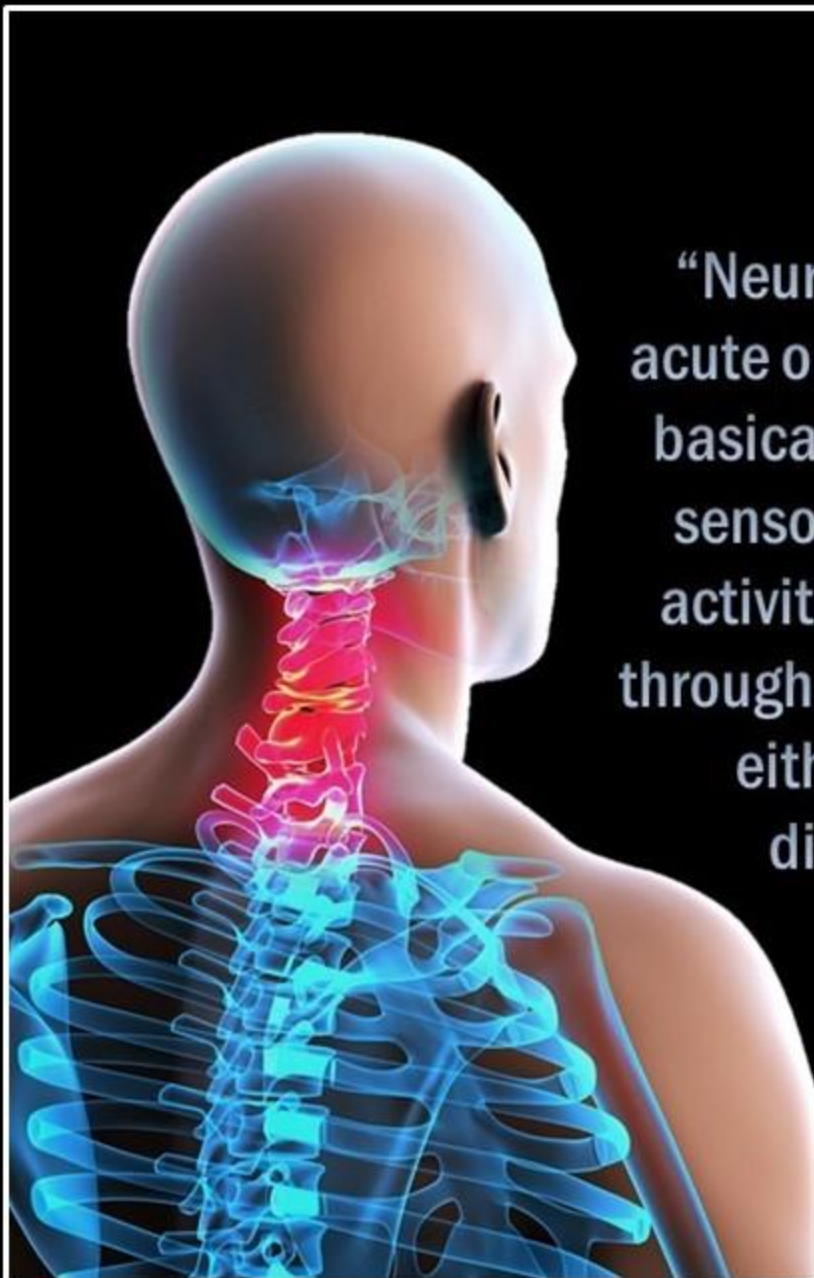


“Woman taking one
aspirin a day for five
years had an 80%
increased **risk** of
breast cancer.”

JOURNAL NATIONAL CANCER INSTITUTE

Marshall SF, Bernstein L, Anton-Culver H, et al. Nonsteroidal anti-inflammatory drug use and breast cancer risk by stage and hormone receptor status. *Journal of the National Cancer Institute*. 2005;97:885-1

www.keithwells.org



“Neural dysfunction associated with acute or chronic subluxation syndromes basically manifest as abnormalities in sensory interpretation and/or motor activities. These disturbances may be through one of two primary mechanisms, either direct nerve or nerve root disorders of a reflex nature.”

CERVICAL SPINE TRAUMA

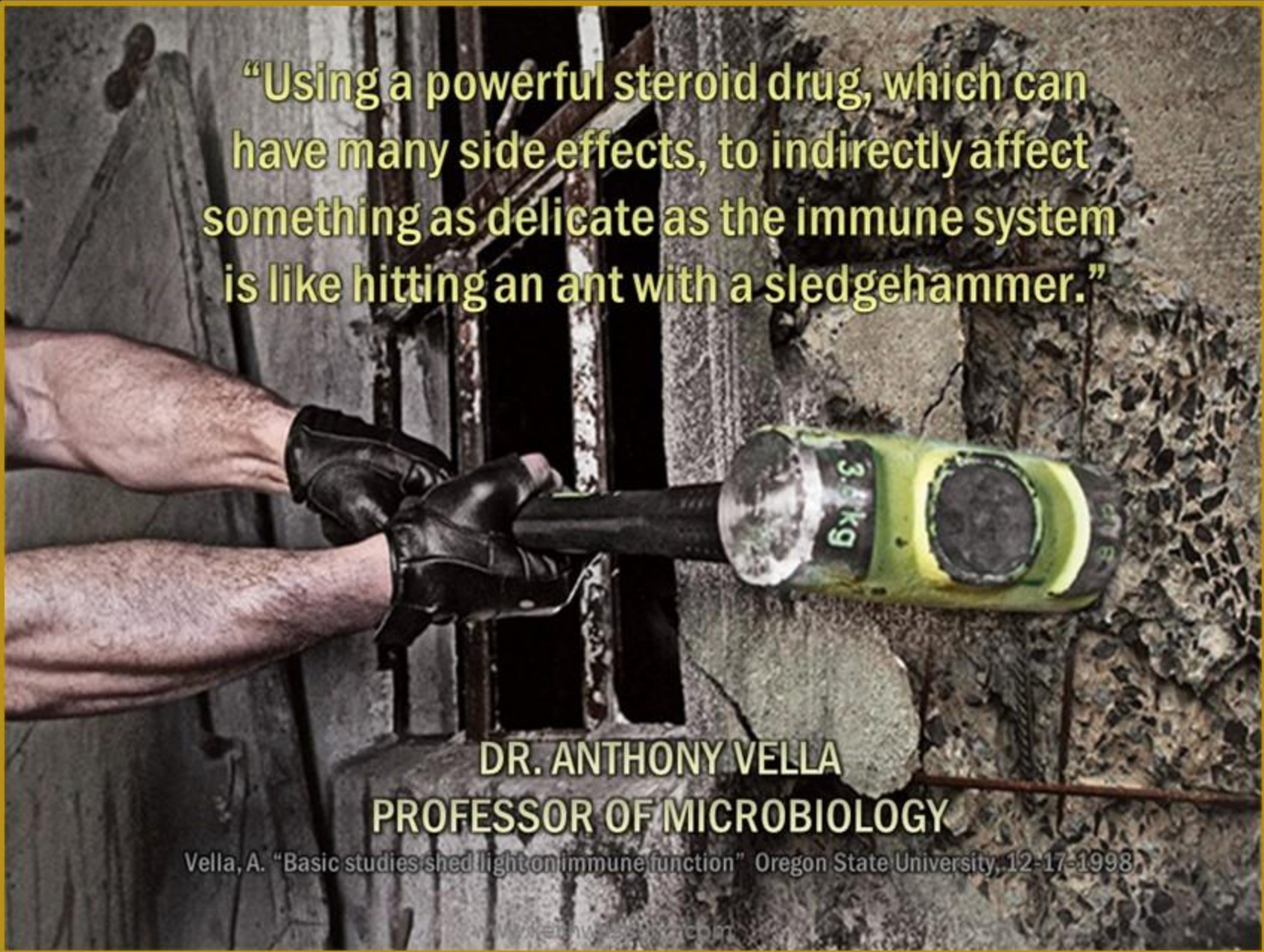
Schafer, R. Clinical Monograph-18

Steroids cause allergies and inflammation to disappear as if by magic. In fact, the magic is nothing more than **direct suppression of the immune system**. Steroids are toxic, cause dependence, suppress, rather than cure disease, and reduce the chance of healing by natural treatment. **Moreover, they weaken immunity."**

ANDREW WEIL, M.D.



www.keithwassung.com



“Using a powerful steroid drug, which can have many side effects, to indirectly affect something as delicate as the immune system is like hitting an ant with a sledgehammer.”

DR. ANTHONY VELLA
PROFESSOR OF MICROBIOLOGY

Vella, A. “Basic studies shed light on immune function” Oregon State University, 12-17-1998

“Stupid is...not getting your spine and nervous system checked on a regular basis.”



www.keithwassung.com

The obsessive focus on labeling in the western medical paradigm combined with patients content to give away their power by consenting to be labeled is arguably a main reason that iatrogenic or doctor-induced deaths have become a crisis not only in the United States, but in many parts of the world with thousands of people dying unnecessarily under medical supervision each year.

SOL LUCKMAN
CONSCIOUS HEALING



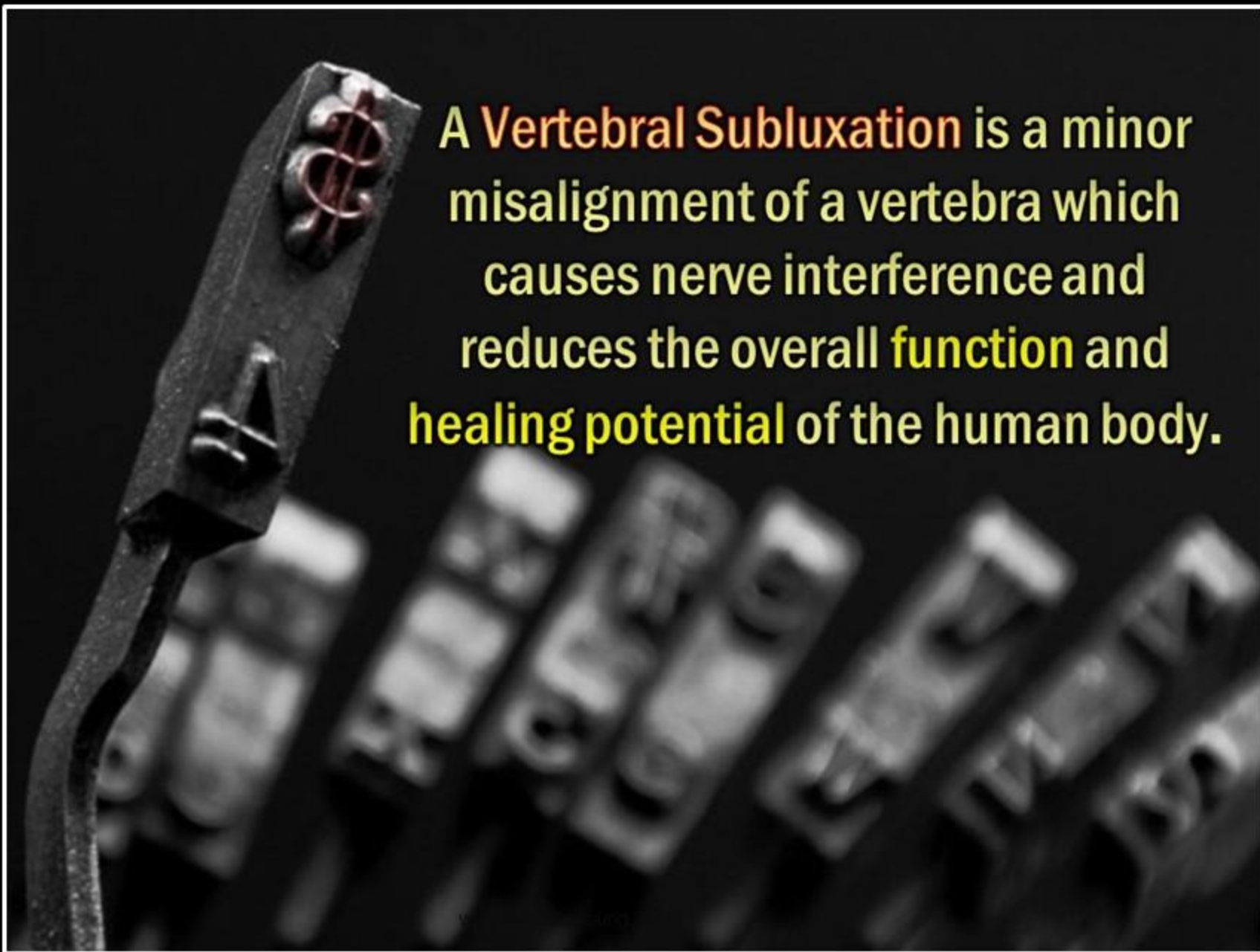
**“Neither genes nor
environment cause
disease. It is simply
that the organism is
unsuited for adaptive
action in one or
several environments.”**

AMERICAN JOURNAL OF HUMAN GENETICS

Childs, B. Persistent Echoes of the Nature-Nurture
Argument. Am JHum Genet 29:1-13, 1977

www.keithwassung.com





A **Vertebral Subluxation** is a minor misalignment of a vertebra which causes nerve interference and reduces the overall **function** and **healing potential** of the human body.

“Loss of the natural curve of the cervical spine leads to incrementally increased stresses about the cervical spine.”

KENNETH K. HANSRAJ, M.D.

Assessment of Stresses in the Cervical Spine Caused by Posture and Position of the Head.
Neuro and Spine Surgery, Nov. 2014; Vol. 25; pp. 277-279





"Autonomic imbalance is associated with decreased dynamic flexibility, increased vulnerability to pathologies, and consequently compromised health."

Translation:

"Lost neural regulation = failure to adapt"

Not about symptoms, it is about adaptability!

Veterans Affairs Center of Excellence for Stress and Mental Health

Experts estimate that nearly 600,000 Americans opt for back operations each year. But for many, surgery is just an empty promise, say pain management experts along with many top surgeons.

NBC NEWS

Carroll, L. Back surgery may backfire on patients in pain. NBC News. Oct. 2010

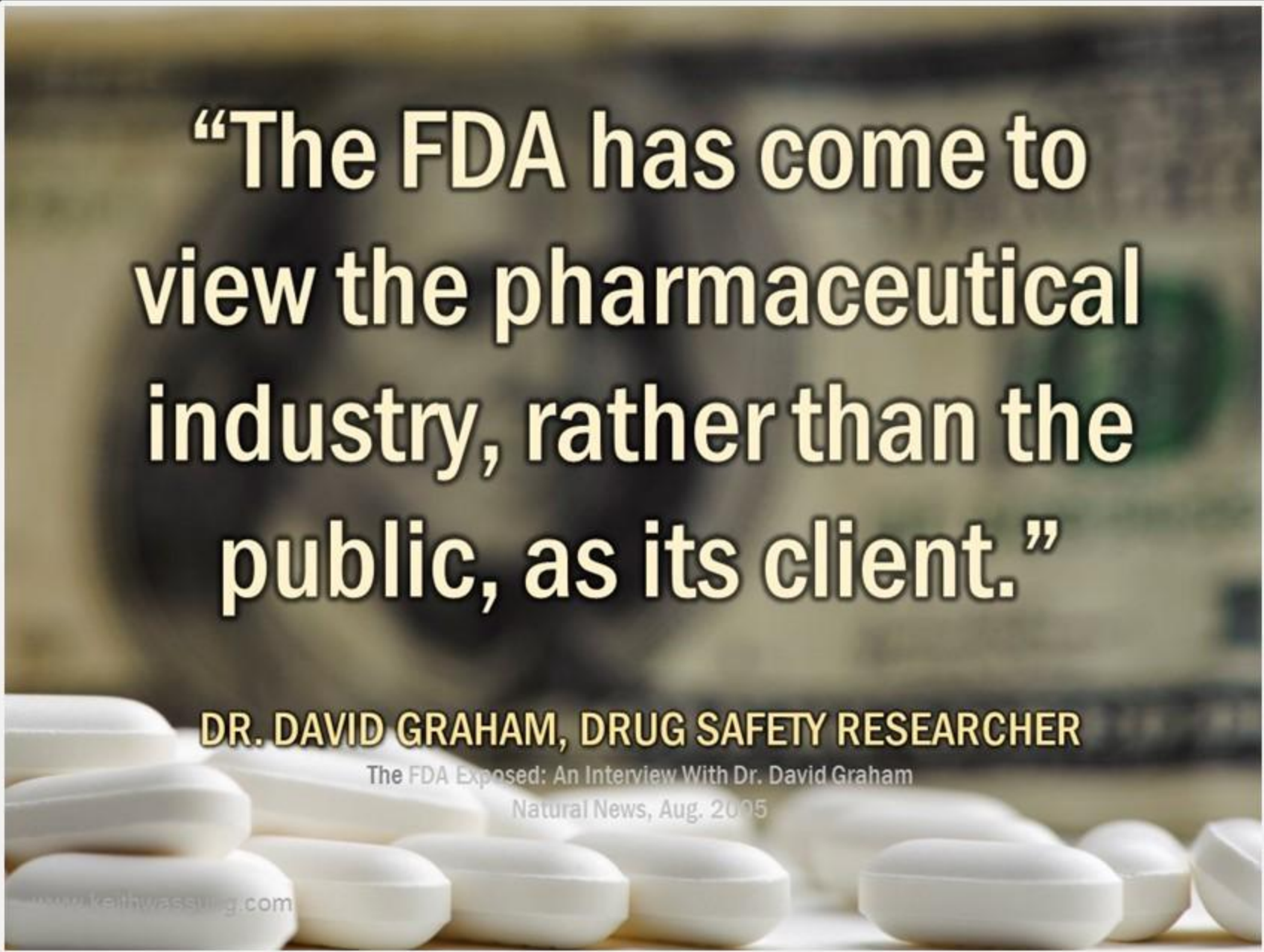




A new study shows that in many cases surgery can often backfire, leaving patients in more pain with a 41 percent increase in the use of painkillers following spinal surgery.

NBC NEWS

Carroll, L. Back surgery may backfire on Patients in pain. NBC News. Oct. 2010

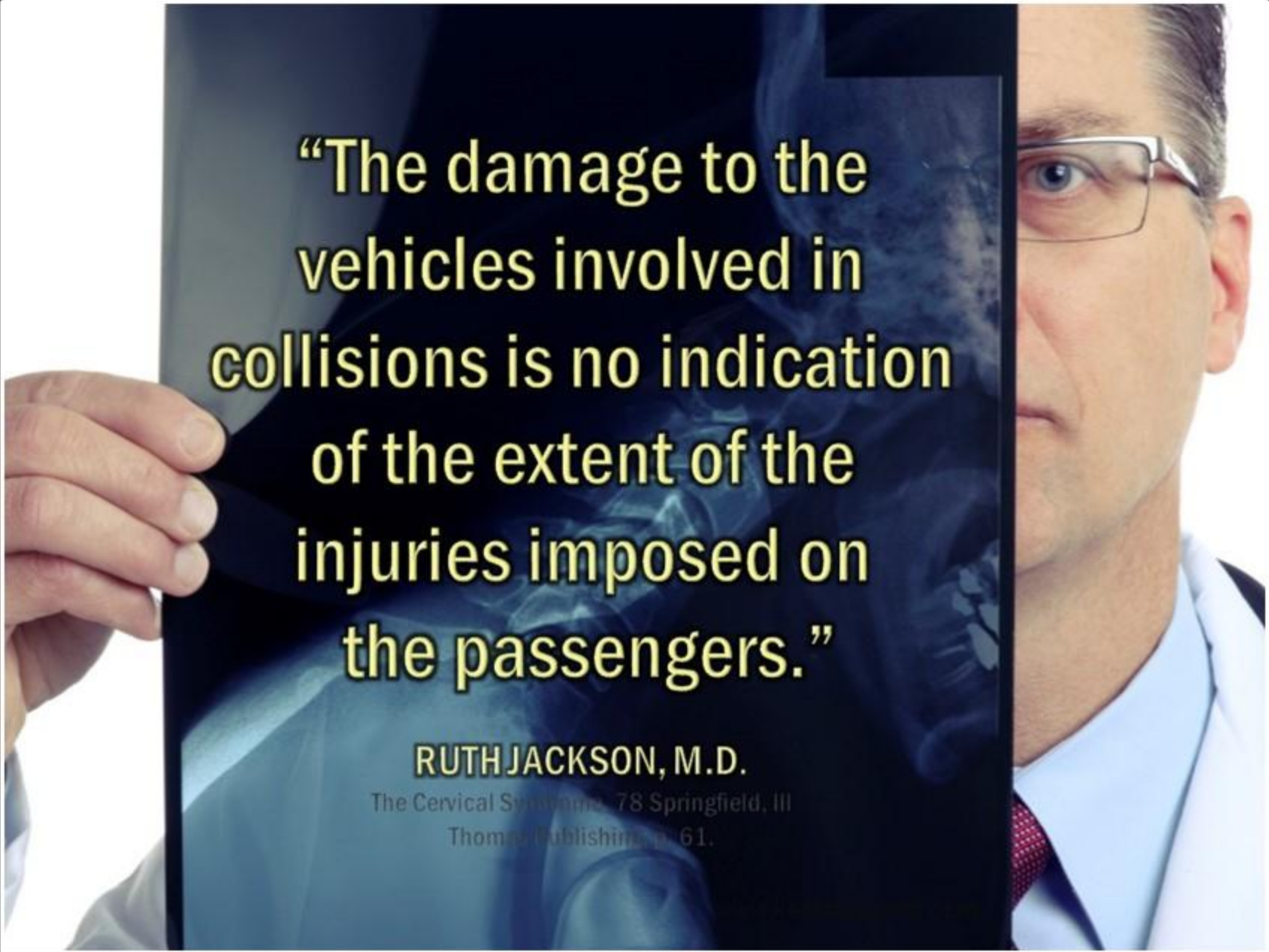


**“The FDA has come to
view the pharmaceutical
industry, rather than the
public, as its client.”**

DR. DAVID GRAHAM, DRUG SAFETY RESEARCHER

The FDA Exposed: An Interview With Dr. David Graham

Natural News, Aug. 2005



**“The damage to the
vehicles involved in
collisions is no indication
of the extent of the
injuries imposed on
the passengers.”**

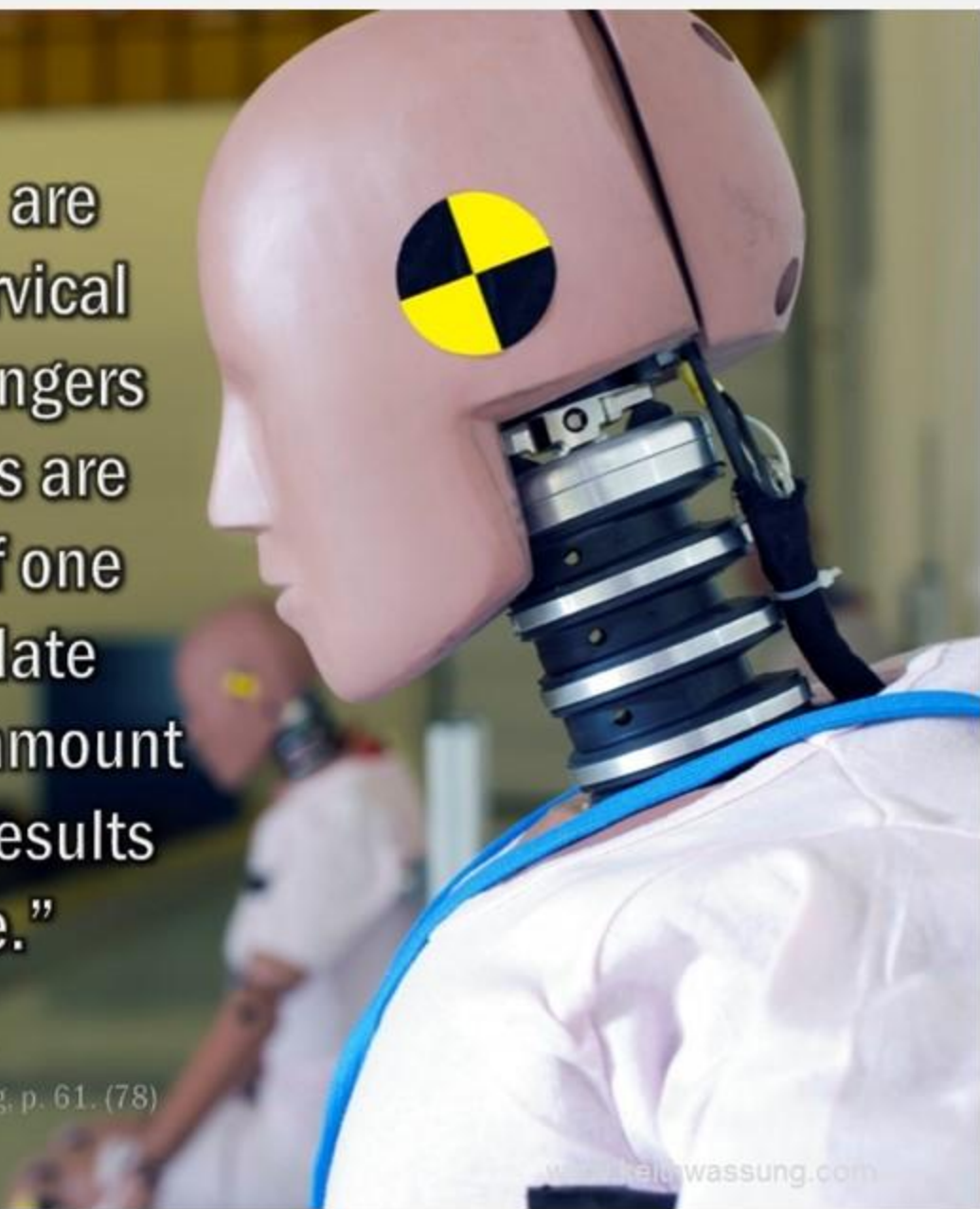
RUTH JACKSON, M.D.

*The Cervical Syndrome - 78 Springfield, Ill
Thomas Publishing, p. 61.*

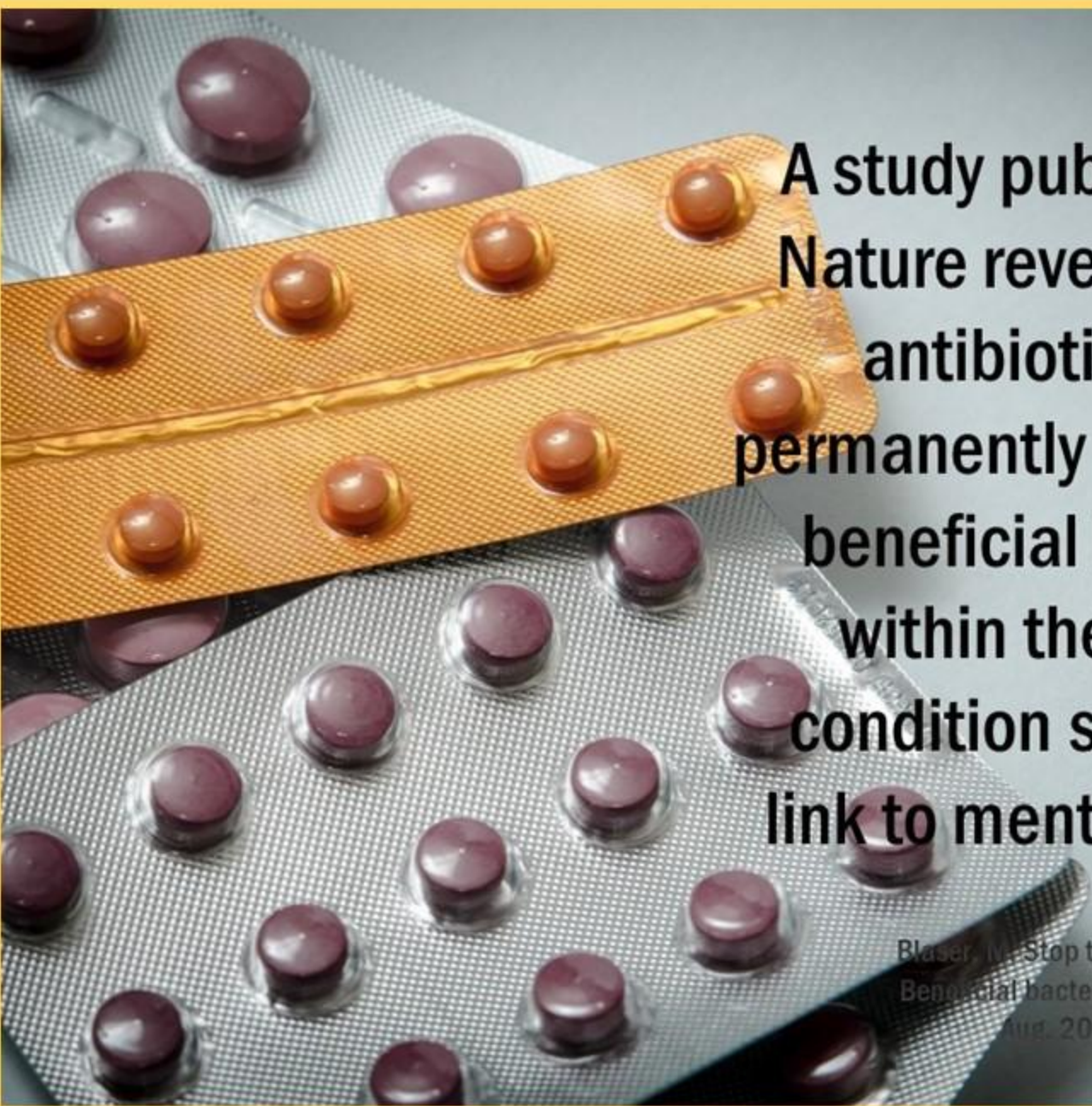
“The forces which are imposed on the cervical spines of the passengers of colliding vehicles are tremendous, and if one attempts to calculate mathematically the amount of such forces, the results are unbelievable.”

Ruth Jackson, M.D.

The Cervical Syndrome, Thomas Publishing, p. 61. (78)



www.kellwassung.com



**A study published in
Nature revealed that
antibiotics are
permanently destroying
beneficial bacteria
within the gut, a
condition scientists
link to mental illness.**

Blaser, M. Stop the killing of
Beneficial bacteria. Nature,
Aug. 2011

www.ForLifetimeWellness.com



**Posture related
issues in the
workplace results
in 34% of all lost
workday injuries
and illnesses.**

**U.S. OCCUPATIONAL SAFETY
& HEALTH ADMINISTRATION**

Ergonomics: The Study of Work
U.S. Department of Labor, OSHA 3125

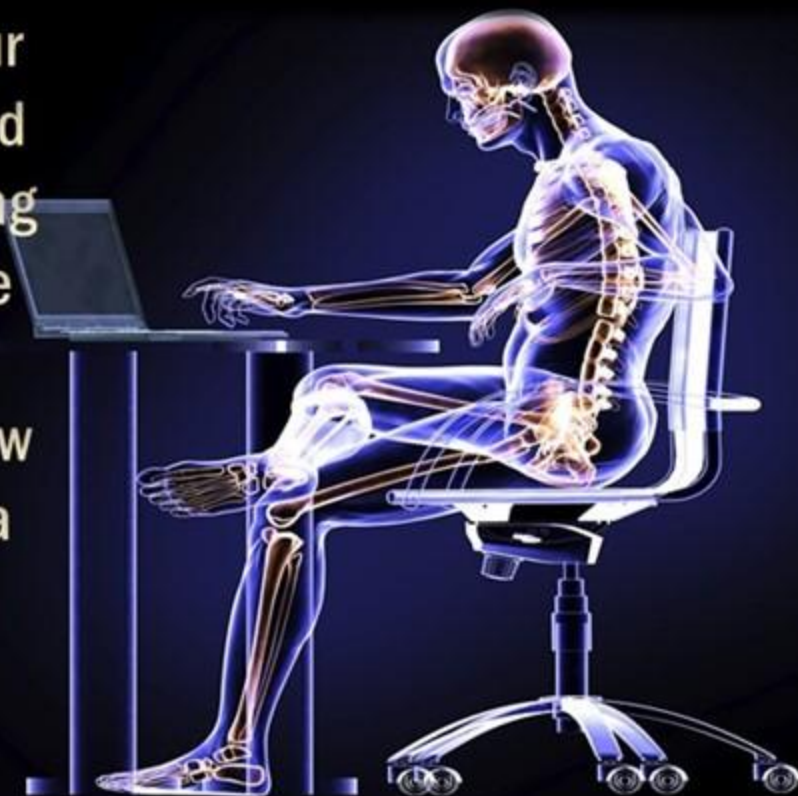
www.keithwassung.com

SITTING AT YOUR DESK IS KILLING YOU

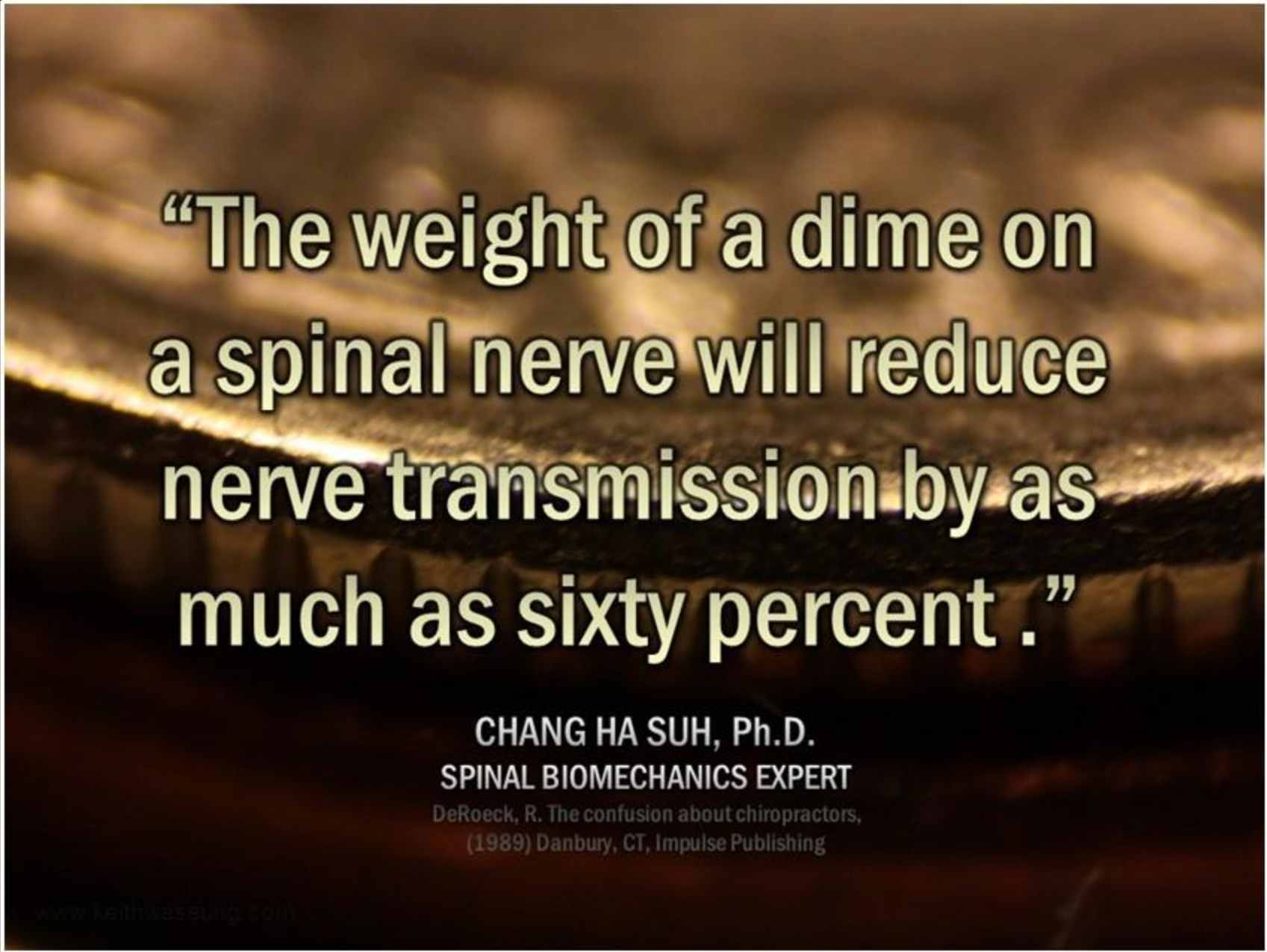
The science is in: Sitting at your desk all day is really, really, bad for you. Studies have shown long periods of sitting is bad for the elderly, drastically increases your risk of cancer, and now new research confirms that being a couch potato at work is hazardous to your health.

TIME MAGAZINE

Davidson, J. Time, Jul 2014



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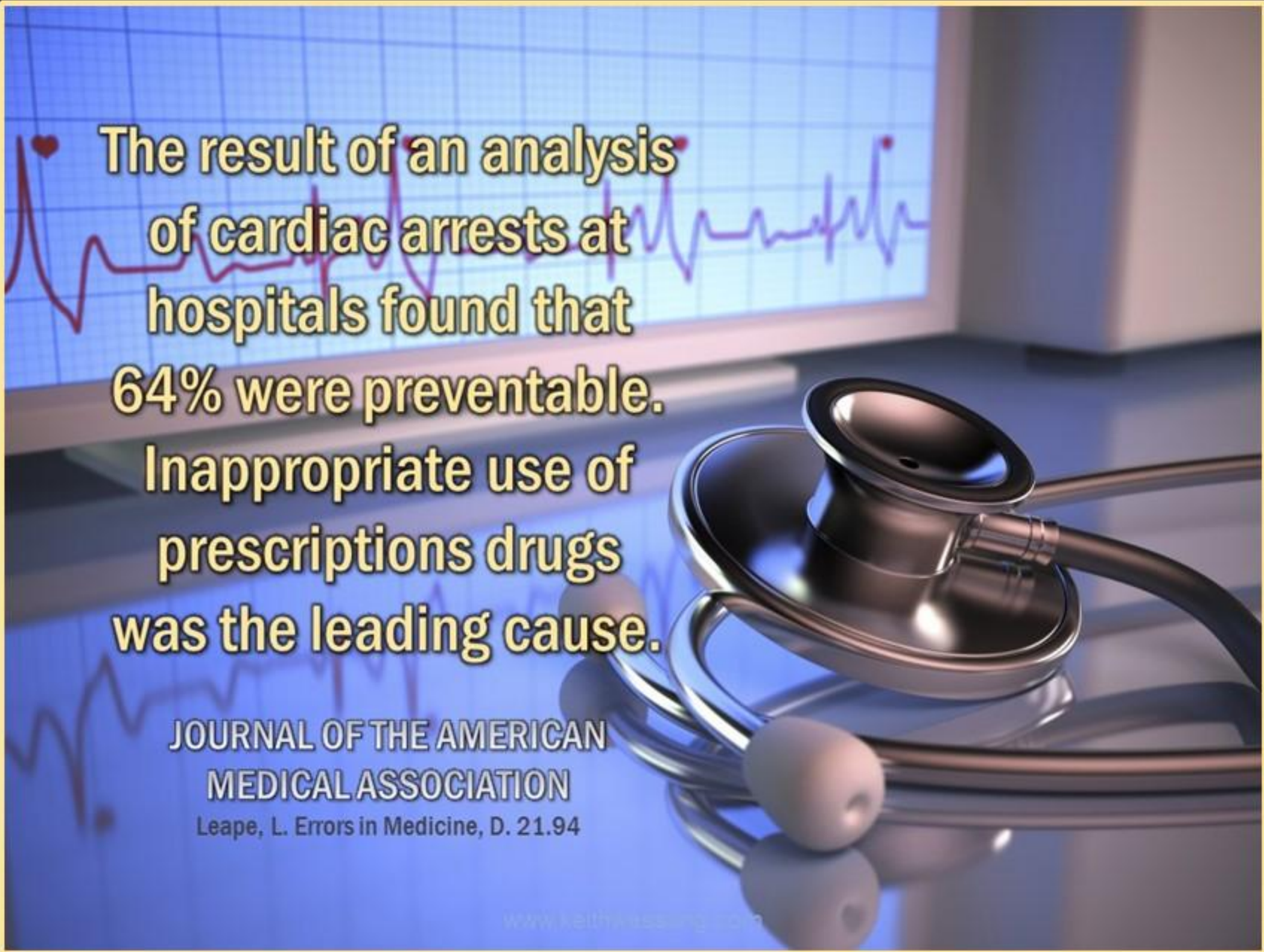
**“The weight of a dime on
a spinal nerve will reduce
nerve transmission by as
much as sixty percent .”**

CHANG HA SUH, Ph.D.

SPINAL BIOMECHANICS EXPERT

DeRoeck, R. The confusion about chiropractors,
(1989) Danbury, CT, Impulse Publishing

www.keithwessling.com

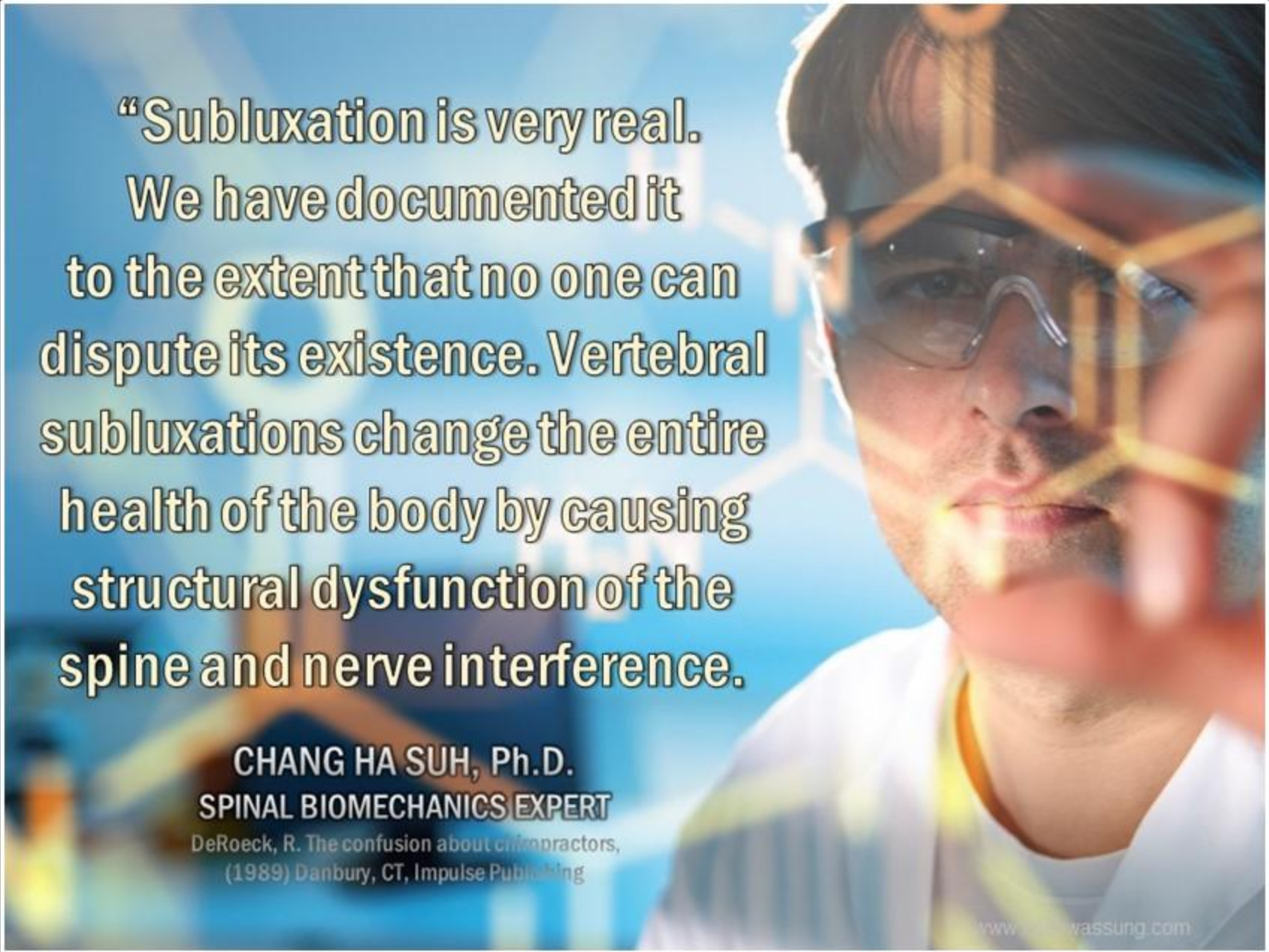


The result of an analysis
of cardiac arrests at
hospitals found that
64% were preventable.
Inappropriate use of
prescriptions drugs
was the leading cause.

JOURNAL OF THE AMERICAN
MEDICAL ASSOCIATION

Leape, L. Errors in Medicine, D. 21.94

www.forlifetimewellness.com



“Subluxation is very real.
We have documented it
to the extent that no one can
dispute its existence. Vertebral
subluxations change the entire
health of the body by causing
structural dysfunction of the
spine and nerve interference.

CHANG HA SUH, Ph.D.
SPINAL BIOMECHANICS EXPERT
DeRoeck, R. The confusion about chiropractors,
(1989) Danbury, CT, Impulse Publishing

www.hassung.com



ONE OF THE MOST COMMON “FIRST SIGNS”
OF CORONARY HEART DISEASE IS
DEATH BY FATAL HEART ATTACK.

DON'T BASE YOUR HEALTH ON THE PRESENCE
OR ABSENCE OF SYMPTOMS OR HOW YOU **FEEL**.

www.keithwassung.com



The FDA estimates that NSAID's (Nonsteroidal Anti-Inflammatory Drugs account for a reported 200,000 cases of gastrointestinal bleeding, 107,000 hospitalizations and as many as 20,000 deaths each year in the United States.

Gurkirpal, S. MD, "Recent Considerations in Nonsteroidal Anti-Inflammatory Drug Gastropathy", The American Journal of Medicine, July 27, 1998, p. 31S

www.keithwassung.com

“It is simply no longer possible to believe much of the clinical research that is published, or to rely on the judgement of trusted physicians or authoritative medical guidelines. I take no pleasure in this conclusion, which I reached slowly over my last two decades as an editor of the New England Journal of Medicine.

**Dr. Marcia Angell,
Former Editor-in-Chief
New England Journal of Medicine**



www.kelthwassung.com

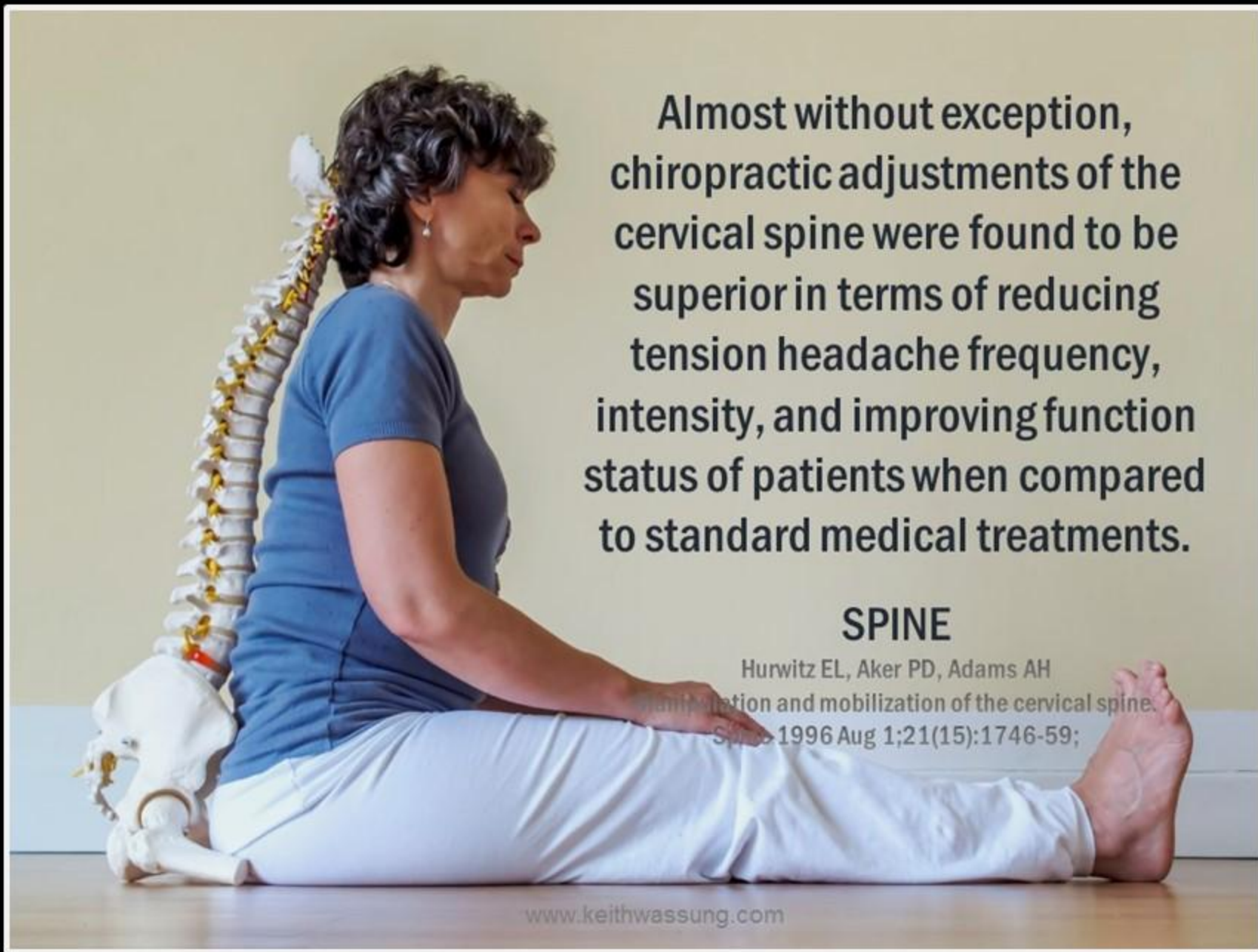


“Osteoporosis can be more effectively prevented than treated. And when one considers the enormous cost and morbidity of osteoporosis-related complications, prevention is the only cost-effective approach.”

FREDERICK KAPLAN, M.D.

“Osteoporosis: Pathophysiology and Prevention.

“Clinical Symposia, 39(1)87



Almost without exception, chiropractic adjustments of the cervical spine were found to be superior in terms of reducing tension headache frequency, intensity, and improving function status of patients when compared to standard medical treatments.

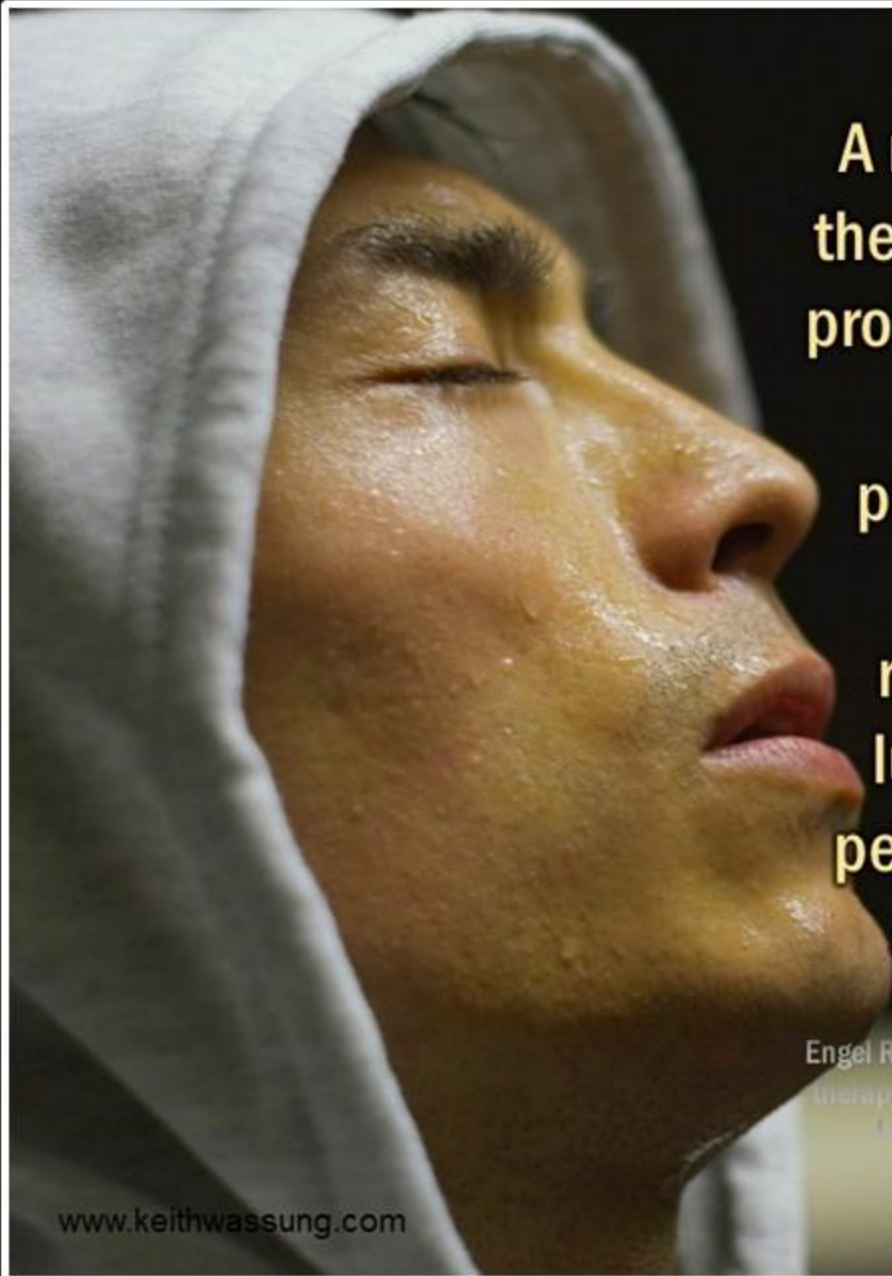
SPINE

Hurwitz EL, Aker PD, Adams AH

Manipulation and mobilization of the cervical spine.

Spine. 1996 Aug 1;21(15):1746-59;

www.keithwassung.com



A recent study demonstrated the effect of spinal adjustment procedures in the management of chronic obstructive pulmonary disease (COPD). 83% of the participants reported improvements in lung function and exercise performance following spinal adjustment procedures.

Engel R, Vemulpad S. The role of spinal manipulation, soft-tissue therapy, and exercise in chronic obstructive pulmonary disease. *J Altern Complement Med*. 2011 Sep;17(9):797-801.

www.keithwassung.com



“Good posture improves your overall health and appearance. Poor posture, on the other hand, promotes back pain and can affect the position and function of your abdominal organs, inhibit breathing and oxygen intake, and cause headaches. It may also affect mood.”

PSYCHOLOGICAL SCIENCE

Yap, A. Carney D. Cuddy A. Power Posing: Brief Nonverbal Displays Affect Neuroendocrine Levels and Risk Tolerance
Psychological Science. Sept. 2010

A recent clinical research study demonstrated that three months of chiropractic care in a group of older patients resulted in improvements in their sensory and motor functions that are important for falls risk, as well as improvement in the physical component of quality of life and activities of daily living.

JOURNAL OF MANIPULATIVE AND PHYSIOLOGICAL THERAPEUTICS
Holt, Kelly R et al, "Effectiveness of Chiropractic Care to Improve Sensorimotor Function Associated With Falls Risk in Older People: A Randomized Controlled Trial," JMPT





**“YOU ARE ONLY
AS YOUNG AS
YOUR SPINE IS
FLEXIBLE.”**

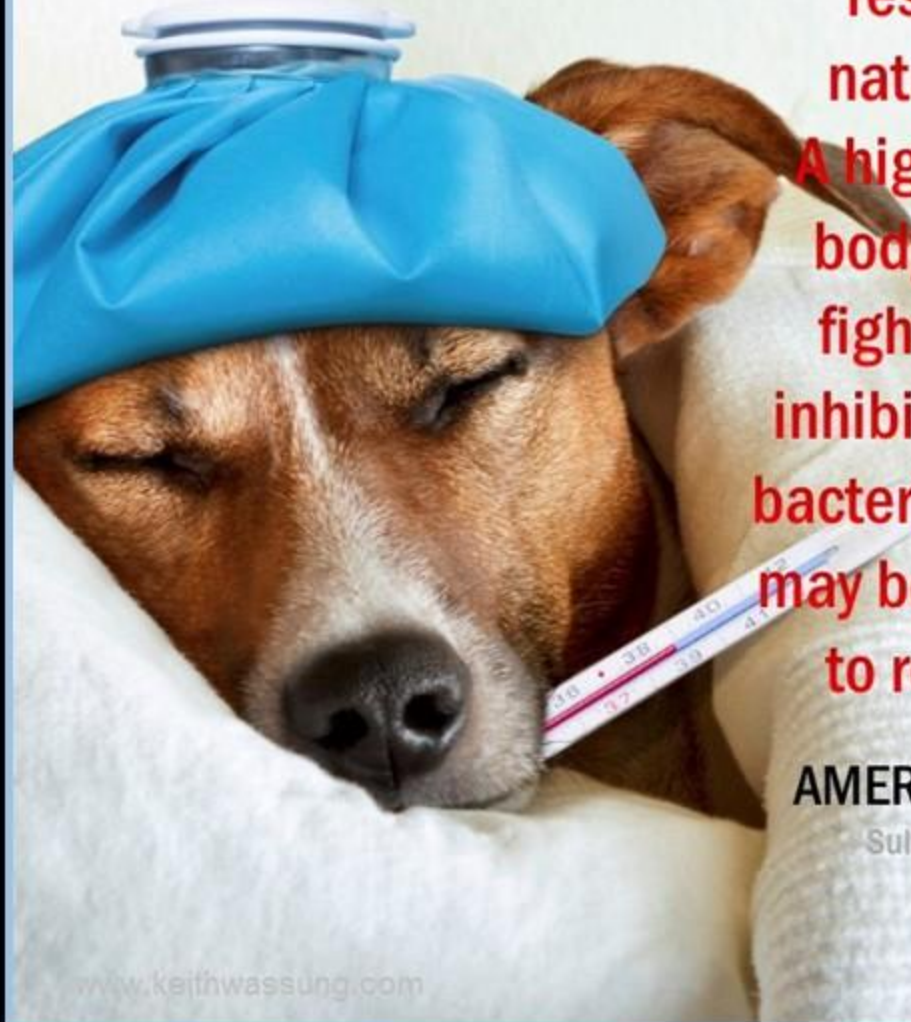
Joseph Pilates

www.keithwassung.com



**Your posture is a
direct reflection
of how well your
nervous system
is functioning.**

www.keithwassung.com

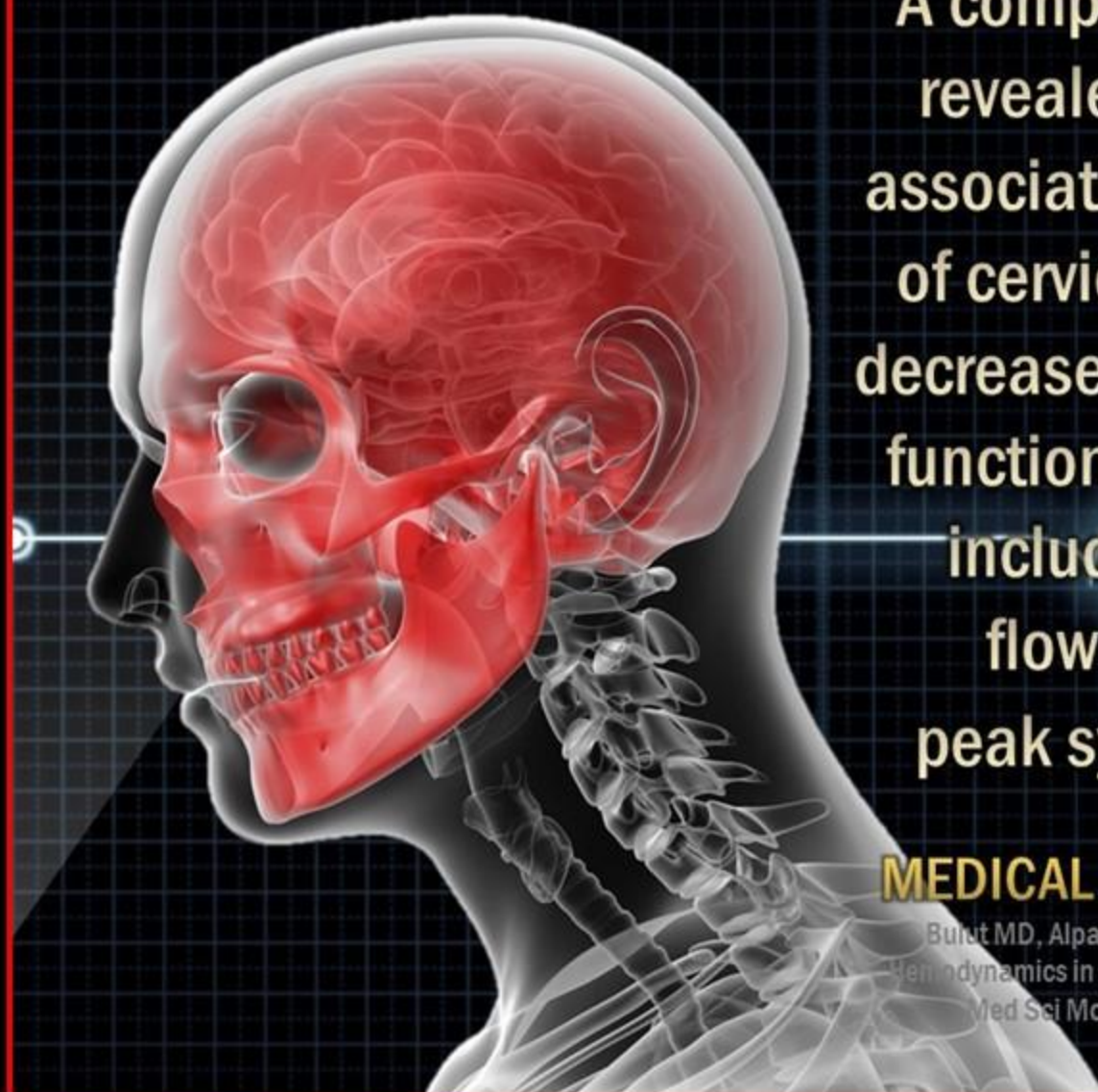


“Fever is the body’s normal response to infection, it’s a natural defense mechanism. A high temperature triggers the body’s production of infection fighting white blood cells and inhibits the growth of viruses and bacteria. If you lower the fever, you may be affecting the body’s ability to respond to that infection.”

AMERICAN ACADEMY OF PEDIATRICS

Sullivan, J. Fever and Antipyretic Use in Children
Pediatrics Mar.2011, Vol 127 #3

www.keithwassung.com



A comprehensive study revealed a significant association between loss of cervical lordosis and decreased vertebral artery function. The decreases included diameter, flow volume, and peak systolic velocity.

MEDICAL SCIENCE MONITOR

Bulut MD, Alpayci MD, Decreased Vertebral Artery Hemodynamics in Patients with Loss of Cervical Lordosis
Med Sci Monit. 2016 Feb 15;22:495-500.



A recent study was performed to determine the effect of Chiropractic on brain glucose metabolism. Pre and post brain scanning was performed on each participant. The results of this study indicates that Chiropractic can improve regional cerebral glucose metabolism related to sympathetic relaxation and pain reduction with all of the participants reporting lower stress levels and better quality of life as the result of Chiropractic.

Ogura T1, Tashiro M, Masud M, Watanuki S, Shibuya K, Yamaguchi K, Itoh M, Fukuda H, Yanai K. Cerebral metabolic changes in men after chiropractic spinal manipulation for neck pain. *Altern Ther Health Med*. 2011 Nov-Dec;17(6):12-7.

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Carbon 6 C 12.0107	Hydrogen 1 H 1.00794	Iridium 77 Ir 192.217	Oxygen 8 O 15.9994	Phosphorus 15 P 30.973762	Radium 88 Ra [226]	Carbon 6 C 12.0107	Titanium 22 Ti 47.867	Carbon 6 C 12.0107
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**GET YOUR SPINE CHECKED
PERIODICALLY. IT IS AN
IMPORTANT ELEMENT
OF HEALTH.**

www.keithwassung.com

“The body has a super wisdom that is in favor of life, rather than death. This is the power that we depend on for life. All doctors are responsible for letting their patients know of this great force working within them.”

DR. RICHARD CABOT
HARVARD MEDICAL SCHOOL



GOOD THINGS
COME TO
THOSE WHO ~~WAIT.~~
GET ADJUSTED

www.kelthwassung.com



Steroids cause allergies and inflammation to disappear as if by magic. In fact, the magic is nothing more than direct suppression of the immune system. Steroids are toxic, cause dependence, suppress, rather than cure disease, and reduce the chance of healing by natural treatment. Moreover, they weaken immunity."

ANDREW WEIL, M.D.



www.keithwassung.com



**“BACK SURGERIES FAIL
74% OF THE TIME.”**

SPINE

Nguyen, T. Randlh. SPINE (Phila Pa 1976) 2011 (Feb 15); 36 (4): 320-331

www.keithwaseung.com



**I SPENT THE LAST WEEK
RECOVERING FROM
BACK PROBLEMS. THE
PAIN WASN'T BAD BUT
THERE AREN'T ANY
CHIROPRACTORS ON
MARS, SO I WASN'T
TAKING ANY CHANCES.**

Astronaut Mark Watney



**“THE BRAIN IS THE
CENTRAL ORGAN
OF STRESS AND
ADAPTATION.”**

Bruce S. McEwen, Ph.D.

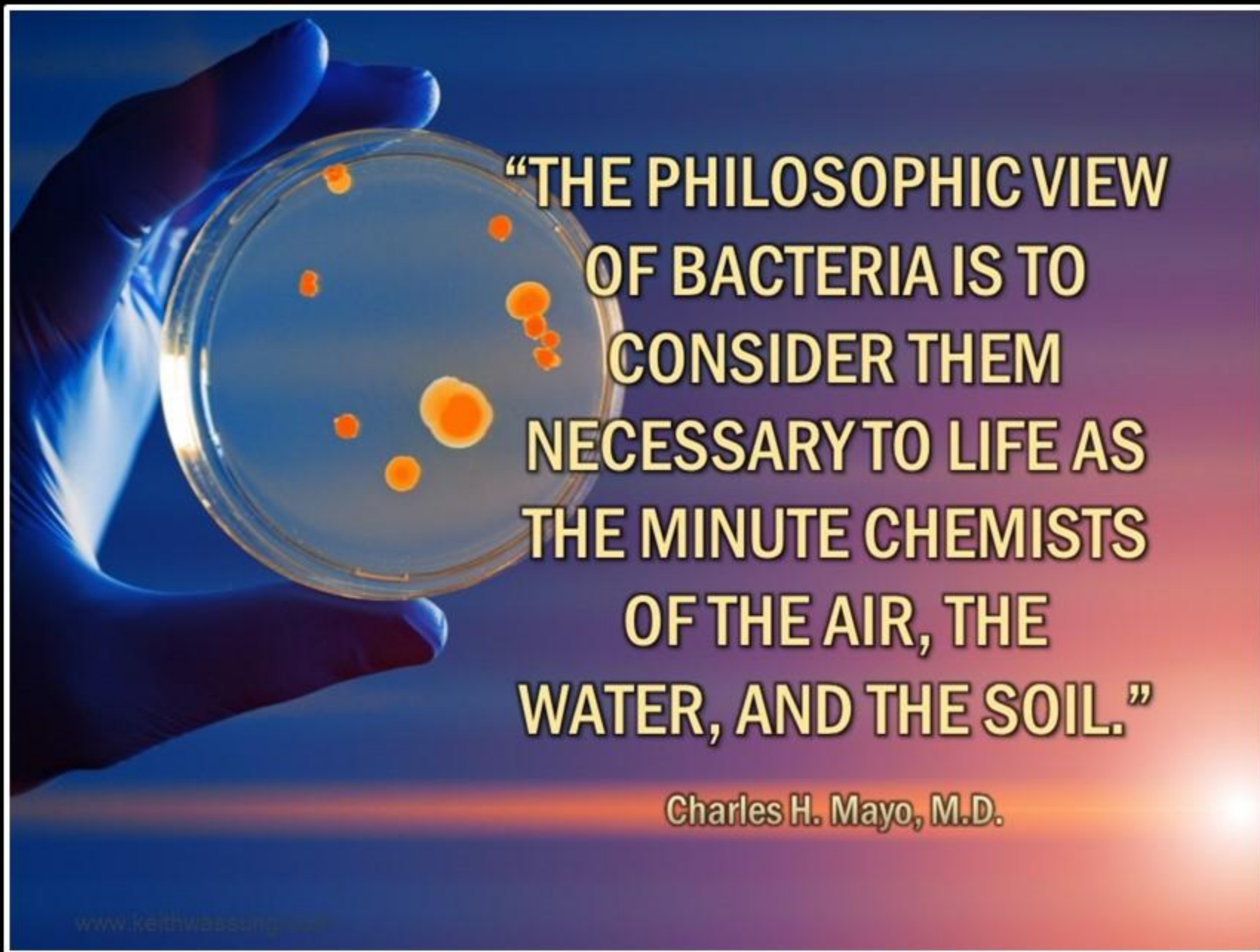
Neuroimage. 2009 Sep;47(3):911-3.



**“If any organ is deficiently
supplied with nerve
energy or of blood, it’s
functions immediately,
and sooner rather than
later it’s structures,
become deranged.”**

J. Evans Riadore

Irritation of the Spinal Nerves, 1843



**“THE PHILOSOPHIC VIEW
OF BACTERIA IS TO
CONSIDER THEM
NECESSARY TO LIFE AS
THE MINUTE CHEMISTS
OF THE AIR, THE
WATER, AND THE SOIL.”**

Charles H. Mayo, M.D.

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