

An average person spends up to 4 hours a day with their heads tilted forward reading and texting on their smart phones and hand held devices, amassing up to 1400 hours of excess, abnormal cervical spine stress per year.

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

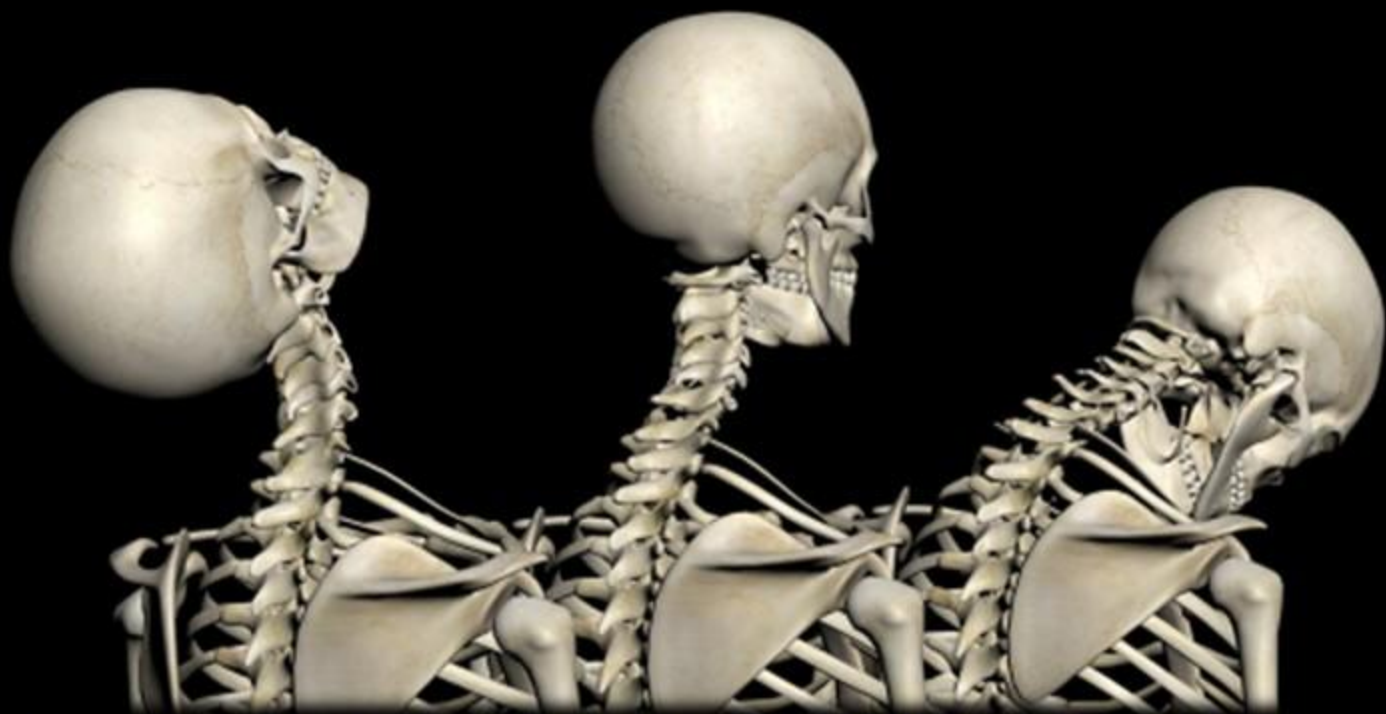


“A typical high school student may spend an extra 5,000 hours in poor posture per year due to cell phones and mobile devices.”

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

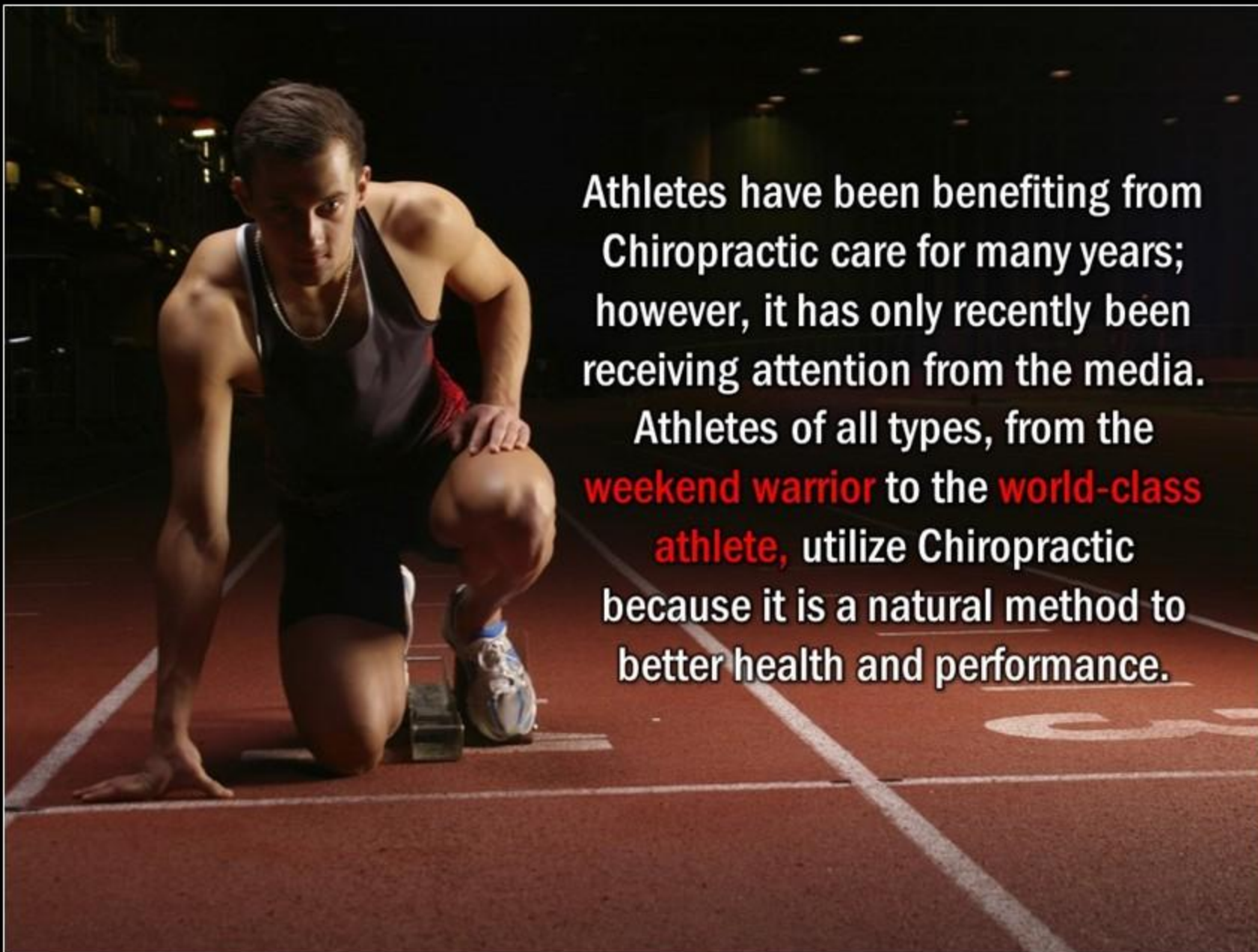




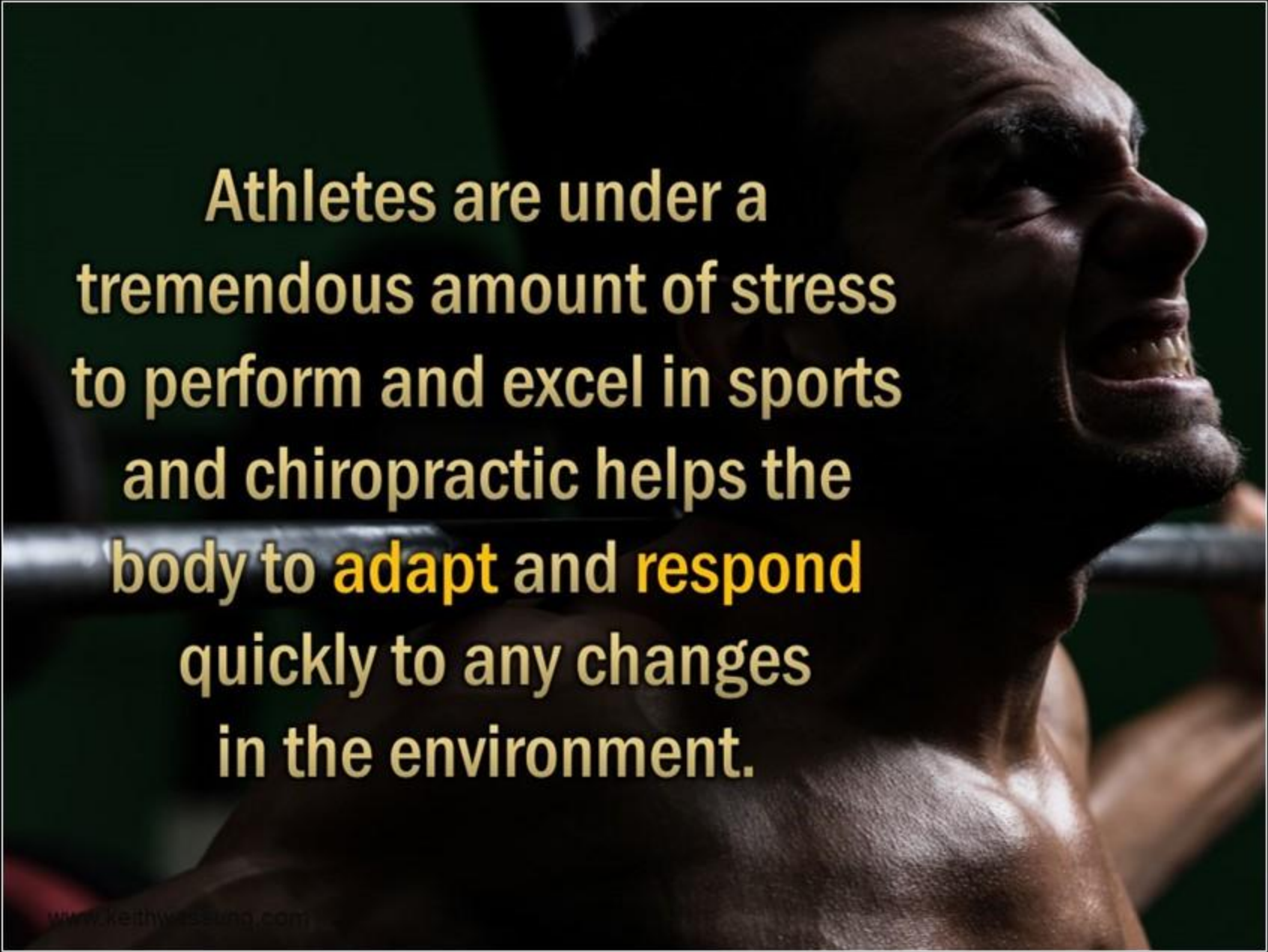
There is consistent evidence for hypersensitivity of the central nervous system to sensory stimulation in chronic pain after whiplash injury. Spinal cord hyperexcitability in patients with chronic pain after whiplash injury can cause exaggerated pain following low intensity nociceptive or innocuous peripheral stimulation. Spinal hypersensitivity may explain pain in the absence of detectable tissue damage.

JOURNAL OF FORENSIC AND LEGAL MEDICINE

Davis C. Mechanisms of chronic pain from whiplash injury. 2013 Feb;20(2):74-85 2012.05.004.



Athletes have been benefiting from Chiropractic care for many years; however, it has only recently been receiving attention from the media. Athletes of all types, from the **weekend warrior** to the **world-class athlete**, utilize Chiropractic because it is a natural method to better health and performance.



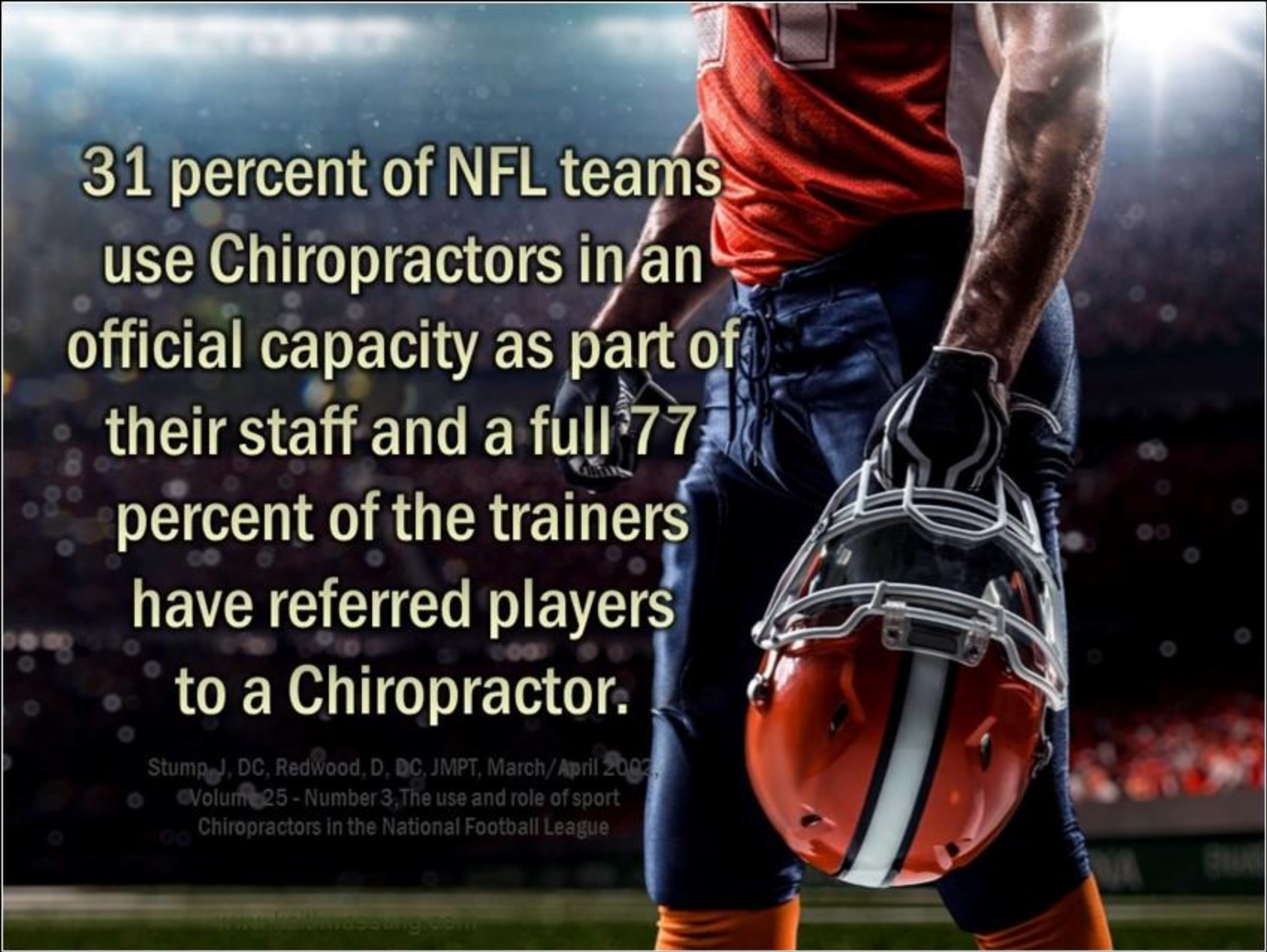
Athletes are under a
tremendous amount of stress
to perform and excel in sports
and chiropractic helps the
body to **adapt** and **respond**
quickly to any changes
in the environment.

www.keithyessling.com



**“I WOULD ESTIMATE THAT
AT LEAST 90% OF WORLD
CLASS ATHLETES USE
CHIROPRACTIC ON A
REGULAR BASIS TO
PREVENT INJURIES AND
TO IMPROVE THEIR
PERFORMANCE.”**

**Sean Atkins, Ph.D.
Exercise Physiologist**



**31 percent of NFL teams
use Chiropractors in an
official capacity as part of
their staff and a full 77
percent of the trainers
have referred players
to a Chiropractor.**

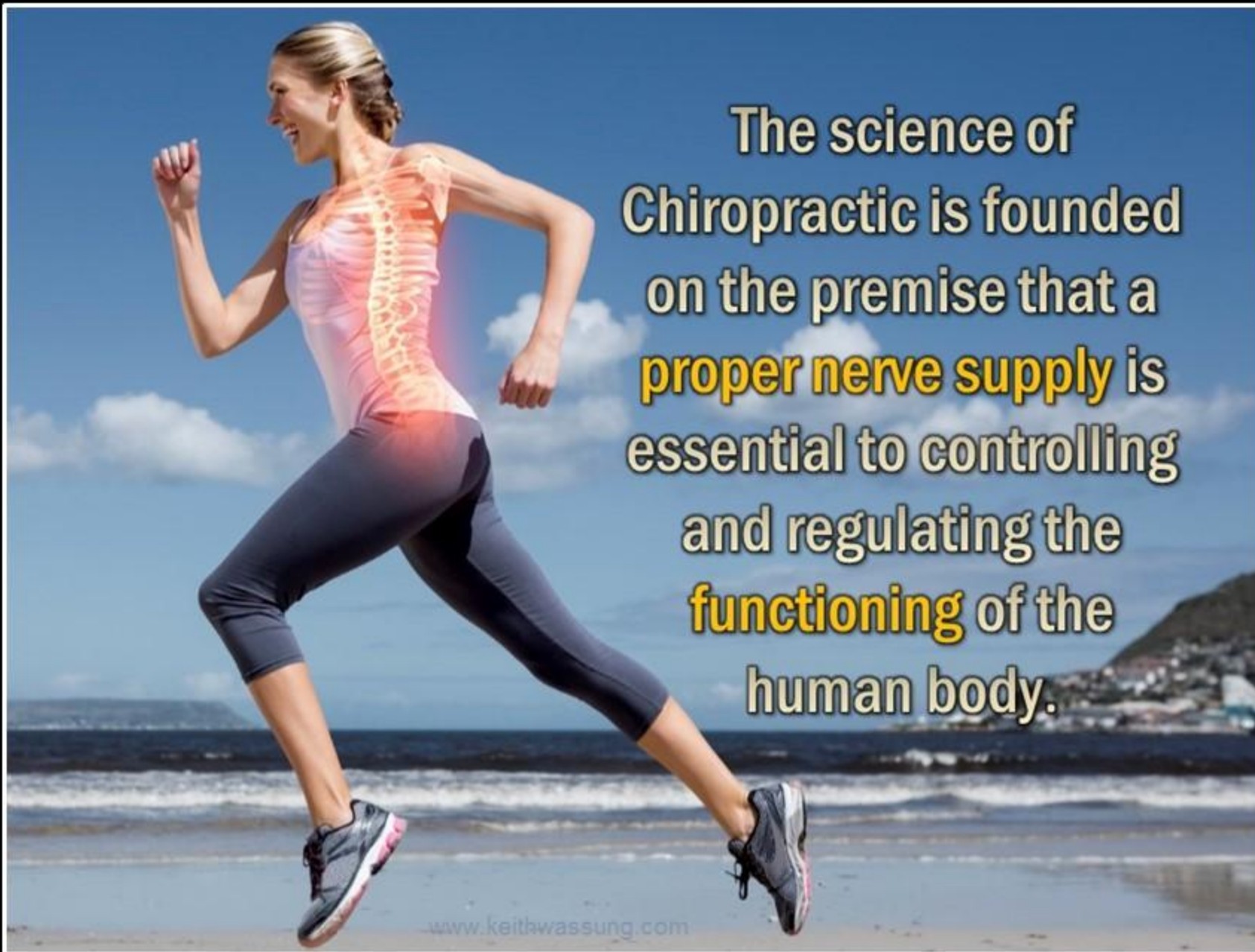
Stump, J, DC, Redwood, D, DC, JMPT, March/April 2007,
Volume 25 - Number 3, The use and role of sport
Chiropractors in the National Football League

www.fellowspring.com

**A survey of certified NFL trainers
revealed that 100% of them confirm
that players will use Chiropractic
without a referral from the
team medical staff.**

Stump, J, DC, Redwood, D, DC, JMPT, March/April 2002,
Volume 25 - Number 3, The use and role of sport
Chiropractors in the National Football League





The science of
Chiropractic is founded
on the premise that a
proper nerve supply is
essential to controlling
and regulating the
functioning of the
human body.

www.keithwassung.com

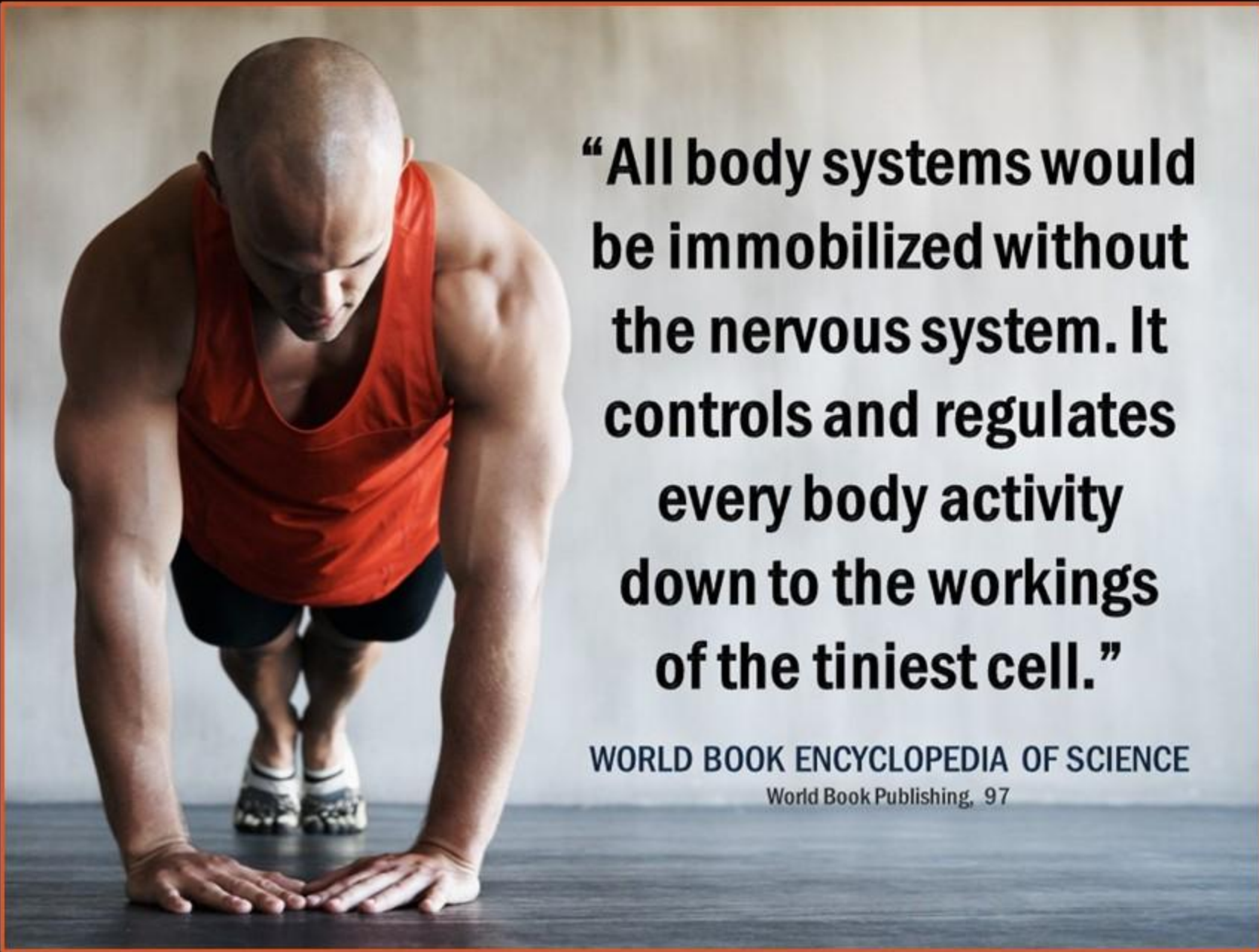


**“An intact nervous
system will
lead to optimum
functioning of
the human body.”**

DORLANDS MEDICAL TEXT

Elsevier-Sanders Publishing, 32d edition, 2012

www.kelthwassung.com



“All body systems would be immobilized without the nervous system. It controls and regulates every body activity down to the workings of the tiniest cell.”

WORLD BOOK ENCYCLOPEDIA OF SCIENCE

World Book Publishing, 97



When the spine is in its optimal structural position, the nerves are protected and optimal communication exists between the central nervous system and the rest of the body.

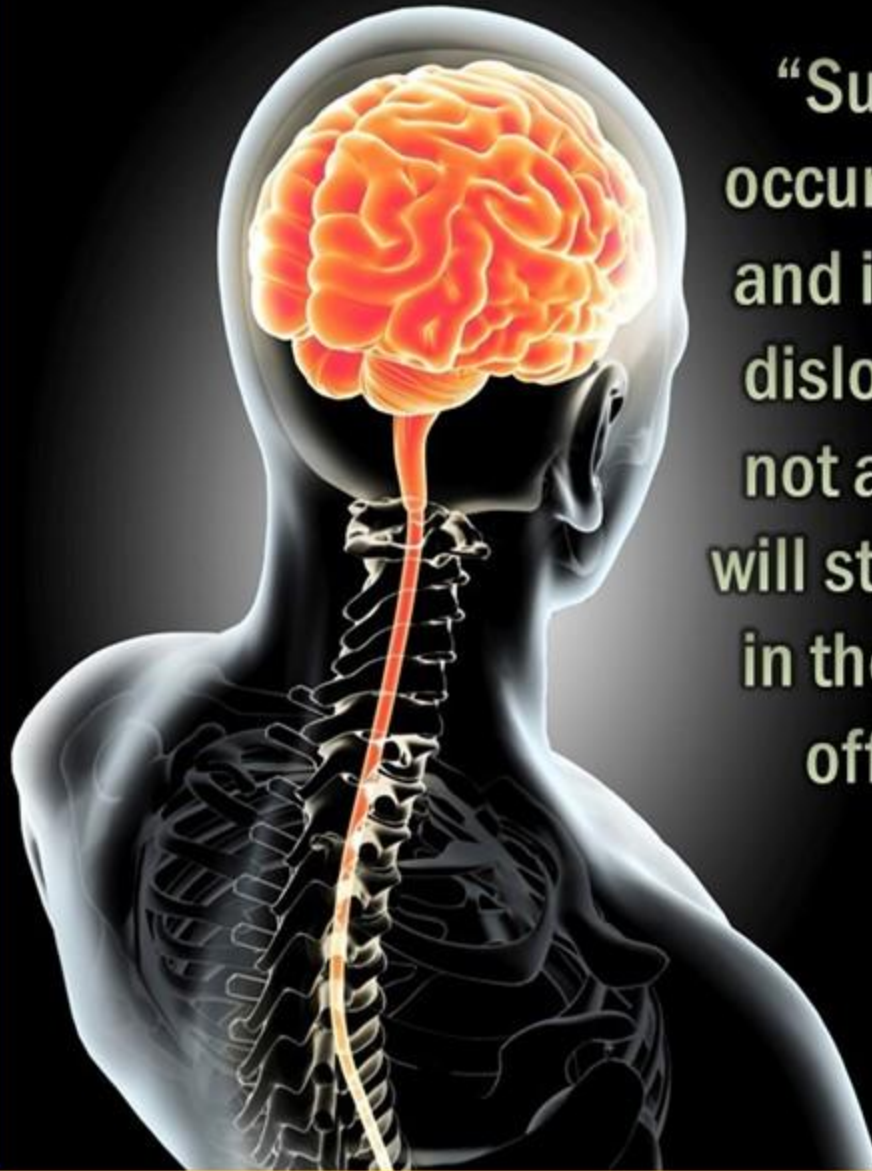
www.keithwashington.com

The vertebrae of the spine are susceptible to certain stresses and forces, which can cause them to lose their proper structural position.

These minor misalignments of the spine, referred to as subluxations, cause nerve interference and weaken the entire structure of the spine.



www.ForLifetimeWellness.com



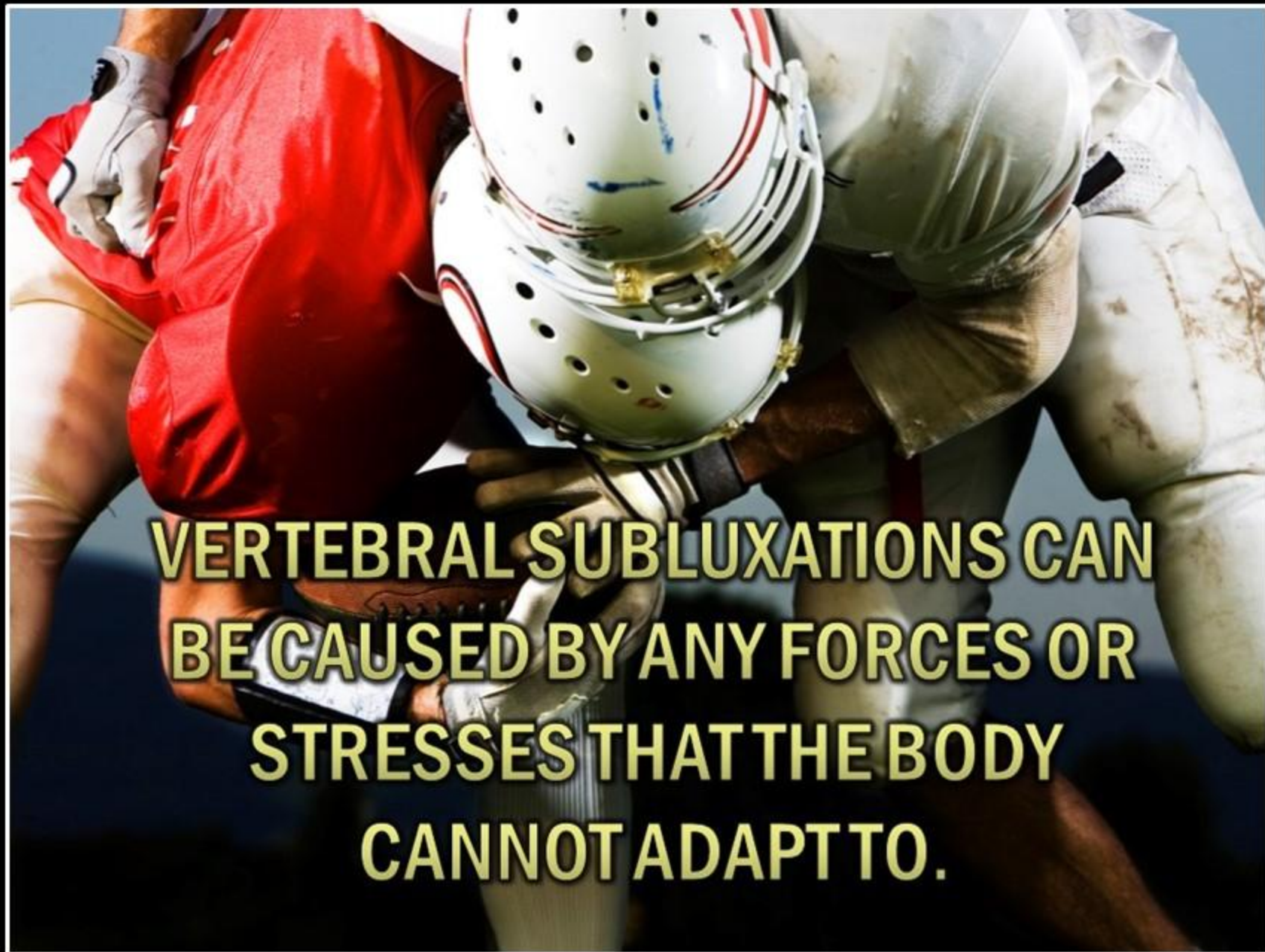
**"Subluxations of vertebra
occur in all parts of the spine
and in all degrees. When the
dislocation is so slight as to
not affect the spinal cord, it
will still produce disturbances
in the spinal nerves passing
off from the foramina."**

DR. JAMES WODDERSEE

Neurosurgeon

J. Surgical Treatment, p. 623

www.keithwassung.com



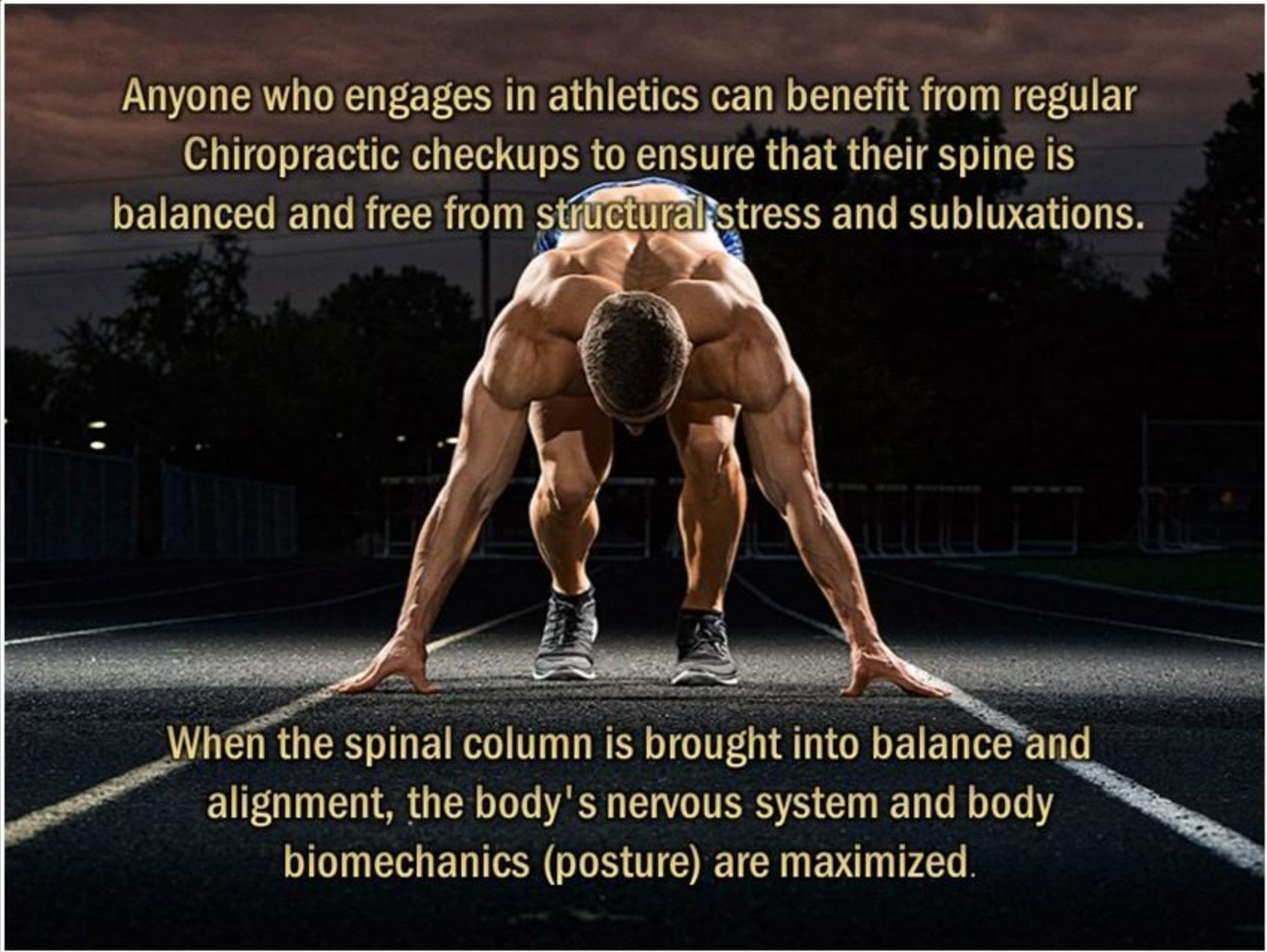
**VERTEBRAL SUBLUXATIONS CAN
BE CAUSED BY ANY FORCES OR
STRESSES THAT THE BODY
CANNOT ADAPT TO.**

**Organs supplied by
impinged nerves exhibit
pathological changes
and the more serious
the impingement,
the more serious
the damage.**

HENRY WINSOR, M.D.

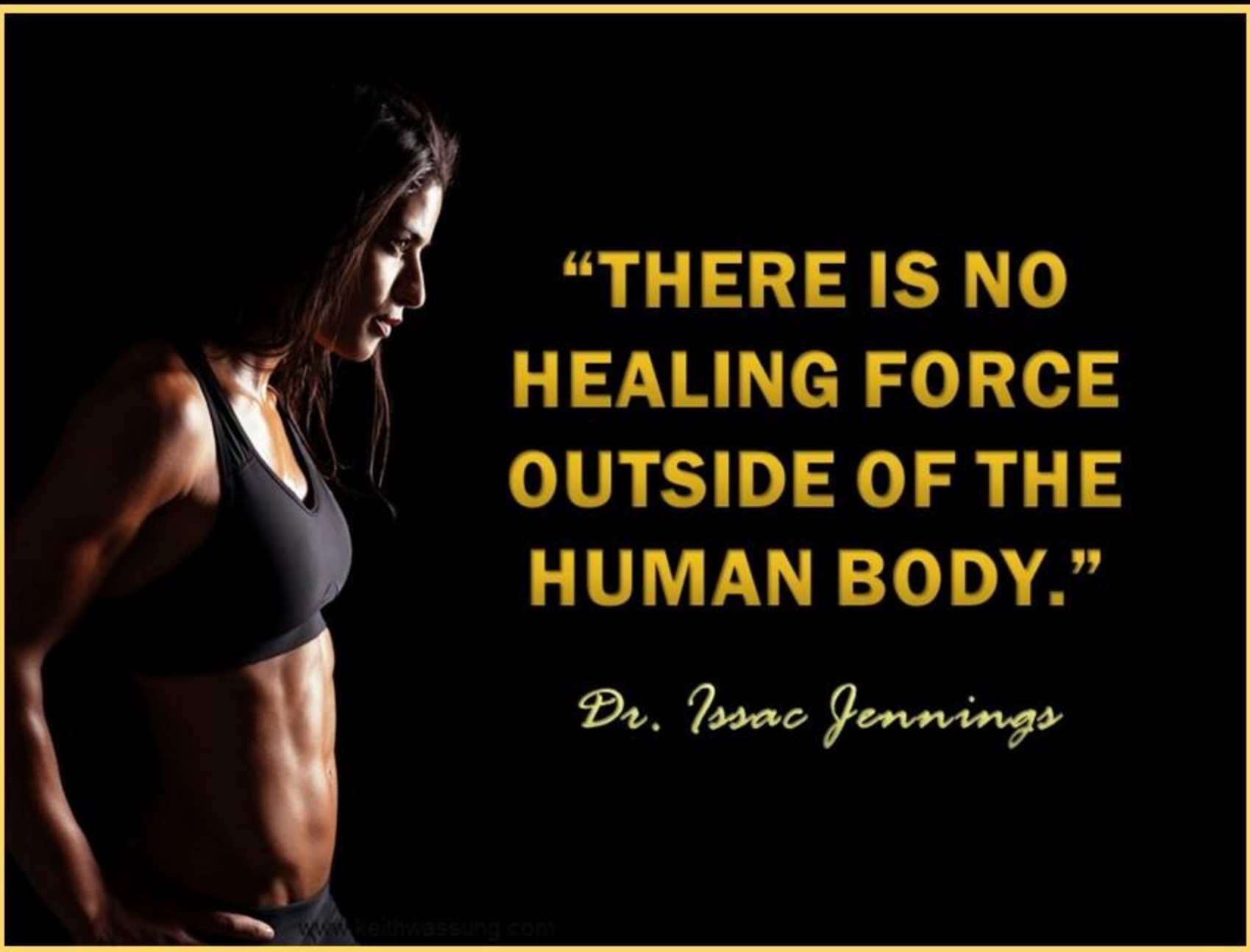
Leach, R. The Chiropractic Theories, p. 132
Williams & Wilkins, Baltimore, 1986



A muscular male athlete is shown from a rear perspective, in a starting crouch on a dark running track at night. He is wearing a blue singlet and grey sneakers. His hands are flat on the ground, and his feet are positioned under his hips. The background is dark with some distant lights and trees.

Anyone who engages in athletics can benefit from regular
Chiropractic checkups to ensure that their spine is
balanced and free from structural stress and subluxations.

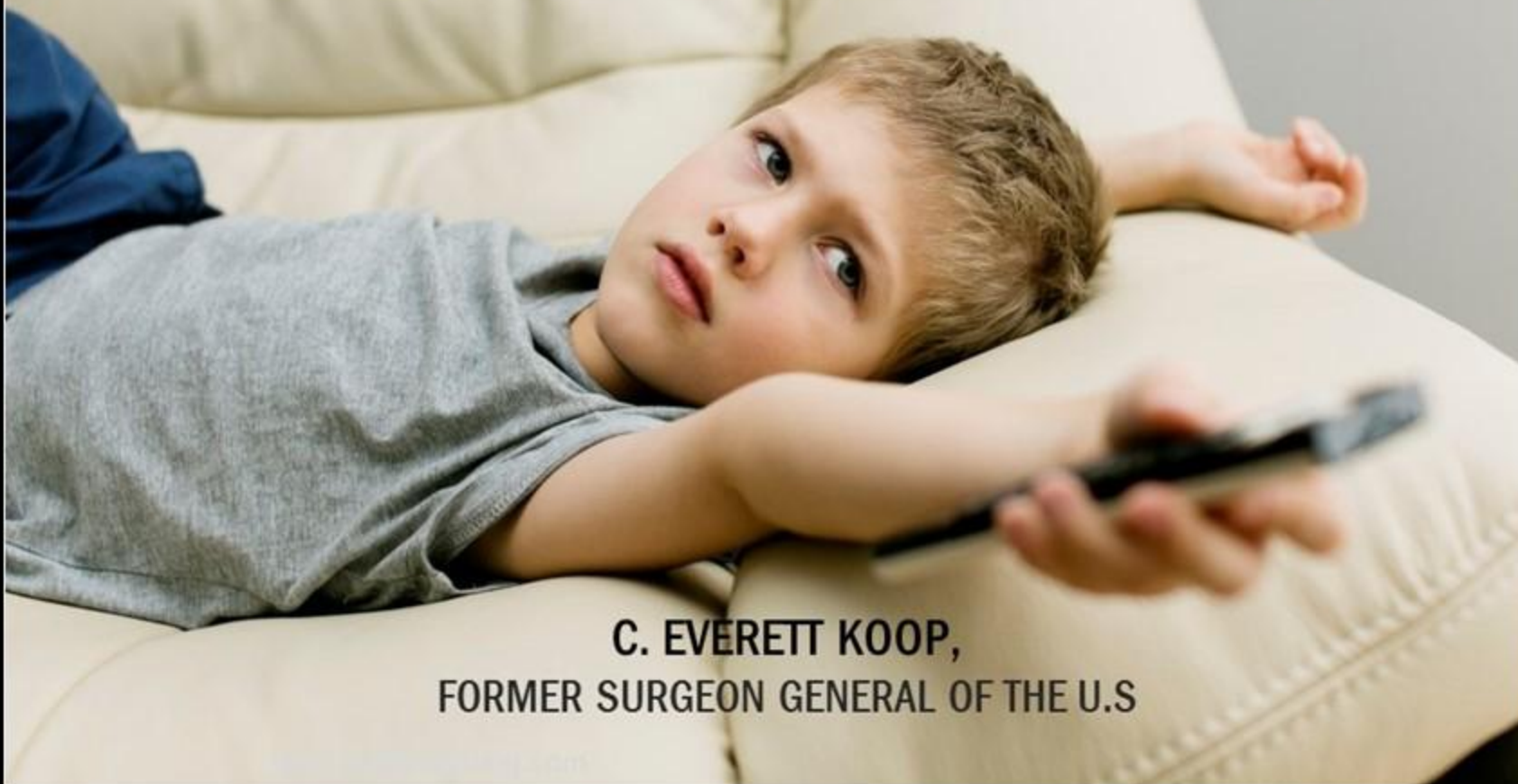
When the spinal column is brought into balance and
alignment, the body's nervous system and body
biomechanics (posture) are maximized.



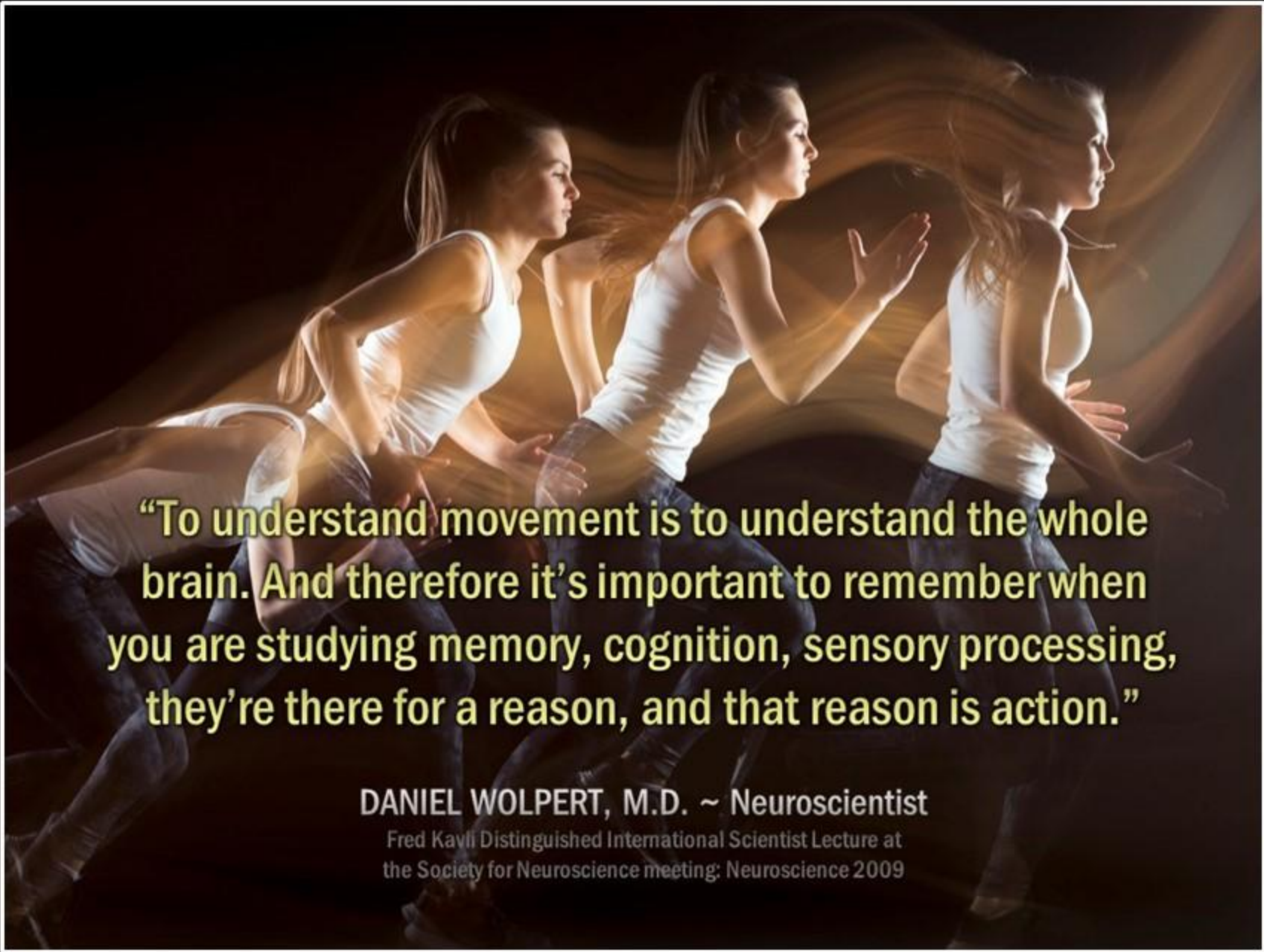
**“THERE IS NO
HEALING FORCE
OUTSIDE OF THE
HUMAN BODY.”**

Dr. Issac Jennings

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



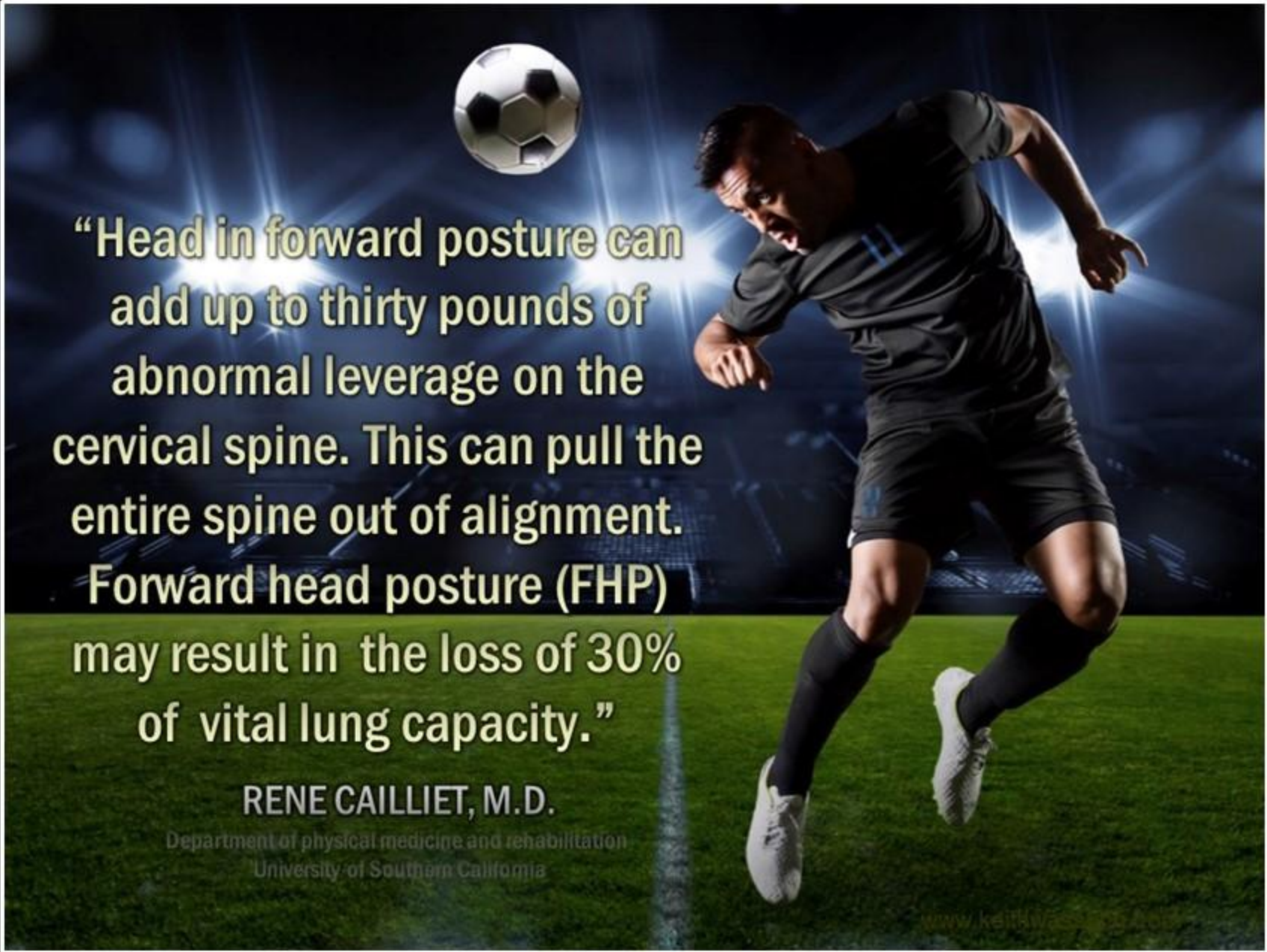
**C. EVERETT KOOP,
FORMER SURGEON GENERAL OF THE U.S**

A photograph of three women running from left to right in a dark environment. They are wearing white tank tops and dark pants. The lighting is dramatic, with strong highlights on their bodies and faces, creating a sense of motion and energy. The background is dark with some light streaks.

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

DANIEL WOLPERT, M.D. ~ Neuroscientist

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



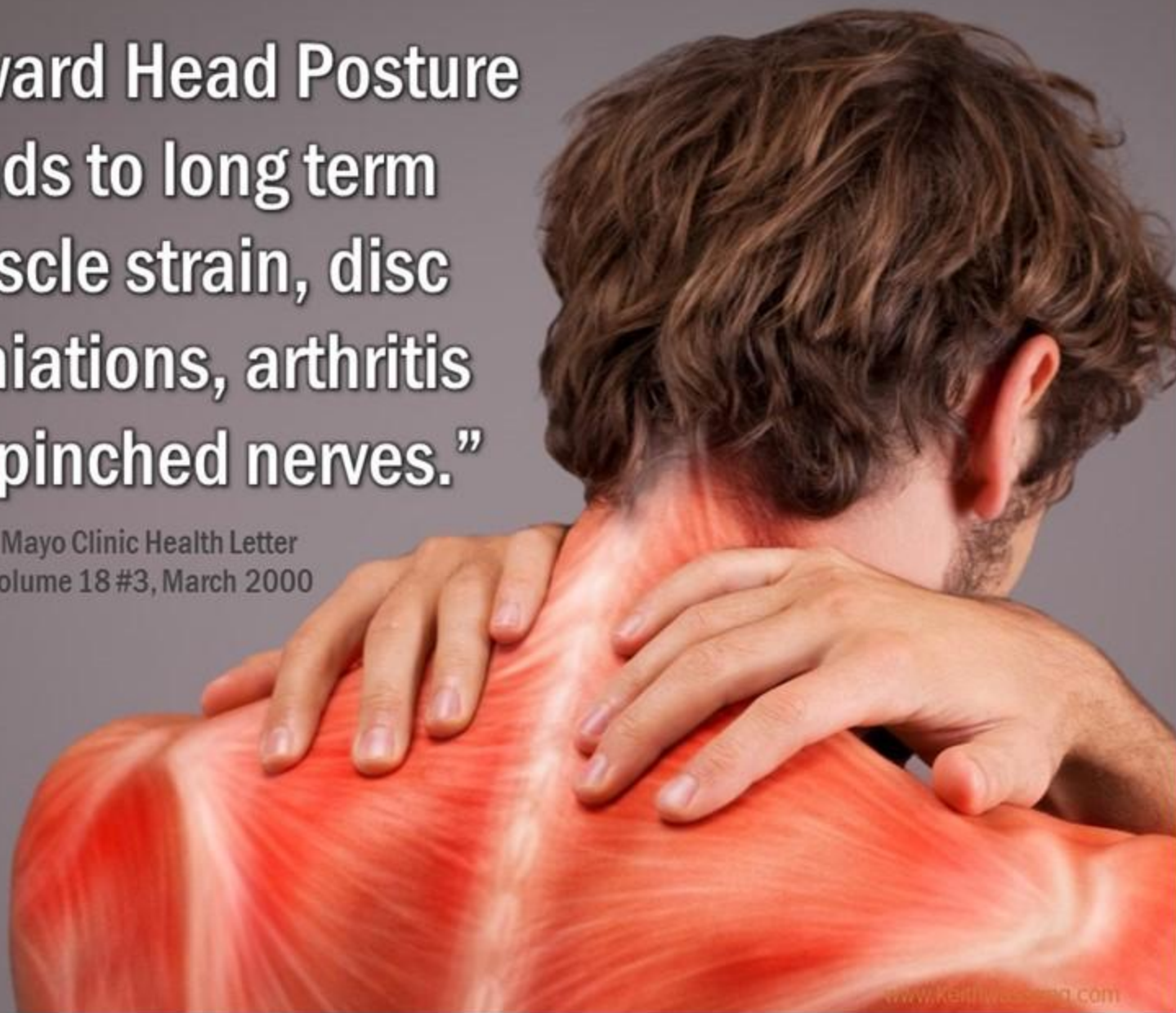
“Head in forward posture can add up to thirty pounds of abnormal leverage on the cervical spine. This can pull the entire spine out of alignment. Forward head posture (FHP) may result in the loss of 30% of vital lung capacity.”

RENE CAILLIET, M.D.

Department of physical medicine and rehabilitation
University of Southern California

**“Forward Head Posture
leads to long term
muscle strain, disc
herniations, arthritis
and pinched nerves.”**

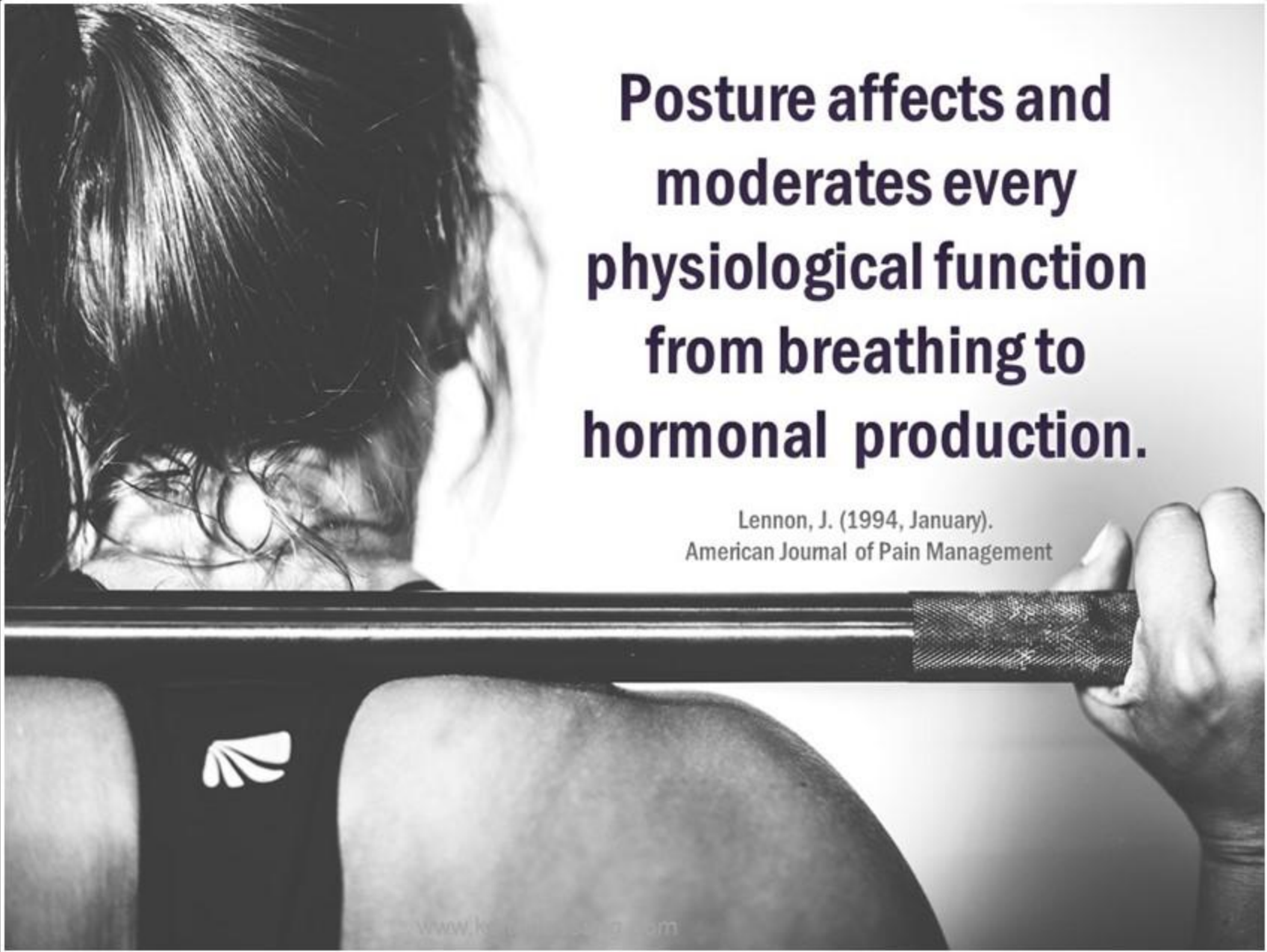
Mayo Clinic Health Letter
volume 18 #3, March 2000



**Homeostasis
and nervous
system function
are ultimately
connected
with posture.**

AMERICAN JOURNAL OF PAIN MANAGEMENT
Lennon, J. (1994, January). American Journal
of Pain Management





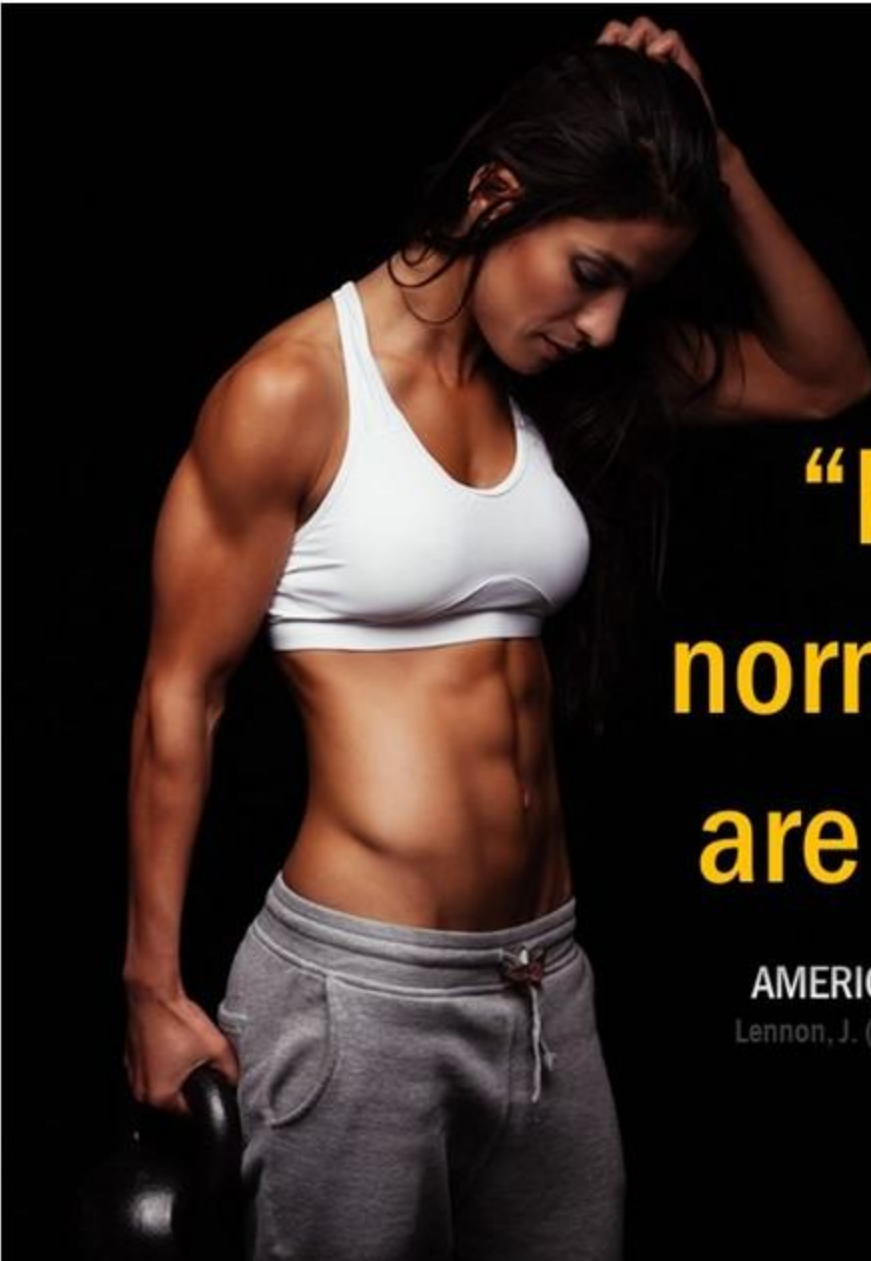
**Posture affects and
moderates every
physiological function
from breathing to
hormonal production.**

Lennon, J. (1994, January).
American Journal of Pain Management

Dr. John Ferguson

518.383.5595

www.ForLifetimeWellness.com



**“Posture and
normal physiology
are interrelated.”**

AMERICAN JOURNAL OF PAIN MANAGEMENT
Lennon, J. (1994, January). American Journal of Pain Management

www.keithwassberg.com

**“Postural strength
and coordination are
essential for injury
prevention and
sports performance.”**

THOMAS HARRIS, M.D.

The Sports Medicine Guide
Slawson Comm. 1989

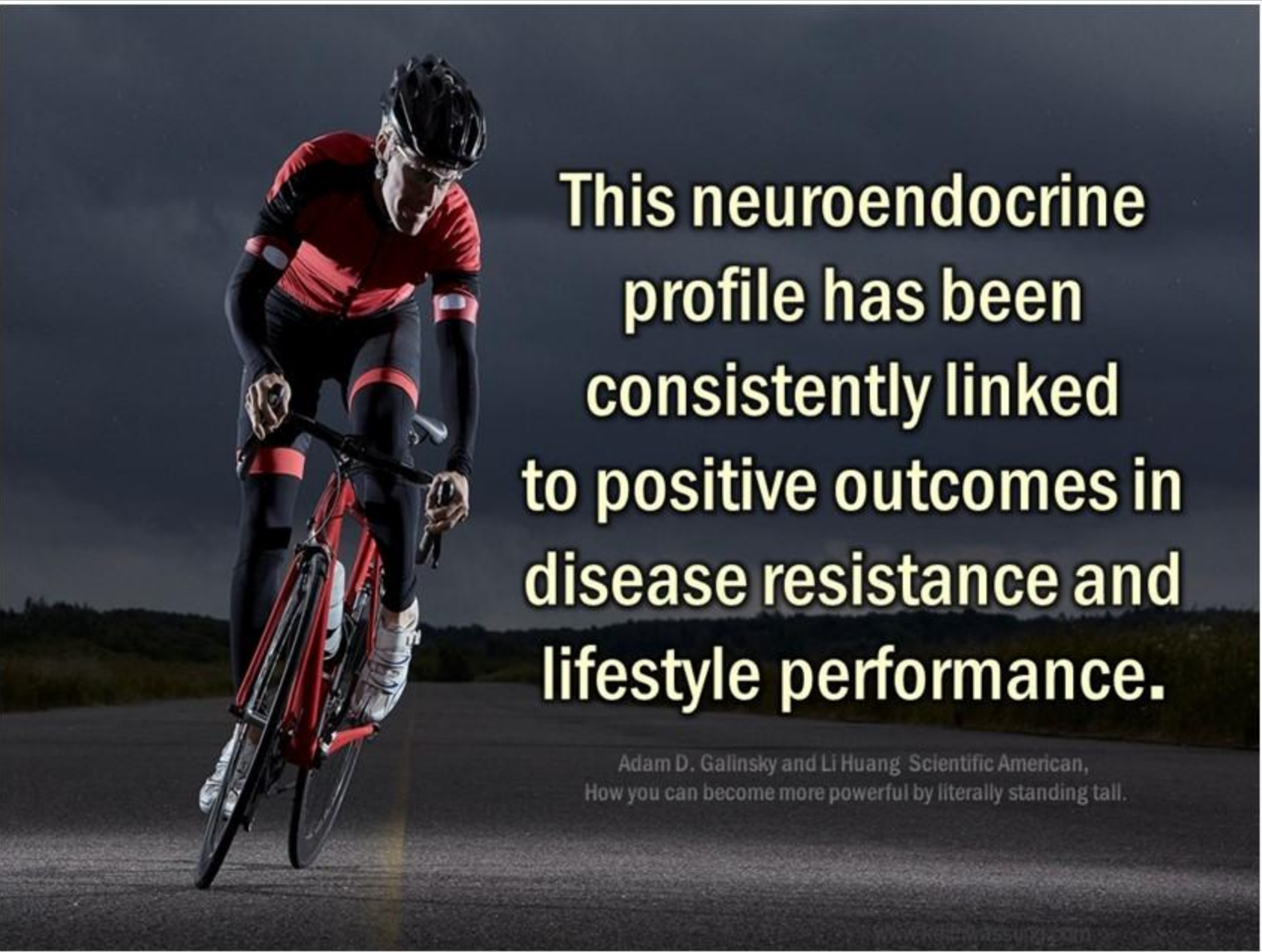
www.keithwassung.com



**A study at Columbia and Harvard demonstrated
that improved posture actually changed the
participants hormone levels resulting in
decreased cortisol and increased testosterone.**

Adam D. Galinsky and Li Huang Scientific American, Jan. 2011
How you can become more powerful by literally standing tall.



A cyclist wearing a red and black jersey, black shorts, and a black helmet is riding a red road bike on a paved path. The background is a dark, overcast sky with some distant hills visible. The cyclist is in a dynamic, forward-leaning position, suggesting speed and effort.

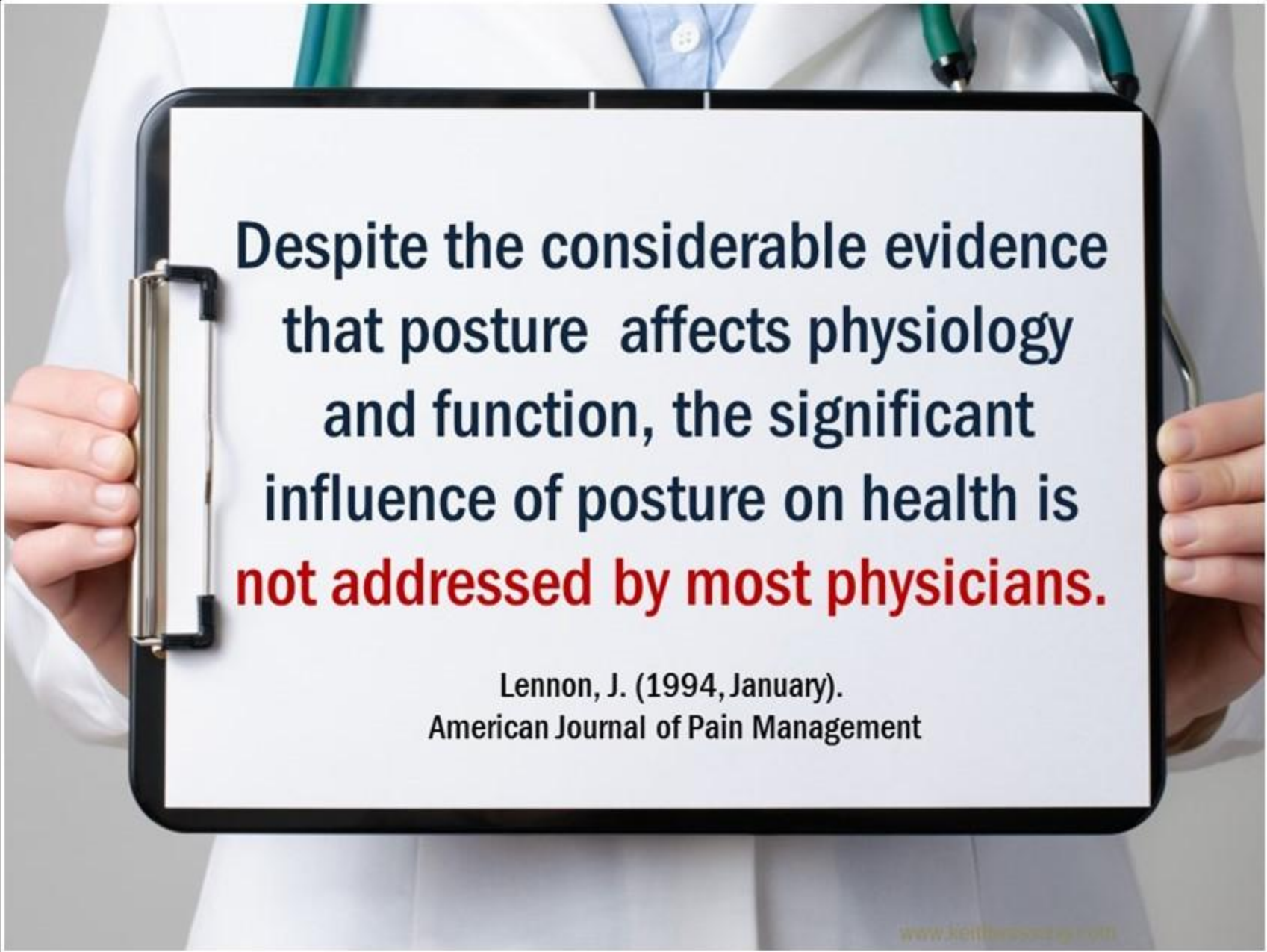
**This neuroendocrine
profile has been
consistently linked
to positive outcomes in
disease resistance and
lifestyle performance.**

Adam D. Galinsky and Li Huang Scientific American,
How you can become more powerful by literally standing tall.

Dr. John Ferguson

518.383.5595

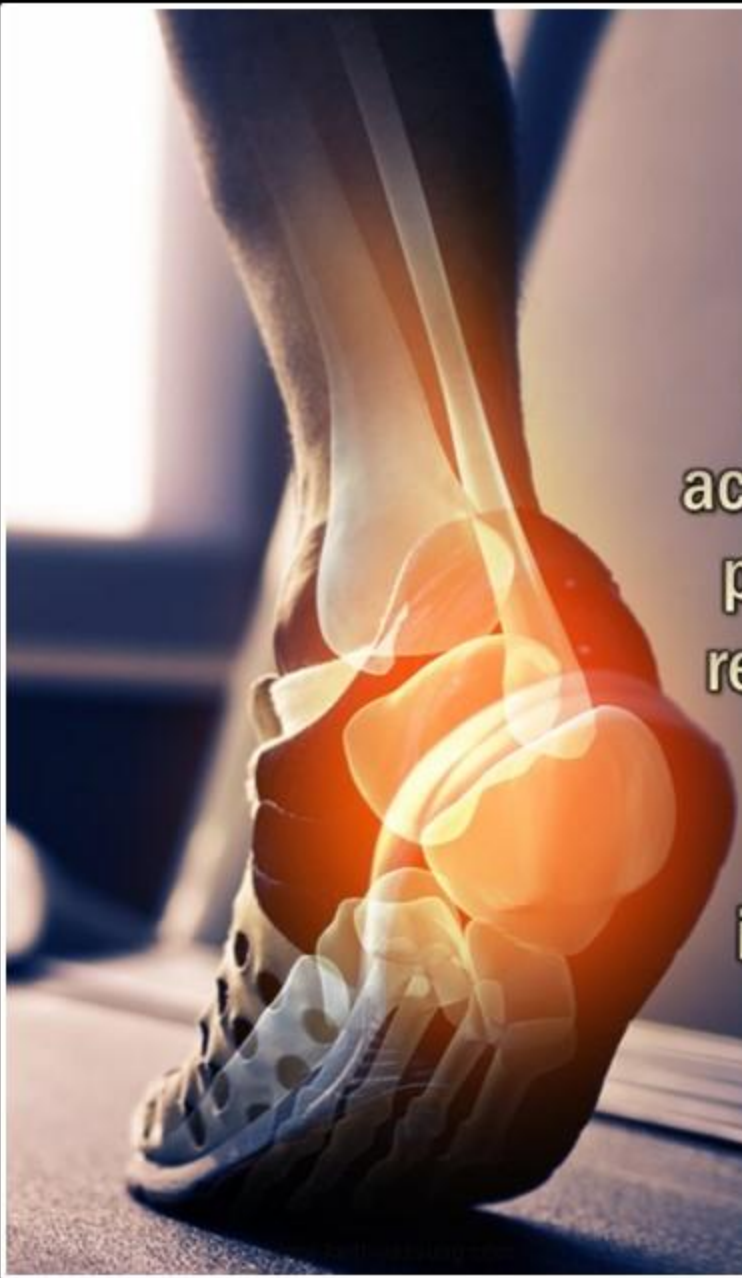
www.ForLifetimeWellness.com

A doctor in a white coat with a green stethoscope around their neck is holding a black clipboard. The clipboard has a white sheet of paper with text on it. The text is in a dark blue font, with the last sentence in red. The doctor's hands are visible holding the sides of the clipboard.

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

Lennon, J. (1994, January).
American Journal of Pain Management

www.kentwellness.com



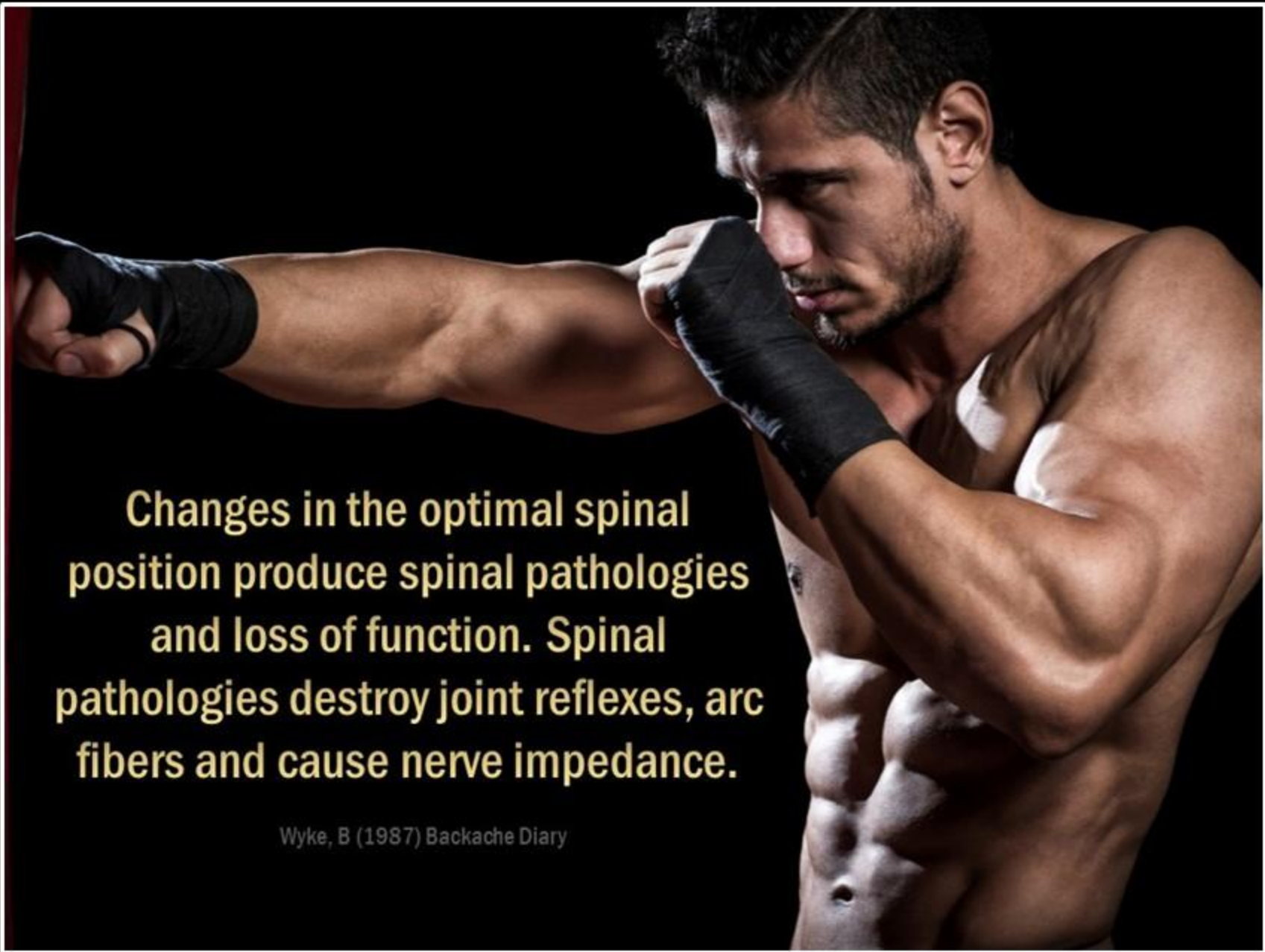
It is widely recognized that proprioceptive input from muscles, joints and other receptors is necessary for the accurate control of movement and posture. Loss of proprioception results in large systematic errors in multi-joint movements attributed, at least in part, to impaired motor programming.

JOURNAL OF NEUROPHYSIOLOGY

Saiburg, R. Poinzer, H. Ghez, C.

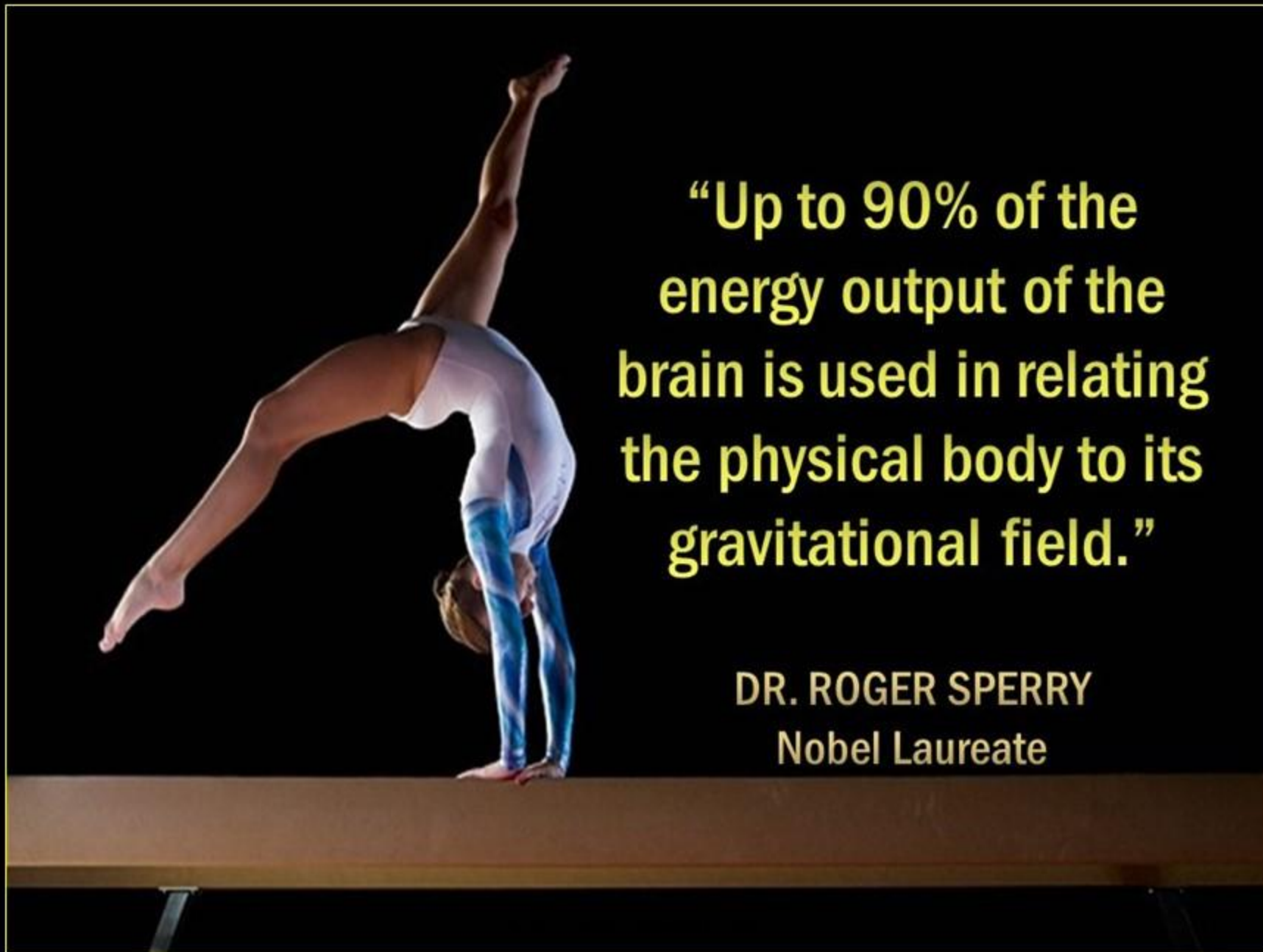
Loss of Proprioception Produces Deficits in Interjoint

Coordination Vol. 70, No. 5, November 1993.

A muscular man with dark hair and a beard is shown from the waist up, wearing black boxing gloves. He is in a boxing stance, with his right arm extended forward and his left arm bent near his face. He is wearing a white athletic top. The background is dark. Overlaid on the image is text in a yellowish-gold color.

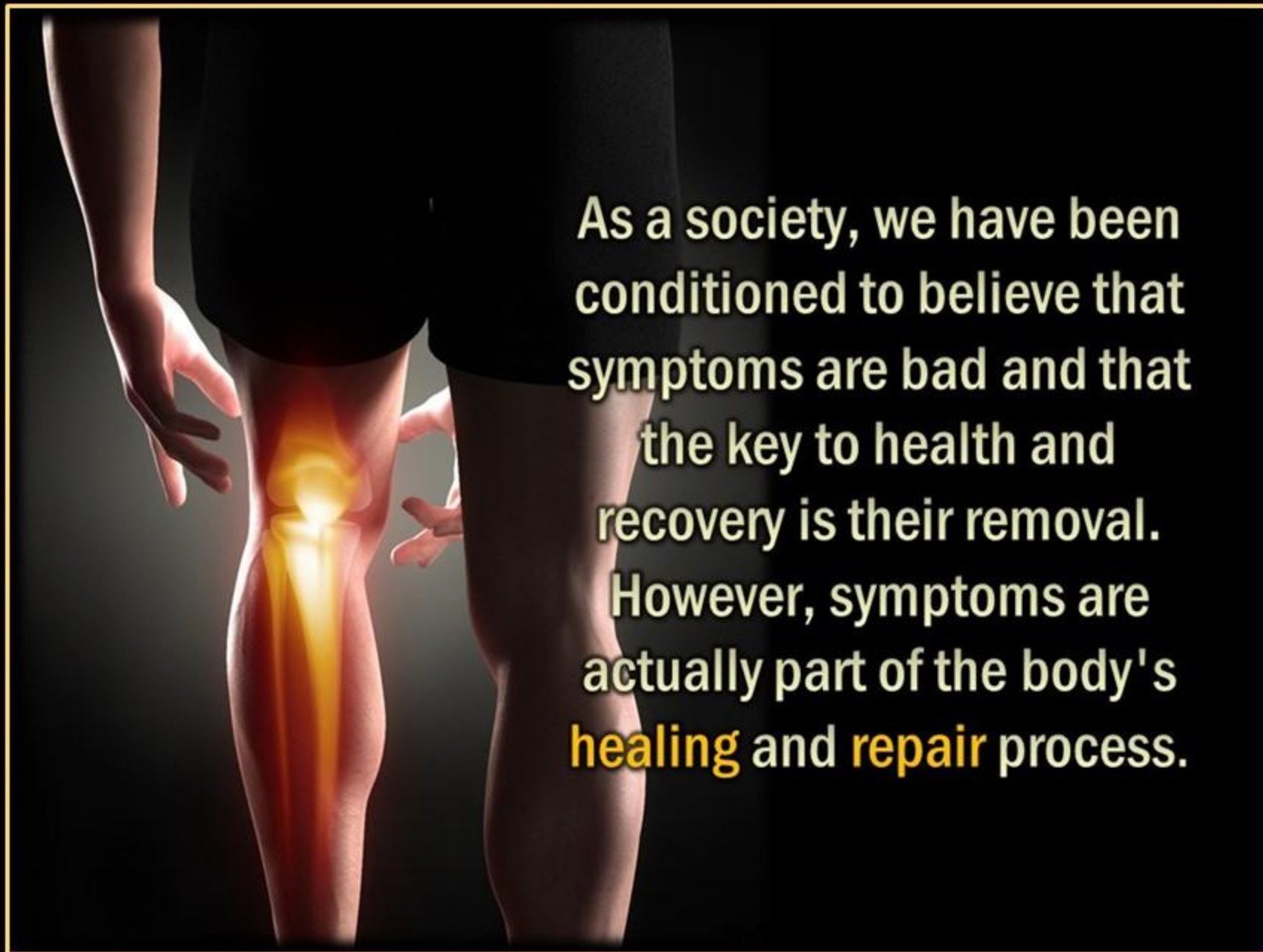
Changes in the optimal spinal position produce spinal pathologies and loss of function. Spinal pathologies destroy joint reflexes, arc fibers and cause nerve impedance.

Wyke, B (1987) Backache Diary

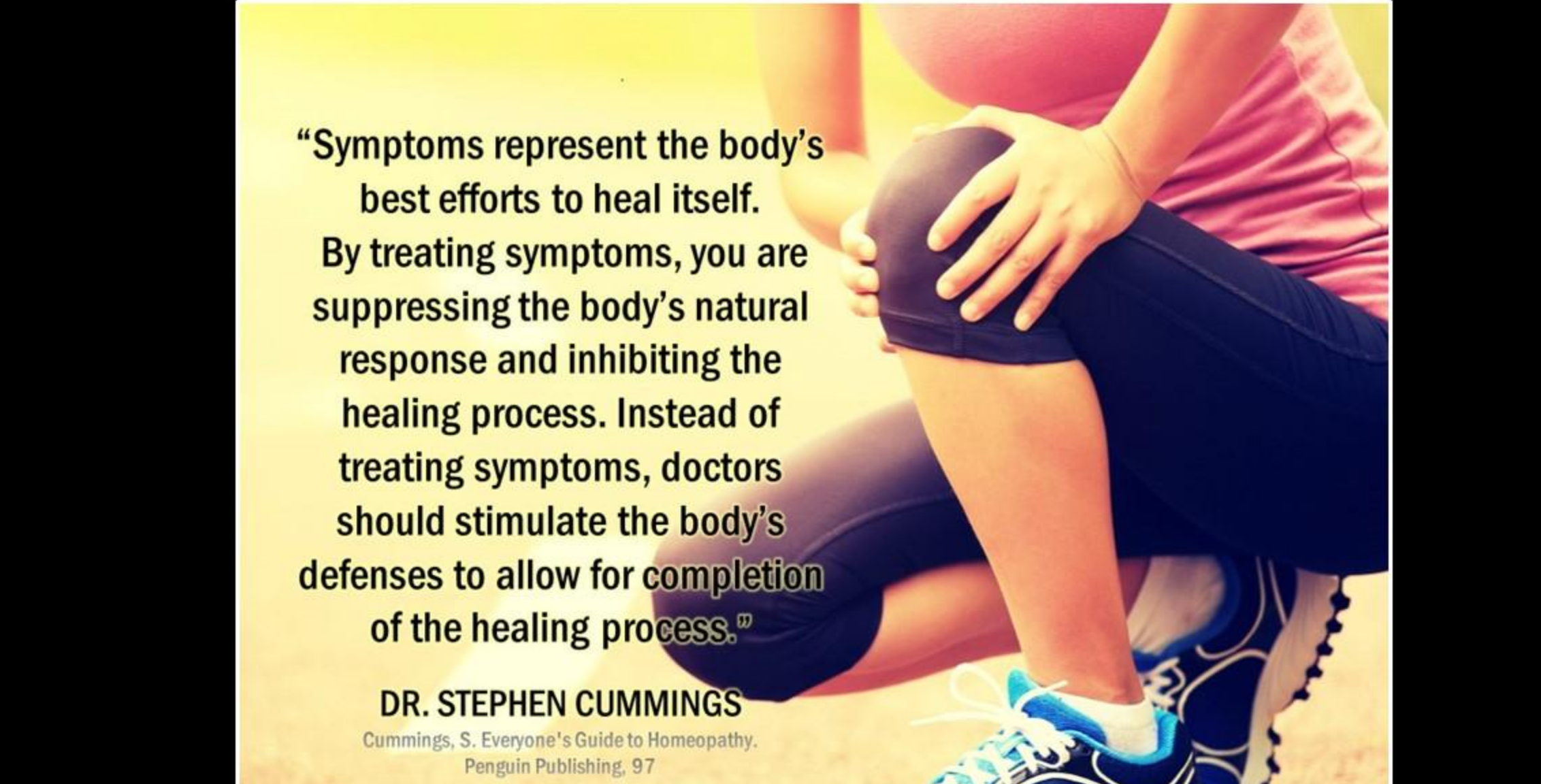


**“Up to 90% of the
energy output of the
brain is used in relating
the physical body to its
gravitational field.”**

DR. ROGER SPERRY
Nobel Laureate



As a society, we have been conditioned to believe that symptoms are bad and that the key to health and recovery is their removal. However, symptoms are actually part of the body's **healing** and **repair** process.



**“Symptoms represent the body’s
best efforts to heal itself.
By treating symptoms, you are
suppressing the body’s natural
response and inhibiting the
healing process. Instead of
treating symptoms, doctors
should stimulate the body’s
defenses to allow for completion
of the healing process.”**

DR. STEPHEN CUMMINGS

Cummings, S. *Everyone's Guide to Homeopathy*.
Penguin Publishing, 97

" Many treatments, compounds and medications claim to speed the rate of healing. I have not read a single scientific article that demonstrates that healing time can be increased artificially. You cannot beat nature. All doctors can do is to be very careful that they do not slow down the natural healing process. "

WILLIAM SOUTHMAYD, M.D.

Sports Health: The complete book of athletic injuries

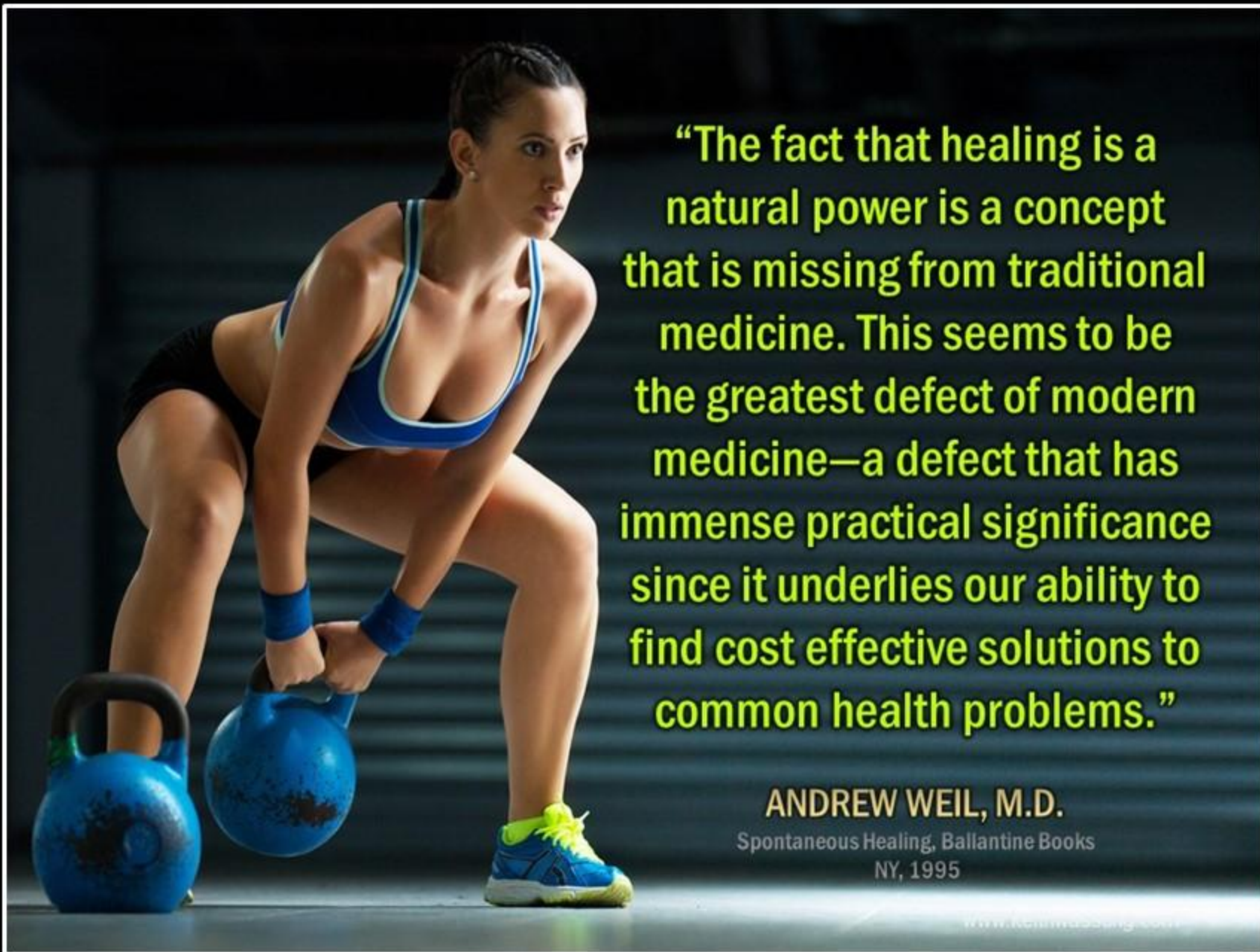
TarcherPerigee, 1989 p.35



Inflammation is one of the most important mechanisms of host defense since it marshals the attack on the injurious agent and leads to repair of the affected tissue.

Walters, L. The Cell Biology of Inflammation, p.138
WB Saunders and Co, Philadelphia



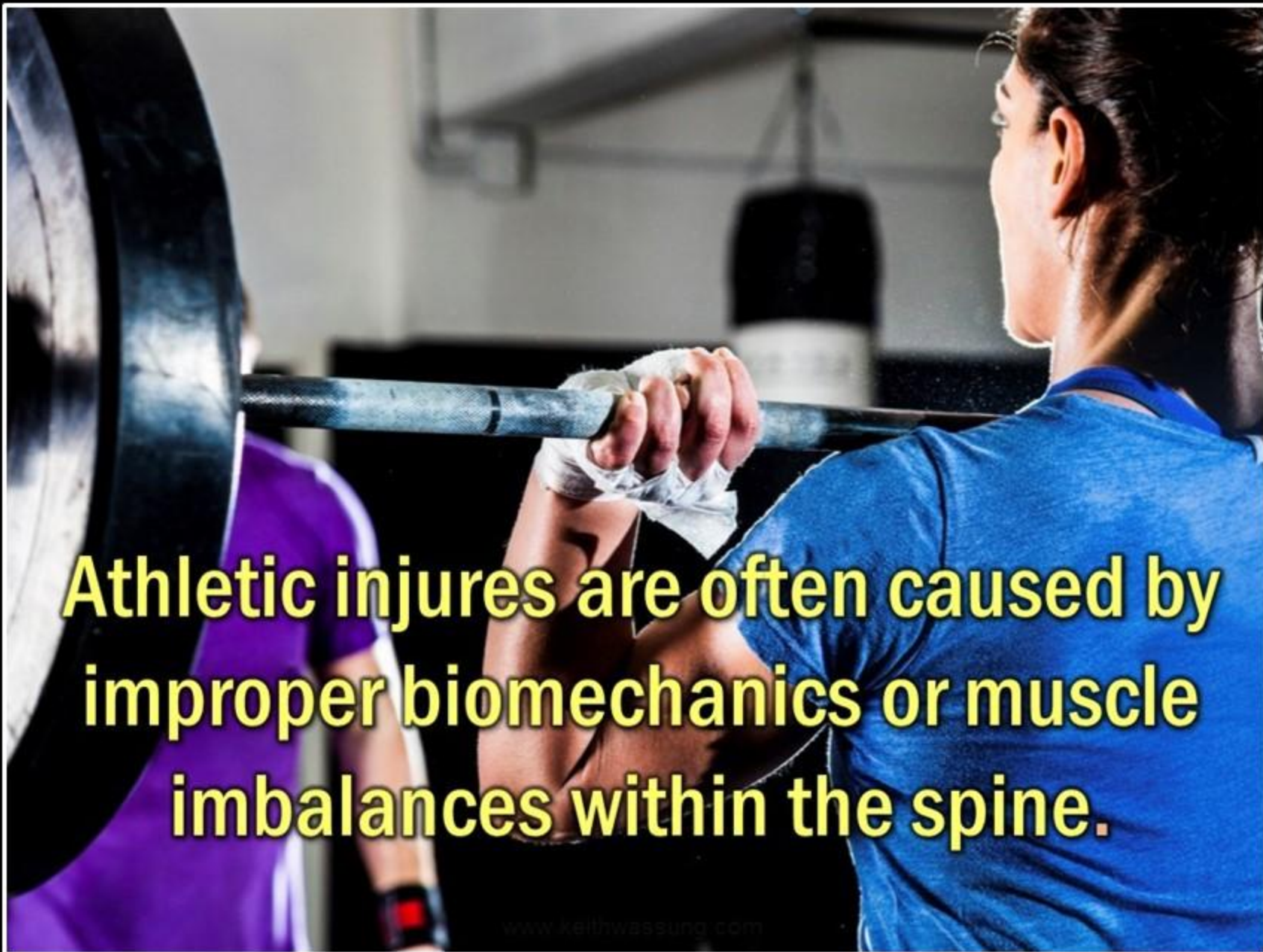


“The fact that healing is a natural power is a concept that is missing from traditional medicine. This seems to be the greatest defect of modern medicine—a defect that has immense practical significance since it underlies our ability to find cost effective solutions to common health problems.”

ANDREW WEIL, M.D.

Spontaneous Healing, Ballantine Books
NY, 1995

www.kellmassing.com

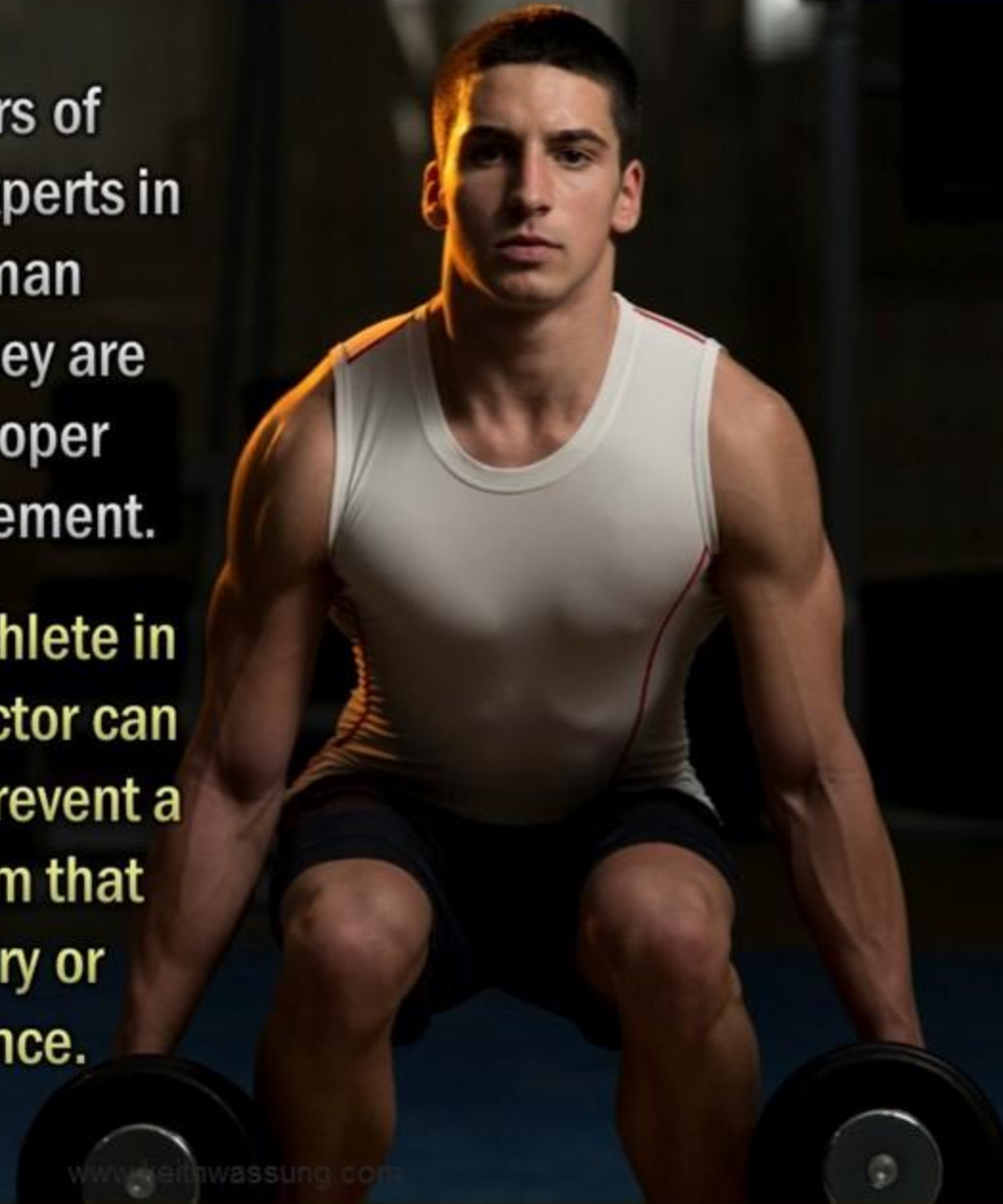


**Athletic injuries are often caused by
improper biomechanics or muscle
imbalances within the spine.**

www.keithwassung.com

Because Doctors of
Chiropractic are experts in
the field of human
biomechanics, they are
very aware of proper
posture and movement.

By observing an athlete in
action, a Chiropractor can
often detect and prevent a
structural problem that
can lead to injury or
poor performance.



In an average year, 25 million people visit a doctor for injuries that they suffer as a result of athletics. In professional sports, injury is the number one reason for early retirement. Overall, 67 billion dollars is spent each year for the treatment of athletic injuries.

U.S. News and World Report



Traditional medical professionals specialize in the management and care of fractures, dislocations, lacerations and damaged tendons and ligaments.

However, many athletes leave the hospital with as much spinal stress (subluxations) as they were suffering from when they entered.



www.keithwassung.com



There are essentially two categories that athletic injuries fall into: **acute** or **traumatic**, which is usually the result of a sudden impact or unseen force; and **repetitive overuse** such as swinging a racket or a golf club. In fact, virtually every workout results in micro-injuries as the body is torn down and then rebuilt through rest and recovery.

**Doctors of Chiropractic
focus on the entire
structure of the body
rather than just the
obviously injured part.
For this reason, they
can often detect and
help to prevent an injury
that might normally be
overlooked or ignored.**





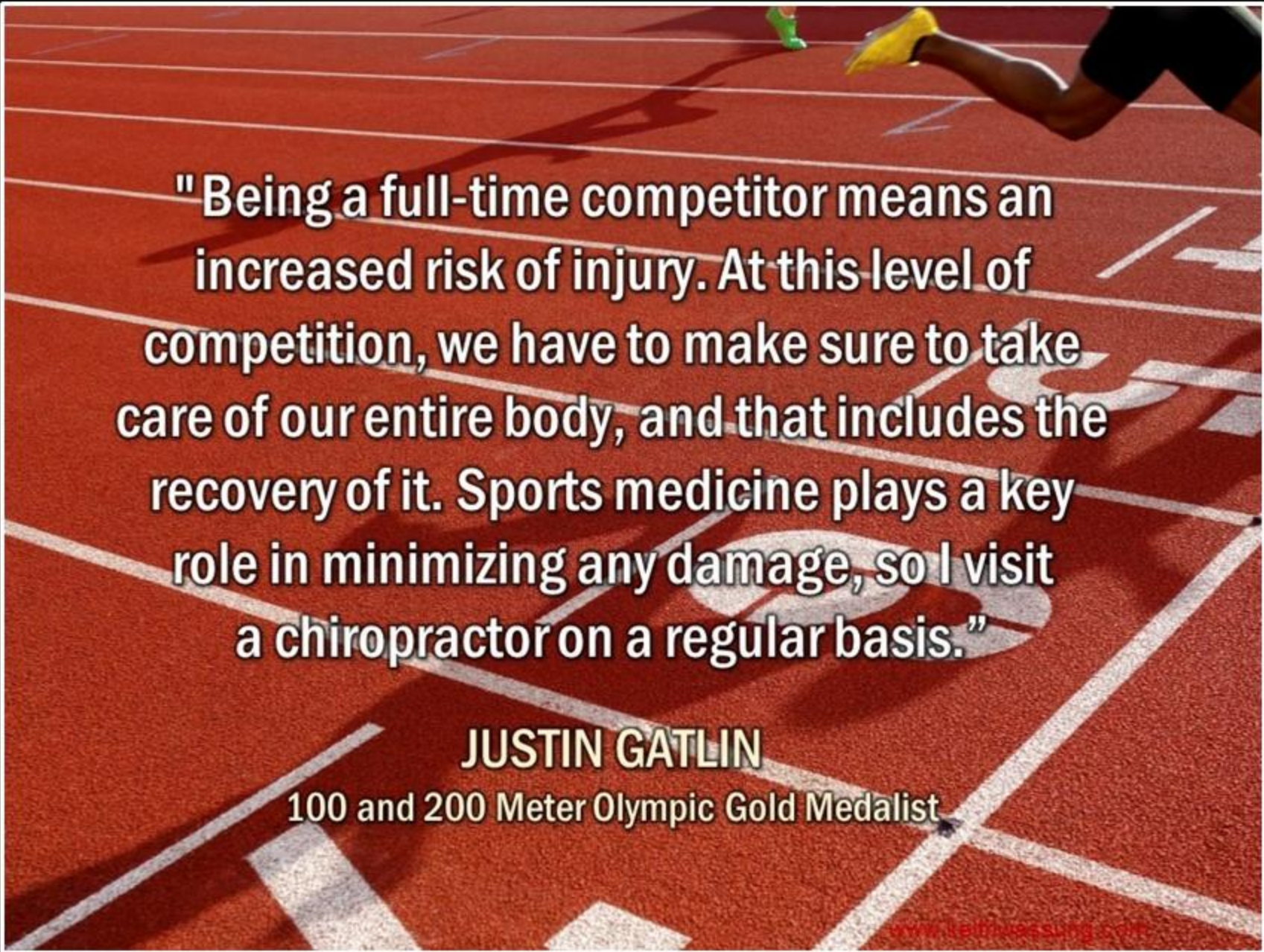
**Chiropractic has
helped thousands of
athletes, amateur and
professional overcome
an injury without
resorting to surgery.**

www.keithwassung.com

Dr. John Ferguson

518.383.5595

www.ForLifetimeWellness.com



"Being a full-time competitor means an increased risk of injury. At this level of competition, we have to make sure to take care of our entire body, and that includes the recovery of it. Sports medicine plays a key role in minimizing any damage, so I visit a chiropractor on a regular basis."

JUSTIN GATLIN

100 and 200 Meter Olympic Gold Medalist



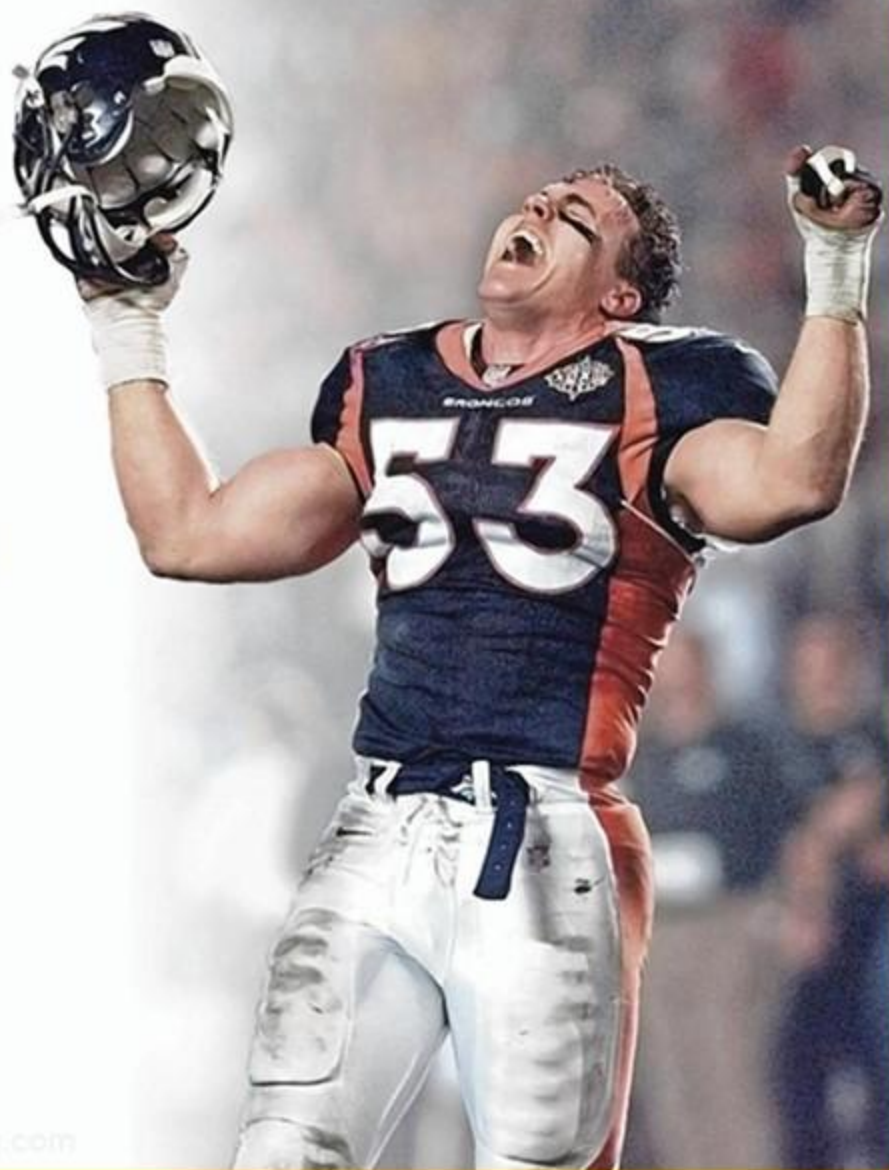
A Canadian research team included Chiropractic care in the rehabilitation program of sixteen injured female long distance runners. Not only did these runners recover quickly, seven of them actually scored "personal best" performances while under Chiropractic care.

Grimston, SK, Engsberg JR, Shaw L & Vetanze NW, (1990) "Muscular rehabilitation prescribed in coordination with prior Chiropractic therapy as a treatment for sacroiliac subluxations in female

“Chiropractic does a great job with extremity adjustments and that really turned me on to chiropractic-feet, ankles, hip, back. I guess I always thought chiropractic was limited to the neck and lower back.”

**Bill Romanowski
All-Pro Linebacker**

www.keithwassung.com



**“A Chiropractor
was instrumental
in putting my body
back together.”**

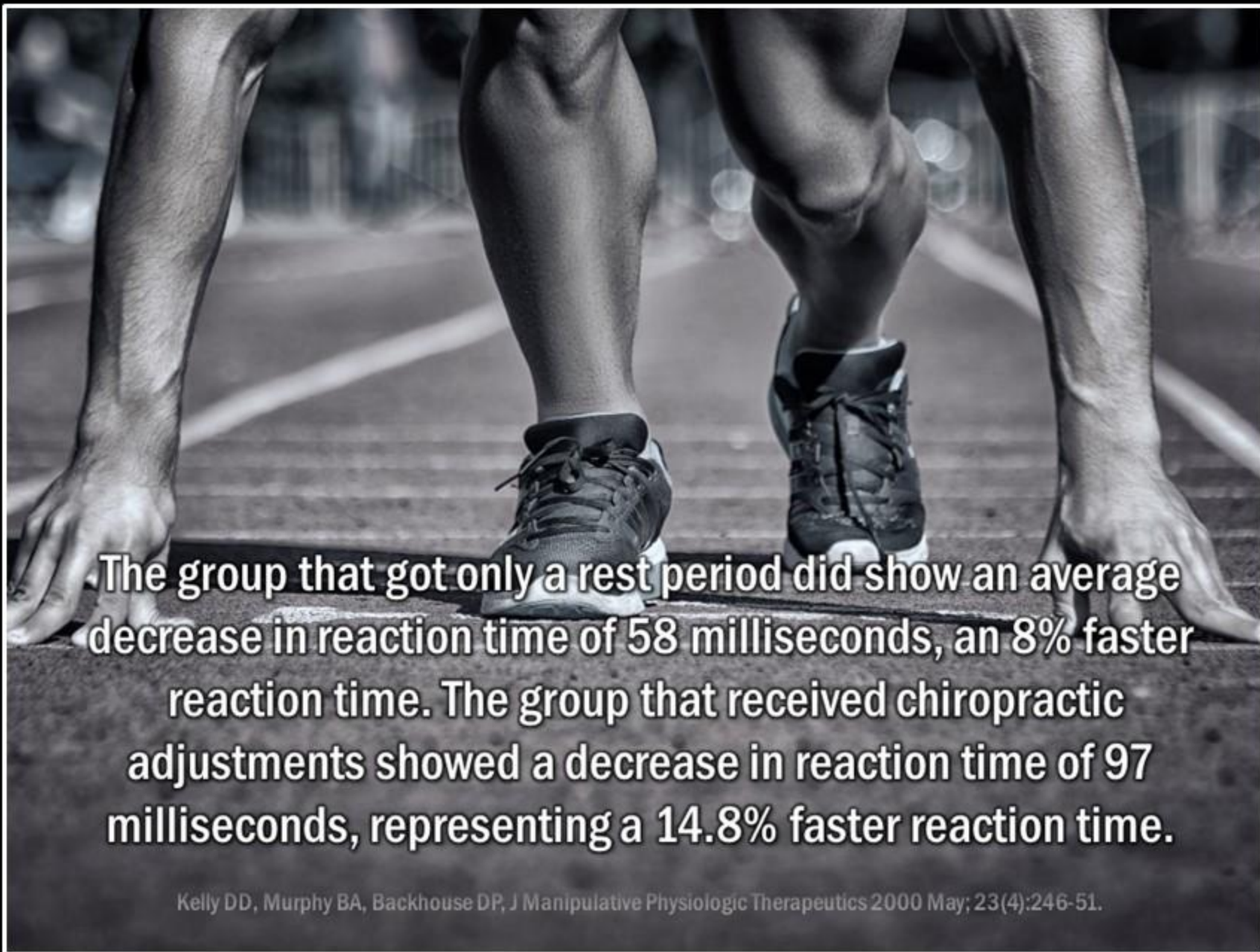
MARTINA NAVRATILOVA
Nine times Wimbledon Champion





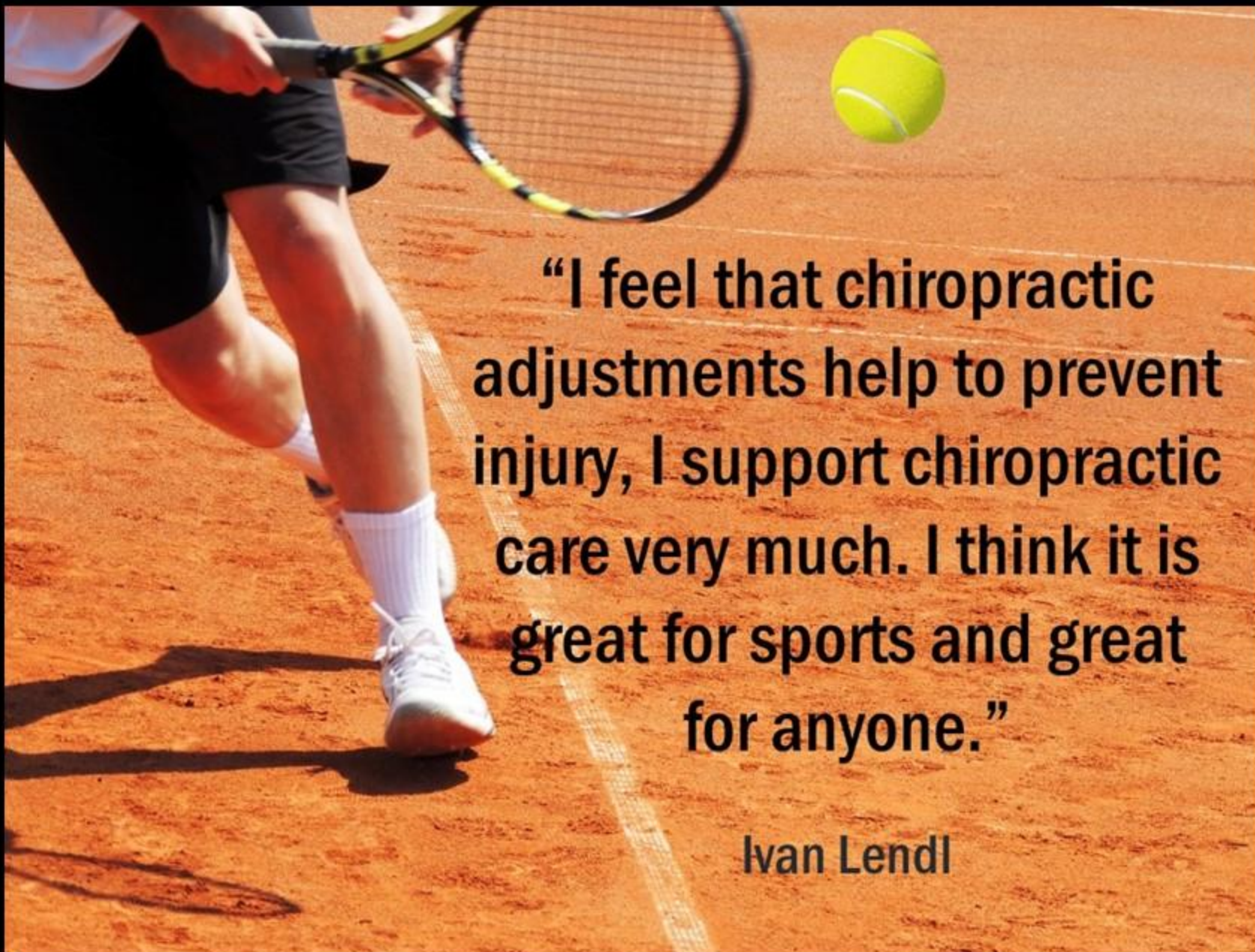
A landmark research study
evaluated the effects
chiropractic adjustments
may have on reaction
times. There was a marked
improvement for the group
that received adjustments
over the group that
received nothing but rest.

Kelly DD, Murphy BA, Backhouse DP, J Manipulative
Physiologic Therapeutics 2000 May; 23(4):246-51.



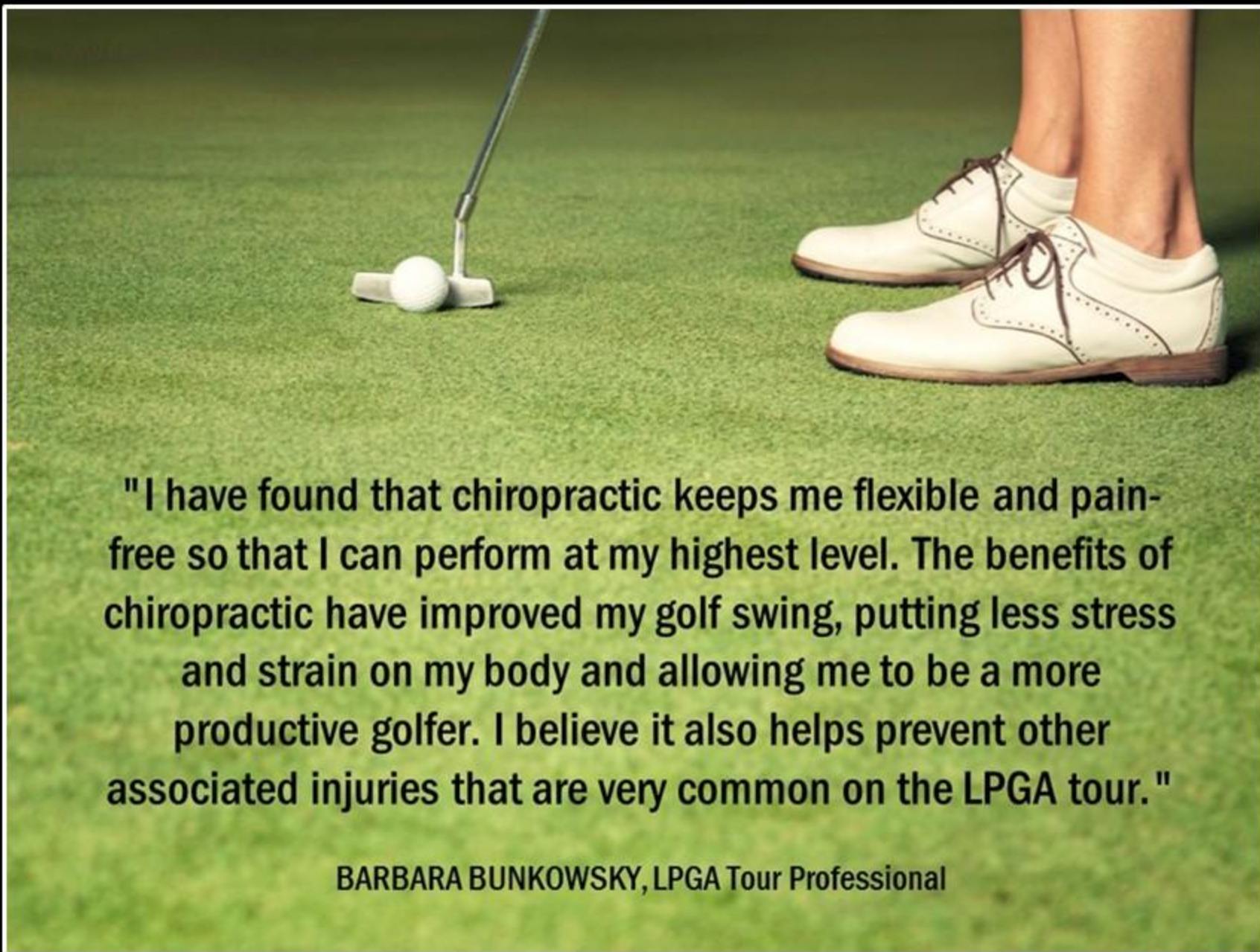
The group that got only a rest period did show an average decrease in reaction time of 58 milliseconds, an 8% faster reaction time. The group that received chiropractic adjustments showed a decrease in reaction time of 97 milliseconds, representing a 14.8% faster reaction time.

Kelly DD, Murphy BA, Backhouse DP, J Manipulative Physiologic Therapeutics 2000 May; 23(4):246-51.



“I feel that chiropractic adjustments help to prevent injury, I support chiropractic care very much. I think it is great for sports and great for anyone.”

Ivan Lendl

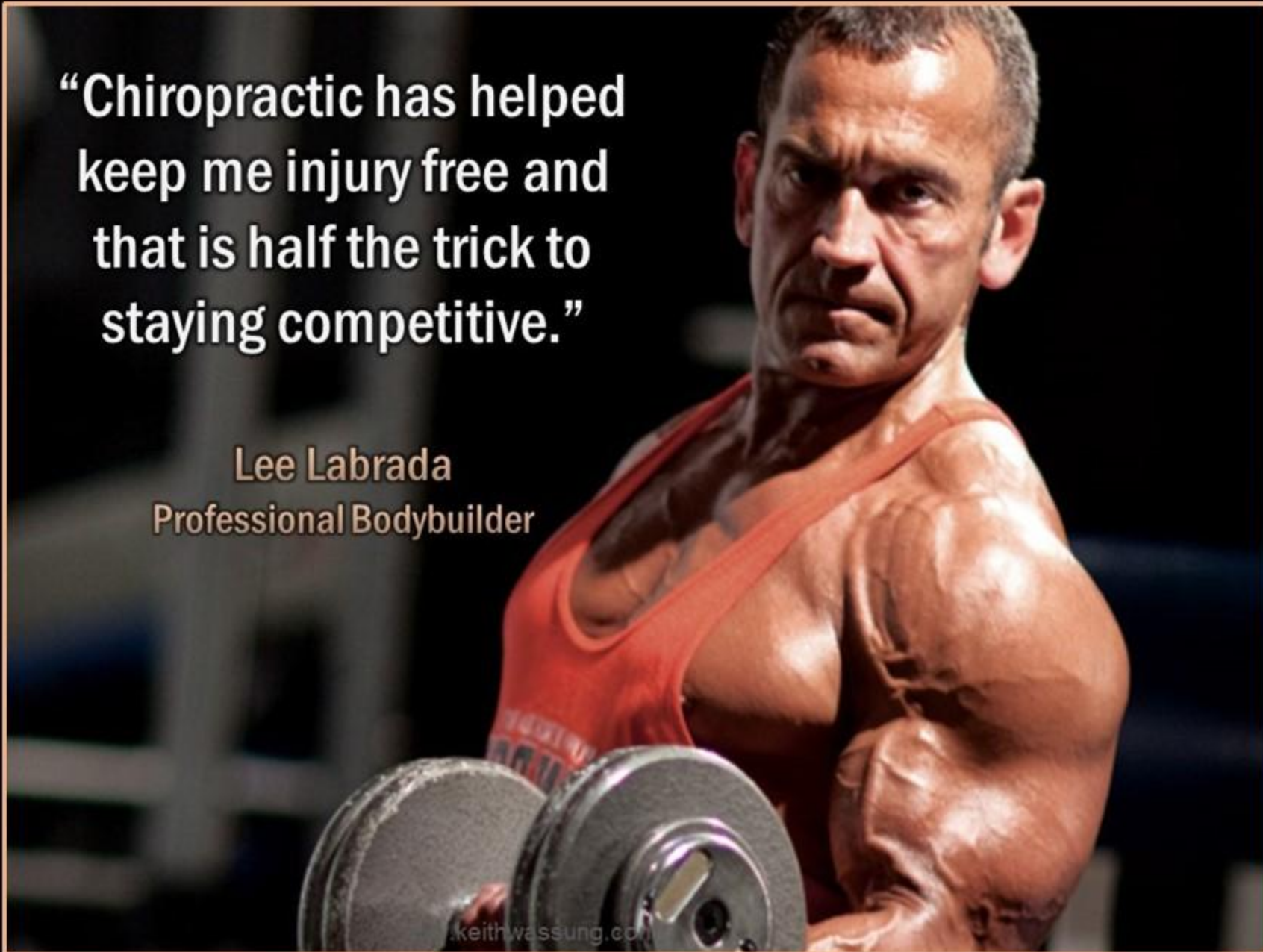


"I have found that chiropractic keeps me flexible and pain-free so that I can perform at my highest level. The benefits of chiropractic have improved my golf swing, putting less stress and strain on my body and allowing me to be a more productive golfer. I believe it also helps prevent other associated injuries that are very common on the LPGA tour."

BARBARA BUNKOWSKY, LPGA Tour Professional

**“Chiropractic has helped
keep me injury free and
that is half the trick to
staying competitive.”**

Lee Labrada
Professional Bodybuilder

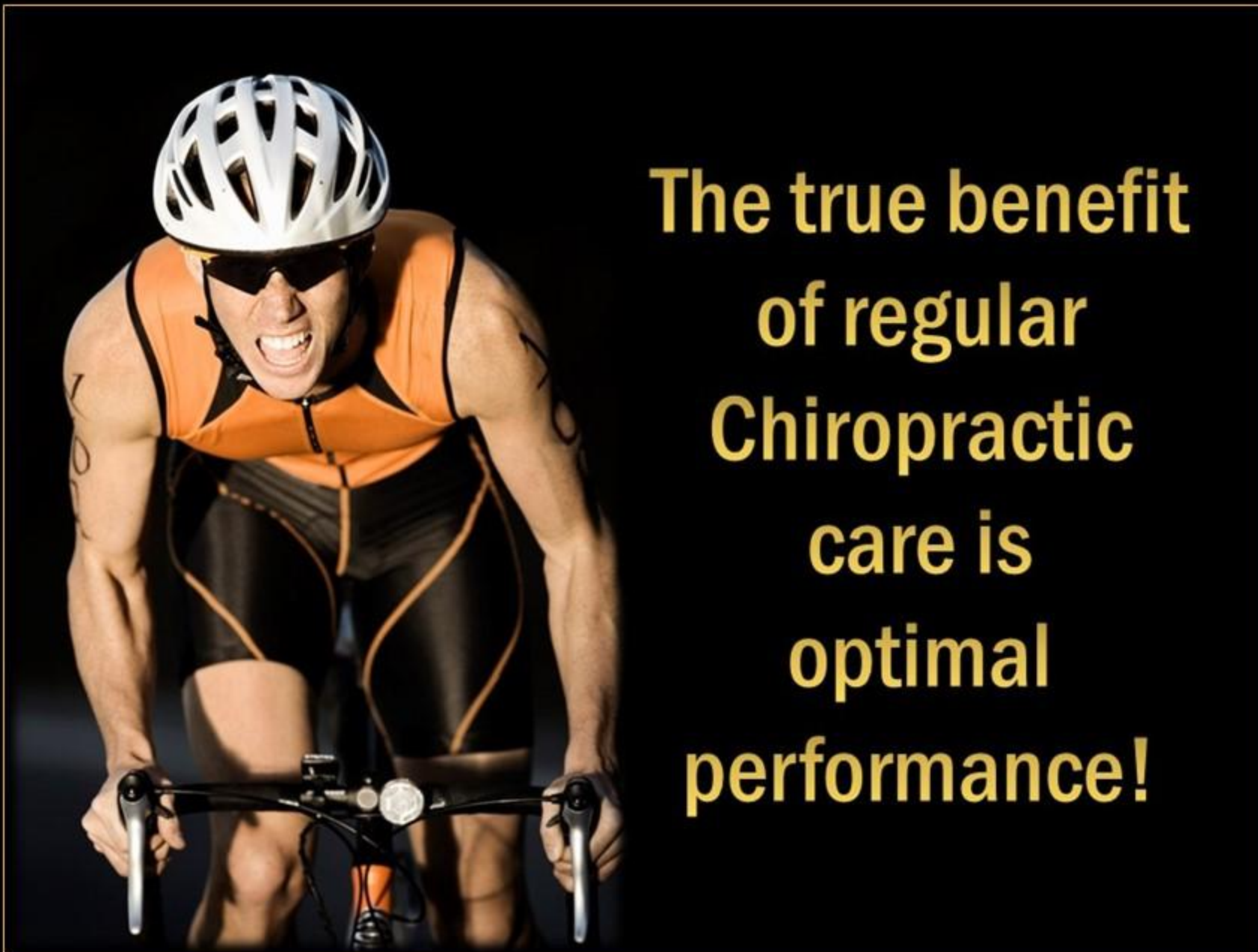




"I've been under chiropractic care since 1987, and one thing I've realized is that traditional medicine typically treats only the injured area. Doctors of Chiropractic focus on where the problem might be originating. By treating those areas initially, you can really cut it off at the source, speed up recovery, and increase overall performance."

BRIAN LEWIS
pro volleyball player

www.keithwellspring.com



**The true benefit
of regular
Chiropractic
care is
optimal
performance!**

Dr. John Ferguson

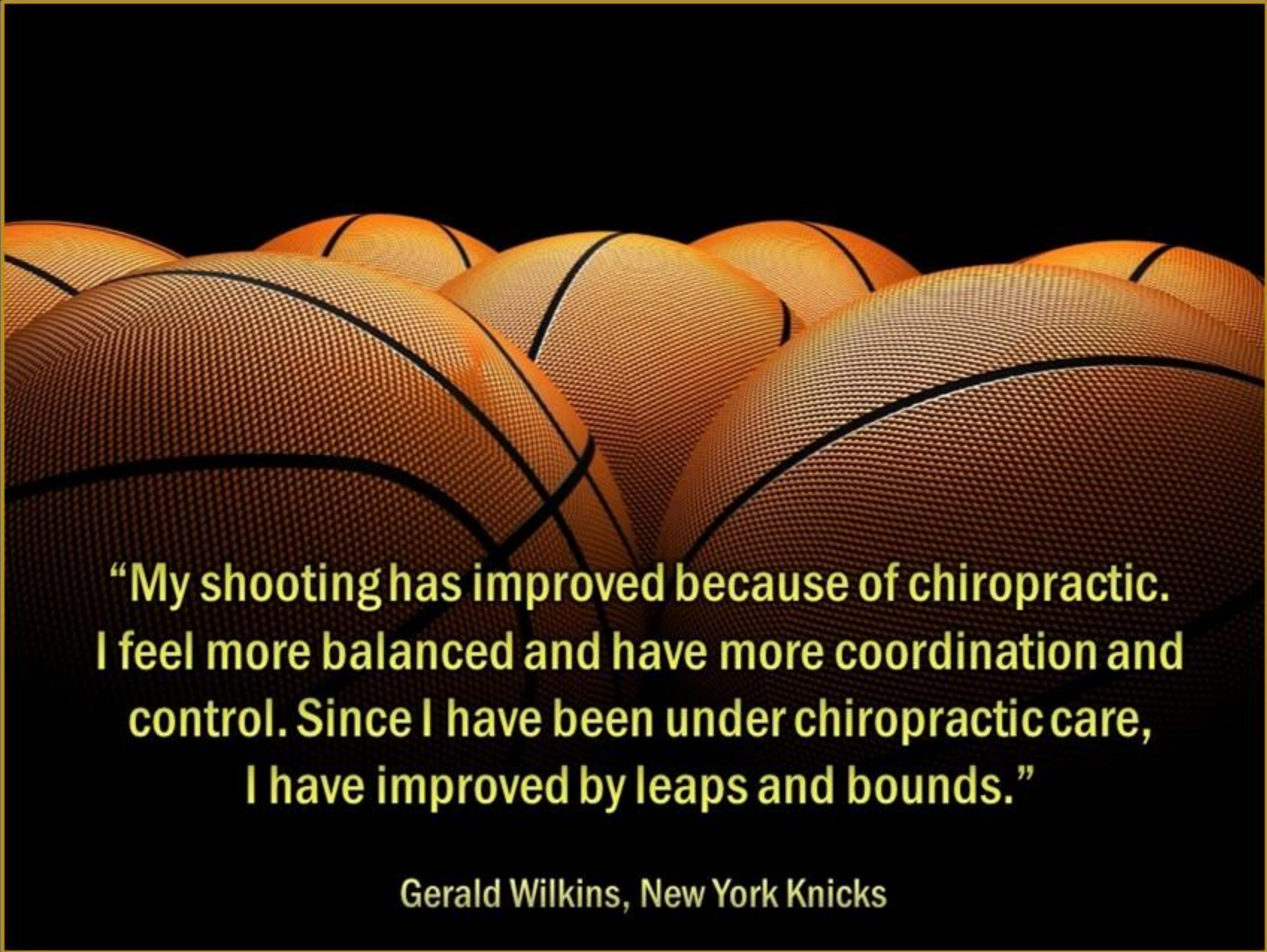
518.383.5595

www.ForLifetimeWellness.com

“Performing at my best is important to me and should be to everyone. Getting adjusted regularly, along with practicing other good health habits, are all part of my goals, to win in life and on the field.”

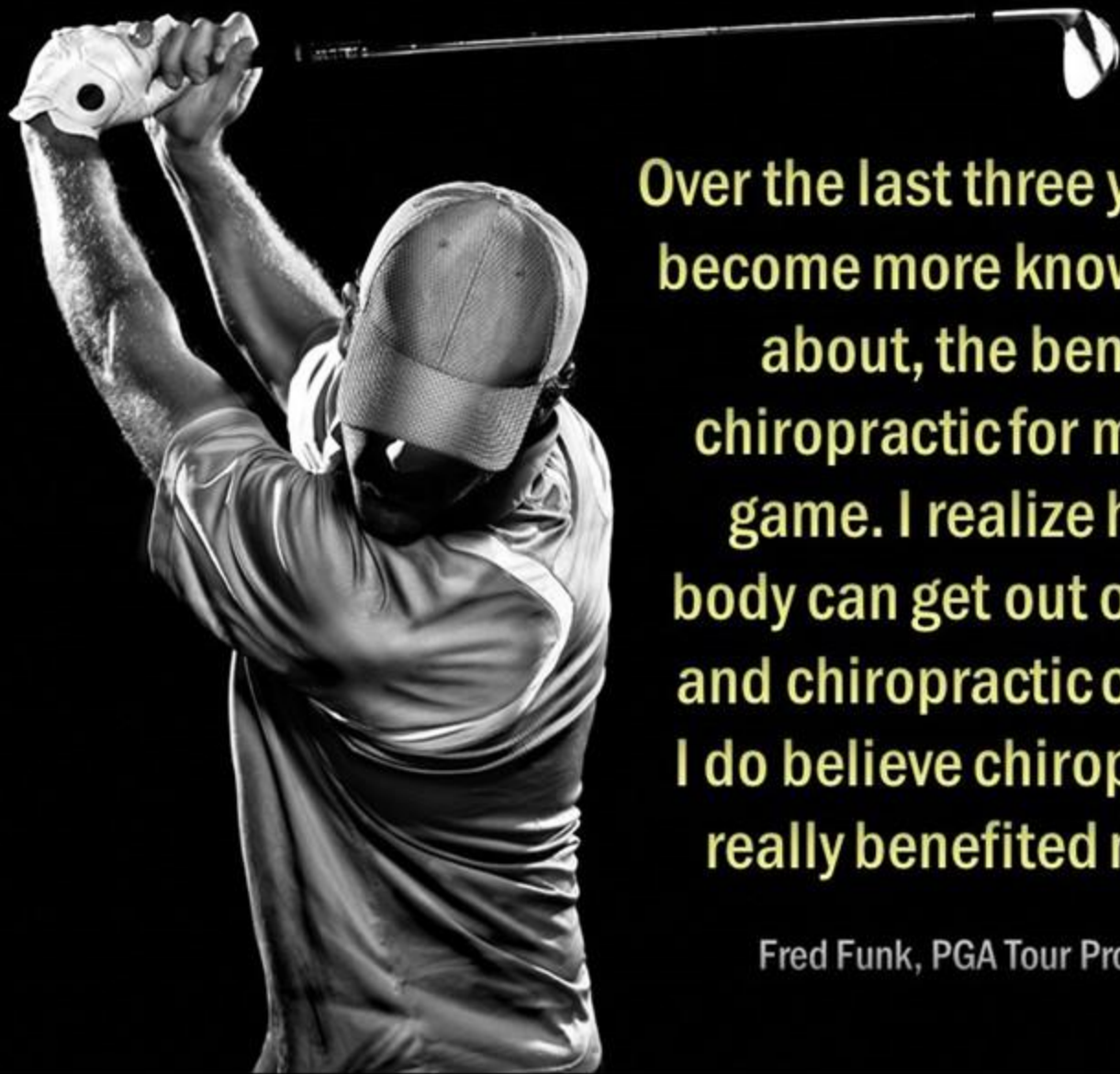


**AARON RODGERS
TWO-TIME LEAGUE MVP
SUPER BOWL XLV MPV**



**“My shooting has improved because of chiropractic.
I feel more balanced and have more coordination and
control. Since I have been under chiropractic care,
I have improved by leaps and bounds.”**

Gerald Wilkins, New York Knicks



Over the last three years, I have become more knowledgeable about, the benefits of chiropractic for me and my game. I realize how your body can get out of balance, and chiropractic care helps. I do believe chiropractic has really benefited my game.

Fred Funk, PGA Tour Professional

**“I definitely try to get on a
basis where I use
Chiropractic at least twice
a week. I would definitely
say it helps me to
perform at a higher level.**

**Emmitt Smith,
NFL Hall of Fame**





“Bodybuilders and fitness people have been using chiropractic very extensively in order to stay healthy and fit. I found it was better to go to a chiropractor before you get injured. We are a perfect team-the world of fitness and the world of chiropractors.”

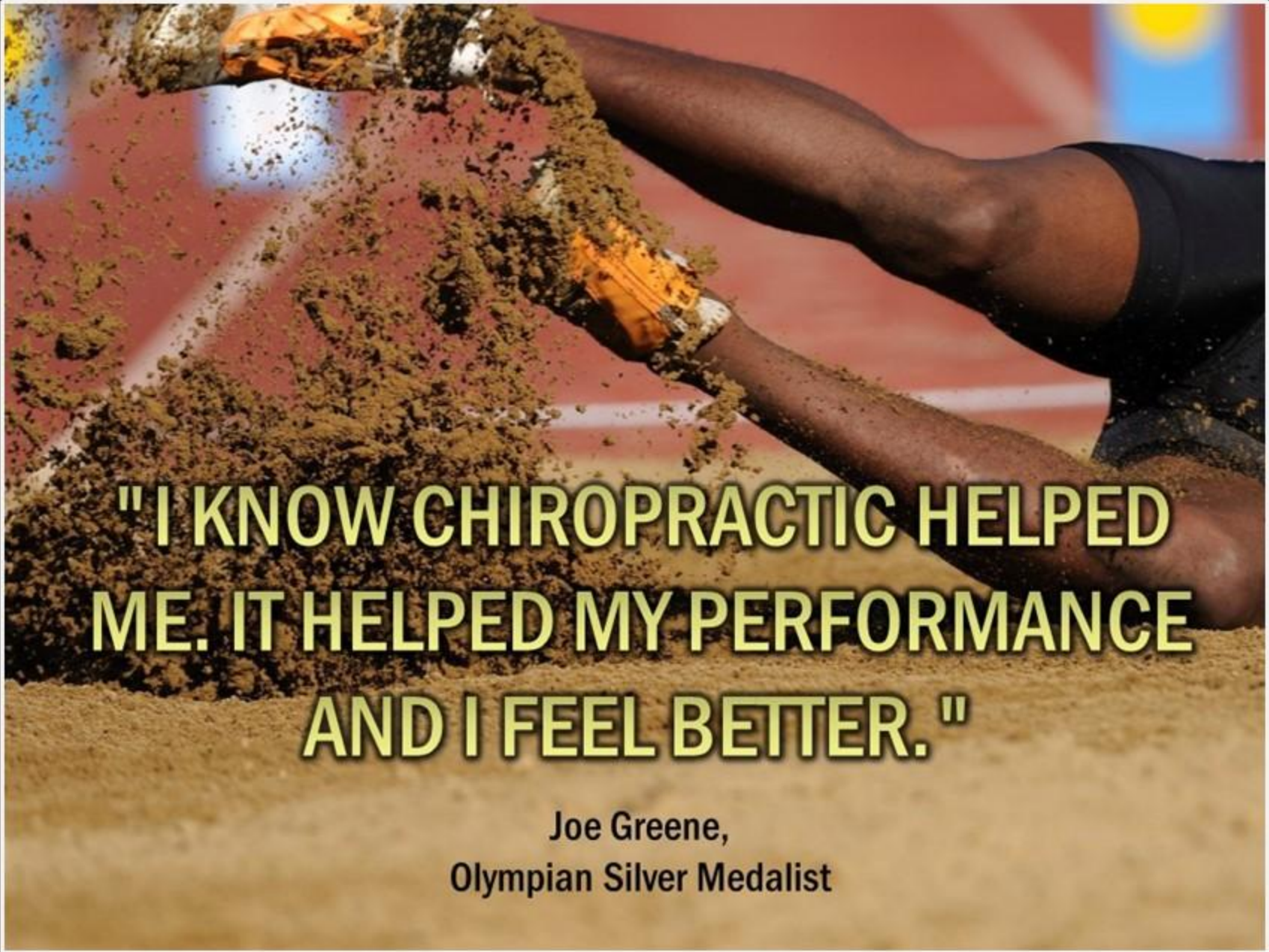
Arnold Schwarzenegger

A single-blinded, prospective, comparative, pilot, randomized, clinical trial was performed with 18 athletes of both sexes from a judo team currently competing on a national level. One group received chiropractic care and one did not. Measured analysis of each group demonstrated that the grip strength of the athletes receiving chiropractic improved compared to those not receiving chiropractic.

JOURNAL OF MANIPULATIVE &
PHYSIOLOGICAL THERAPEUTICS

Botelho MB1, Andrade BB. Effect of cervical spine
manipulative therapy on judo athletes' grip strength, J
Manipulative Physiol Ther. 2012 Jan;35(1):38-44.





**"I KNOW CHIROPRACTIC HELPED
ME. IT HELPED MY PERFORMANCE
AND I FEEL BETTER."**

Joe Greene,
Olympian Silver Medalist



**"Chiropractic is essential
for running. If I could put a
percentage value on it,
I would say that I compete
8-10% better from
regular Chiropractic."**

**Dan O'Brien
Olympic Decathlete**

www.keithwassung.com



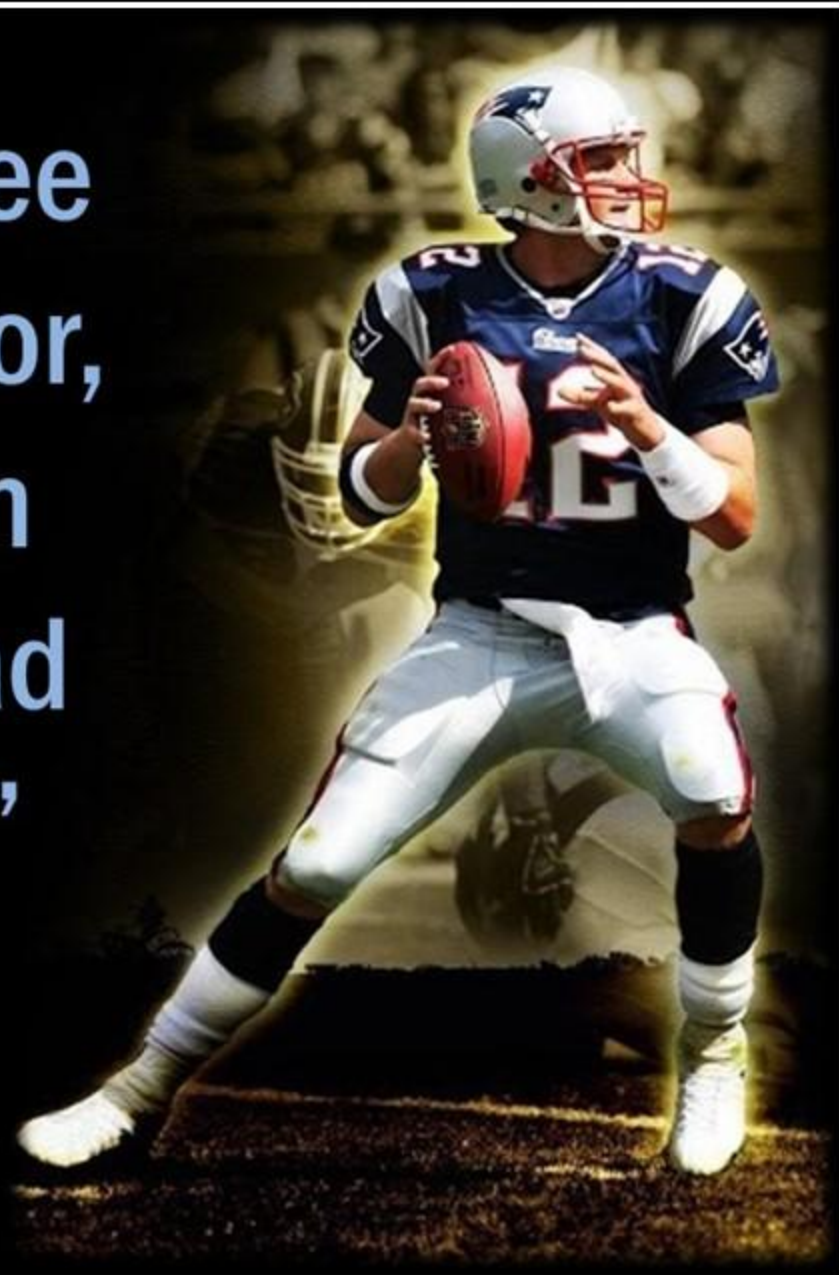
**"I do believe in Chiropractic.
I have to have an adjustment
before I go into the ring. I found
that going to a chiropractor
three times a week helps my
performance. The majority of
boxers go to Chiropractors
to get that extra edge."**

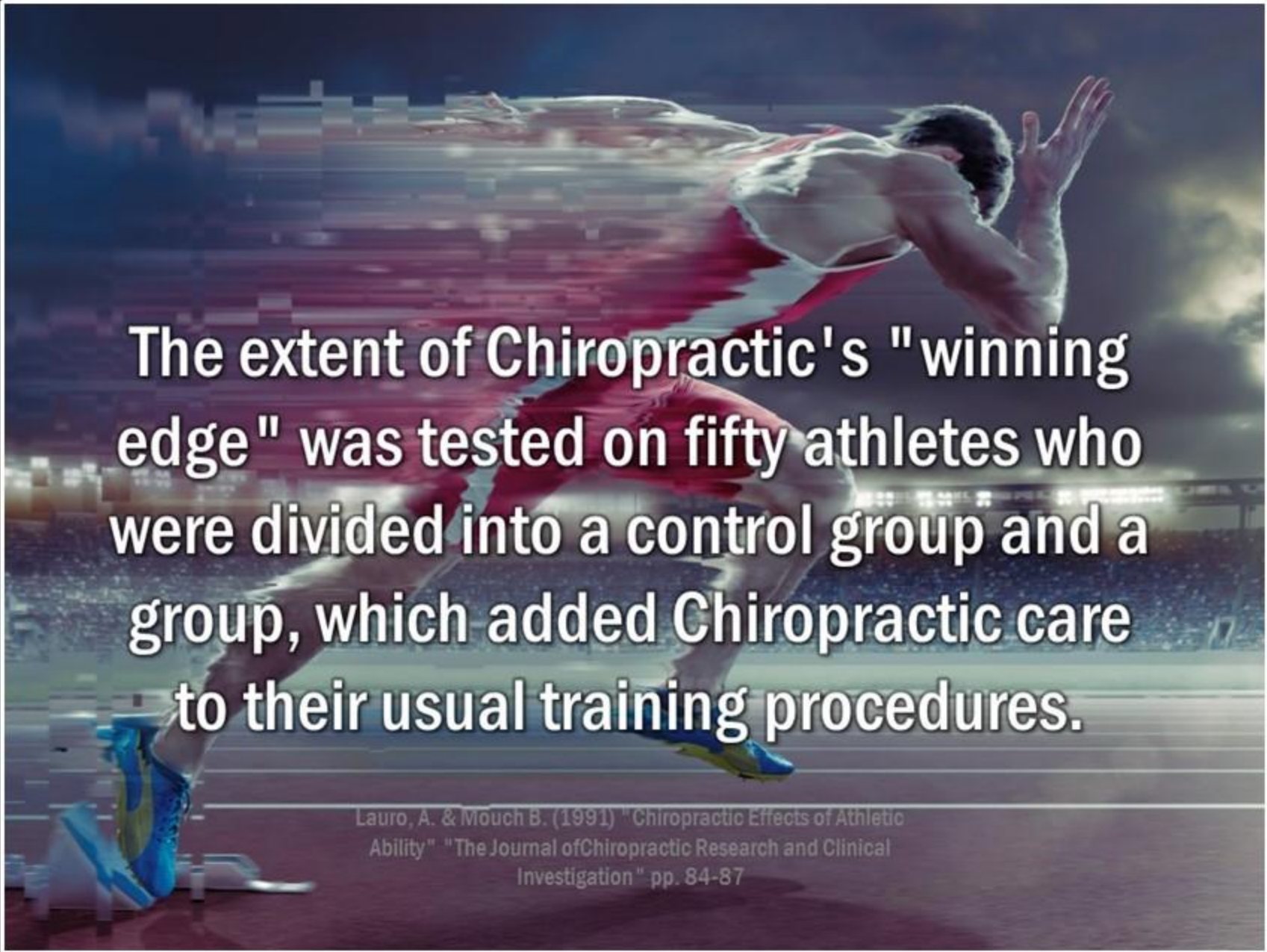
Evander Holyfield

Heavyweight Boxing Champion

**“As long as I see
the Chiropractor,
I feel like I am
one step ahead
of the game.”**

Tom Brady
New England Patriots





The extent of Chiropractic's "winning edge" was tested on fifty athletes who were divided into a control group and a group, which added Chiropractic care to their usual training procedures.

Lauro, A. & Mouch B. (1991) "Chiropractic Effects of Athletic Ability" "The Journal of Chiropractic Research and Clinical Investigation" pp. 84-87

**After six weeks,
the group under
Chiropractic care
scored significantly
better on standard
tests of athletic
ability.**

Lauro, A. & Mouch B. (1991) "Chiropractic Effects of Athletic Ability" "The Journal of Chiropractic Research and Clinical Investigation" pp. 84-87



When tested on their reaction time, the control group demonstrated less than one percent improvement, while the Chiropractic group achieved reaction times more than eighteen percent faster than their initial scores.

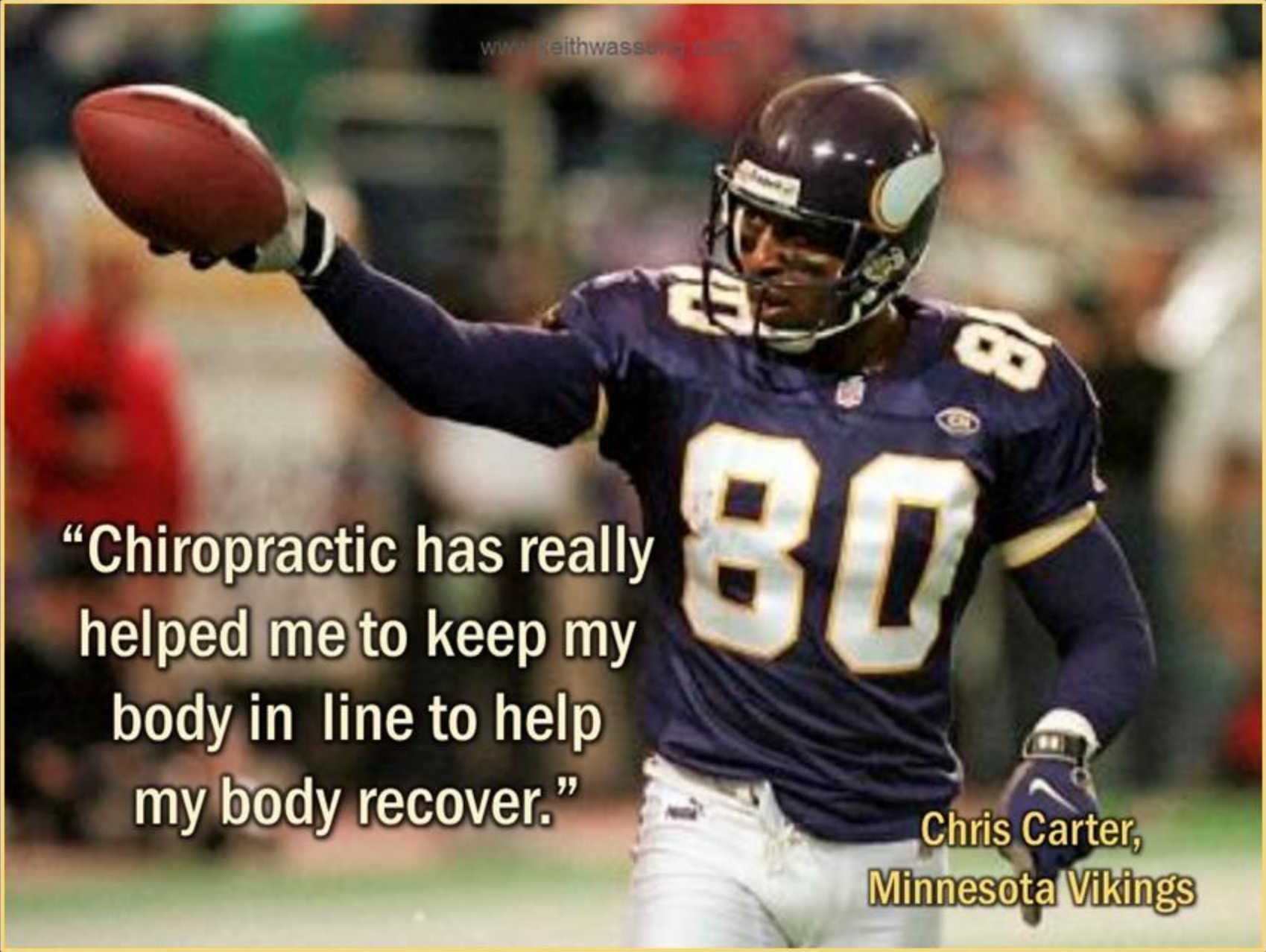
Lauro, A. & Mouch B. (1991) "Chiropractic Effects of Athletic Ability" "The Journal of Chiropractic Research and Clinical Investigation" pp. 84-87



**“As a professional athlete, I
am highly competitive and
only accept the best. When
it comes to healthcare,
Chiropractic is an essential
service. It keeps my on-
field performance at its
highest level and
contributes to the success
of the entire team.”**

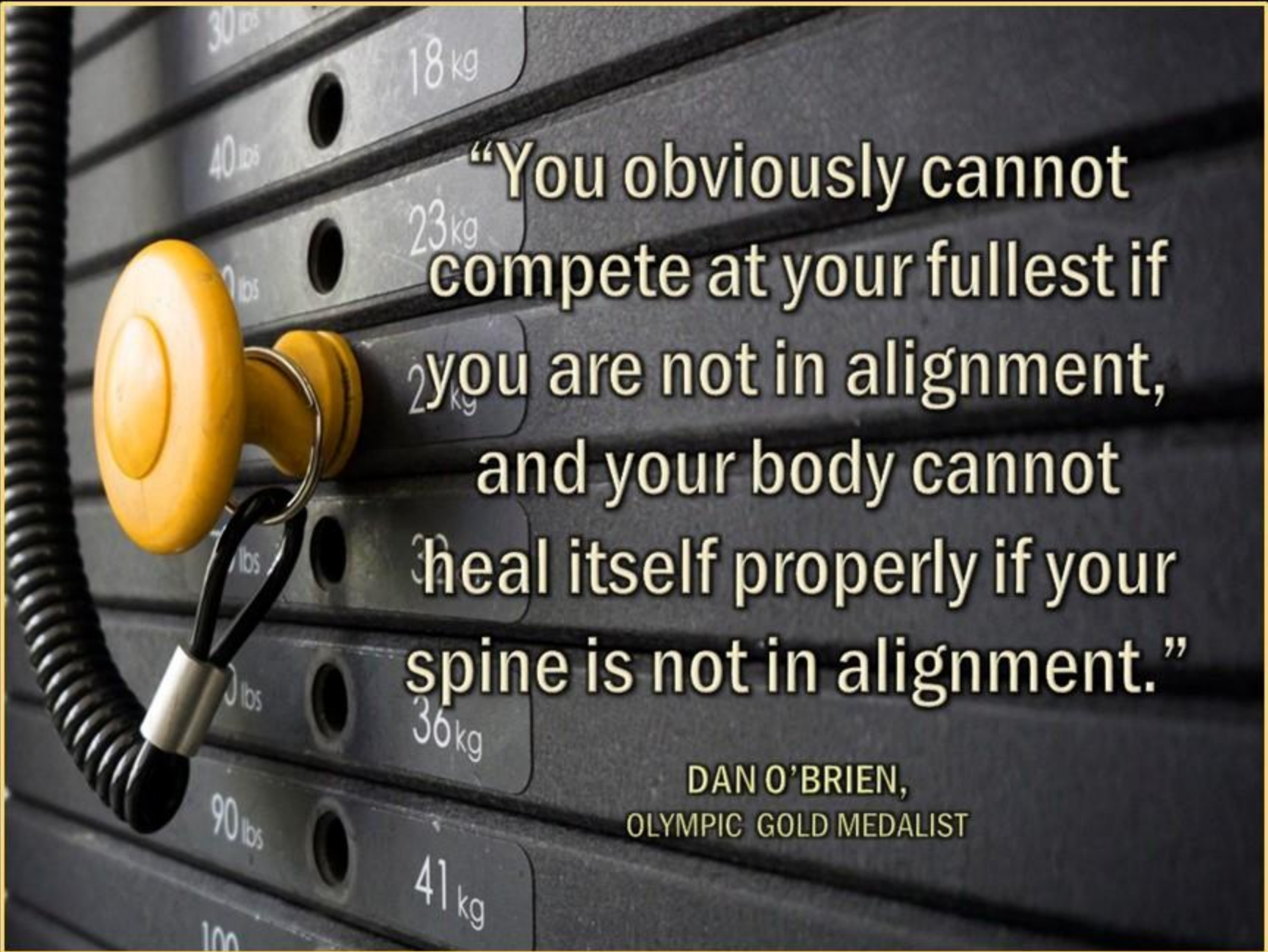
REGGIE BUSH
NFL Running Back



A photograph of Chris Carter, a wide receiver for the Minnesota Vikings, in action. He is wearing a purple jersey with the number 80 in white and gold. He is holding a football in his right hand, which is raised. He is wearing a purple helmet with a white and gold stripe. The background is a blurred stadium.

“Chiropractic has really helped me to keep my body in line to help my body recover.”

**Chris Carter,
Minnesota Vikings**



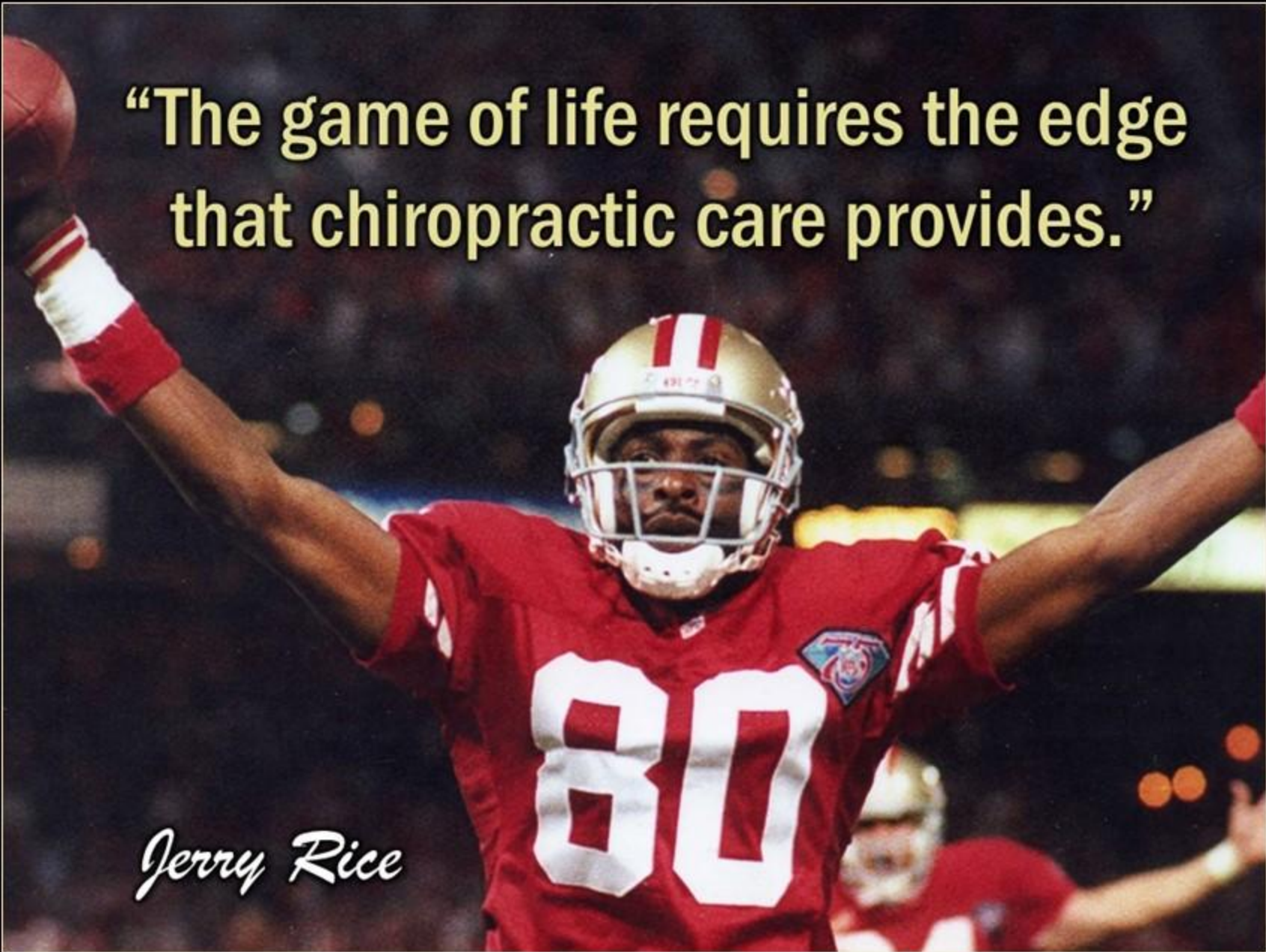
**“You obviously cannot
compete at your fullest if
you are not in alignment,
and your body cannot
heal itself properly if your
spine is not in alignment.”**

**DAN O'BRIEN,
OLYMPIC GOLD MEDALIST**

**“I’ve been going to a
Chiropractor for as
long as I can
remember. It is as
important to my
training as the
practice of my swing.”**

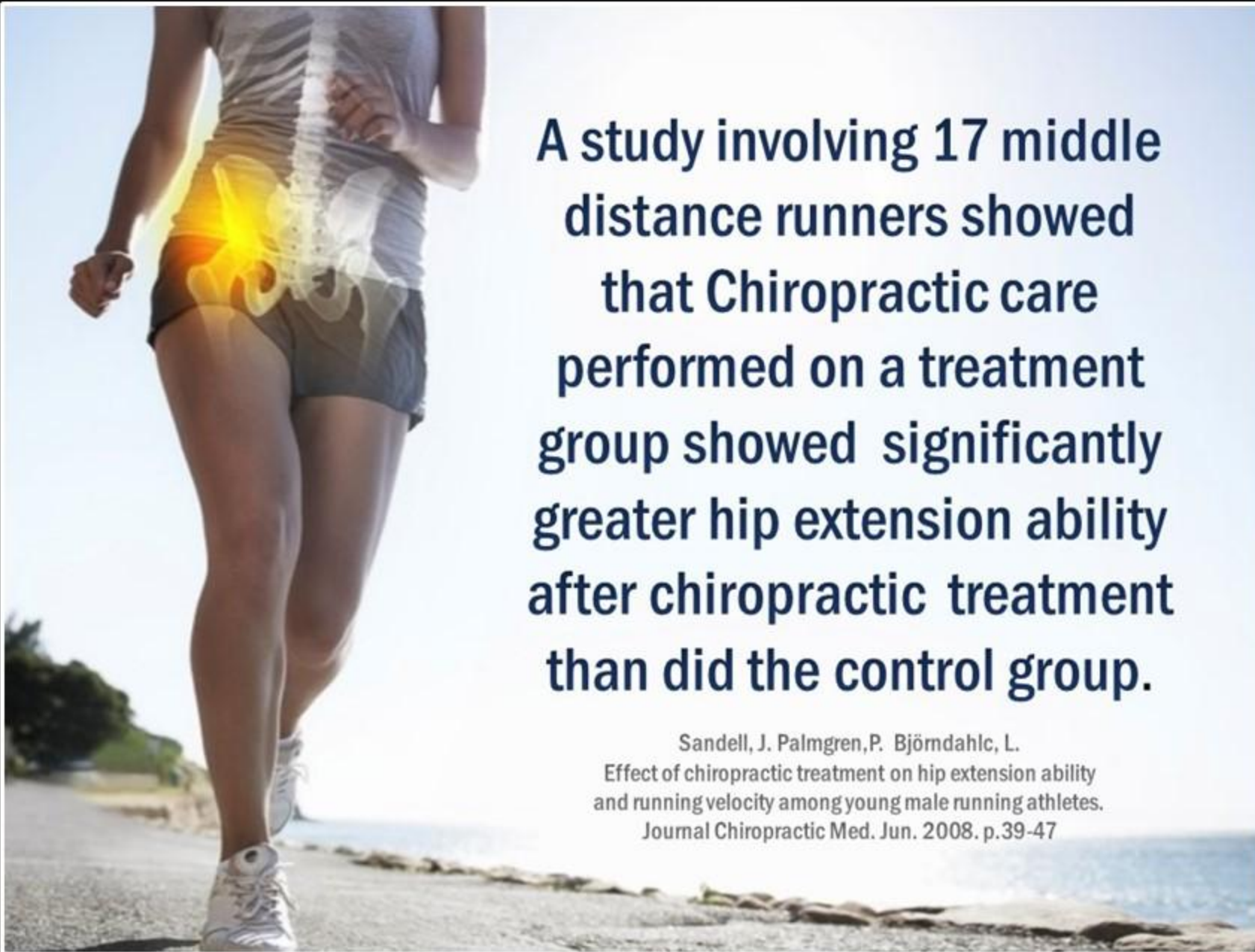
**Tiger Woods,
Professional Golfer**





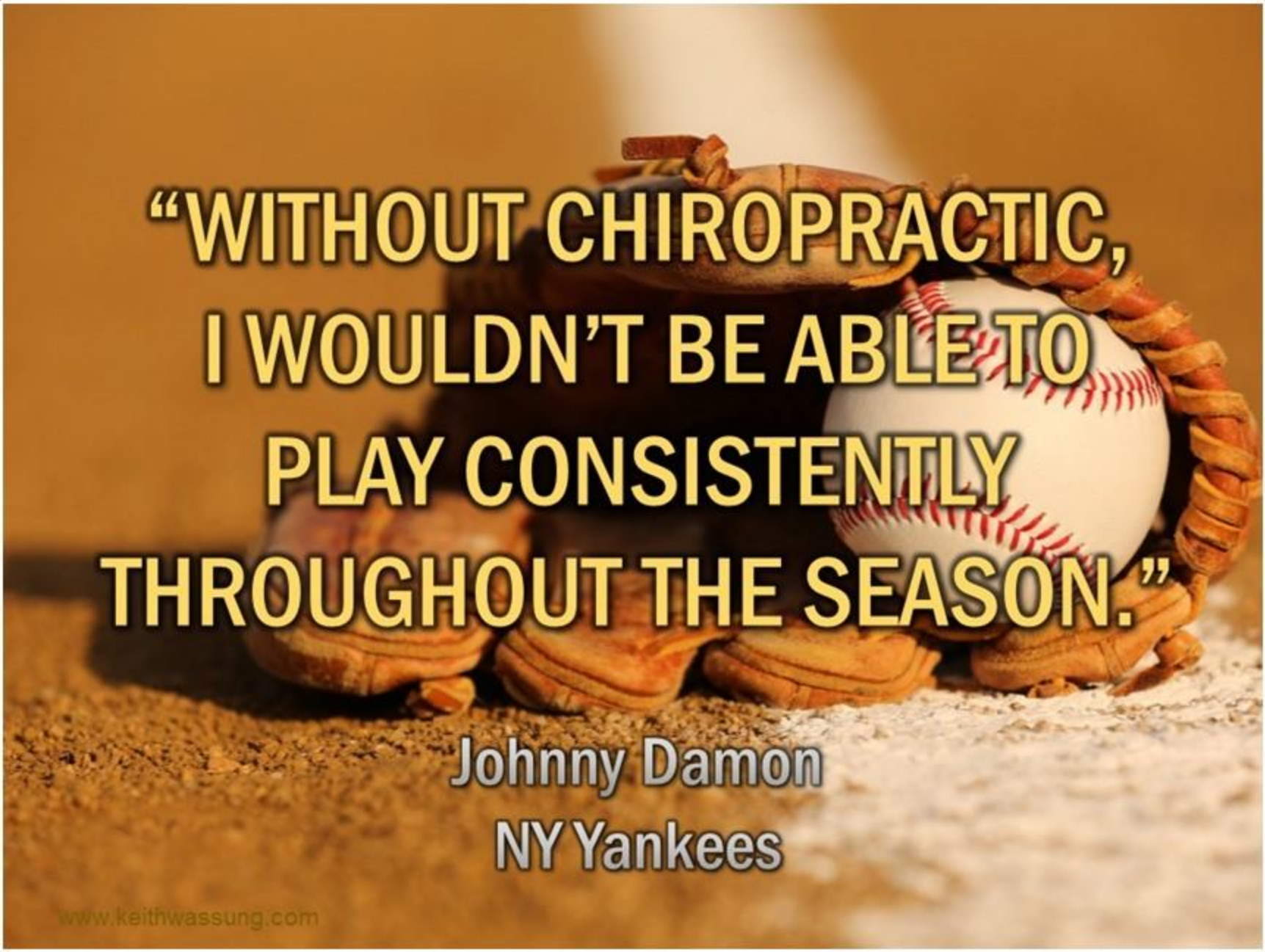
“The game of life requires the edge
that chiropractic care provides.”

Jerry Rice



A study involving 17 middle distance runners showed that Chiropractic care performed on a treatment group showed significantly greater hip extension ability after chiropractic treatment than did the control group.

Sandell, J. Palmgren, P. Björndahl, L.
Effect of chiropractic treatment on hip extension ability
and running velocity among young male running athletes.
Journal Chiropractic Med. Jun. 2008. p.39-47

A close-up photograph of a baseball glove and a baseball resting on a sandy field. The glove is brown leather, and the baseball is white with red stitching. The background is a soft, out-of-focus orange-brown.

**“WITHOUT CHIROPRACTIC,
I WOULDN'T BE ABLE TO
PLAY CONSISTENTLY
THROUGHOUT THE SEASON.”**

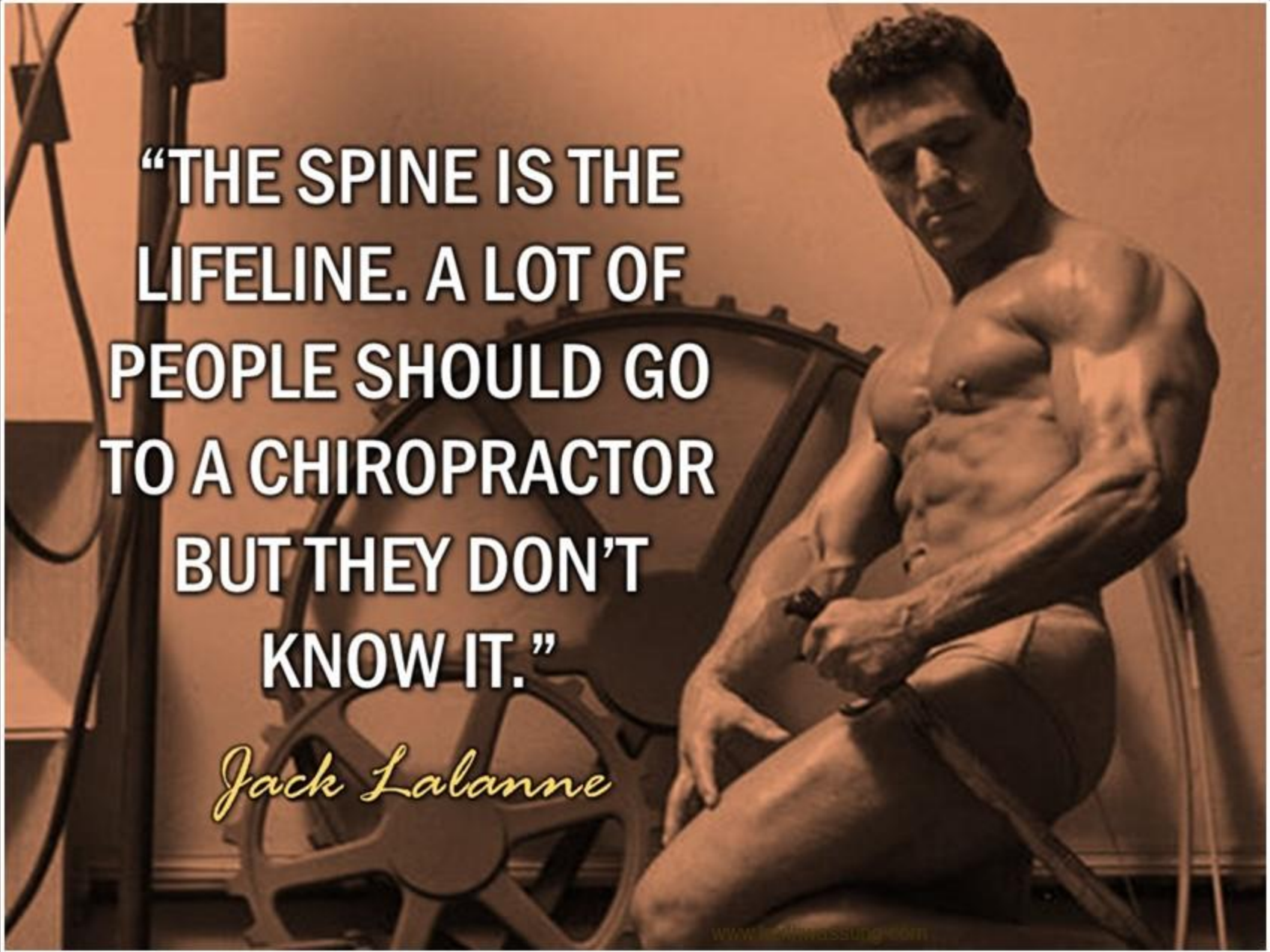
**Johnny Damon
NY Yankees**

www.keithwassung.com

Dr. John Ferguson

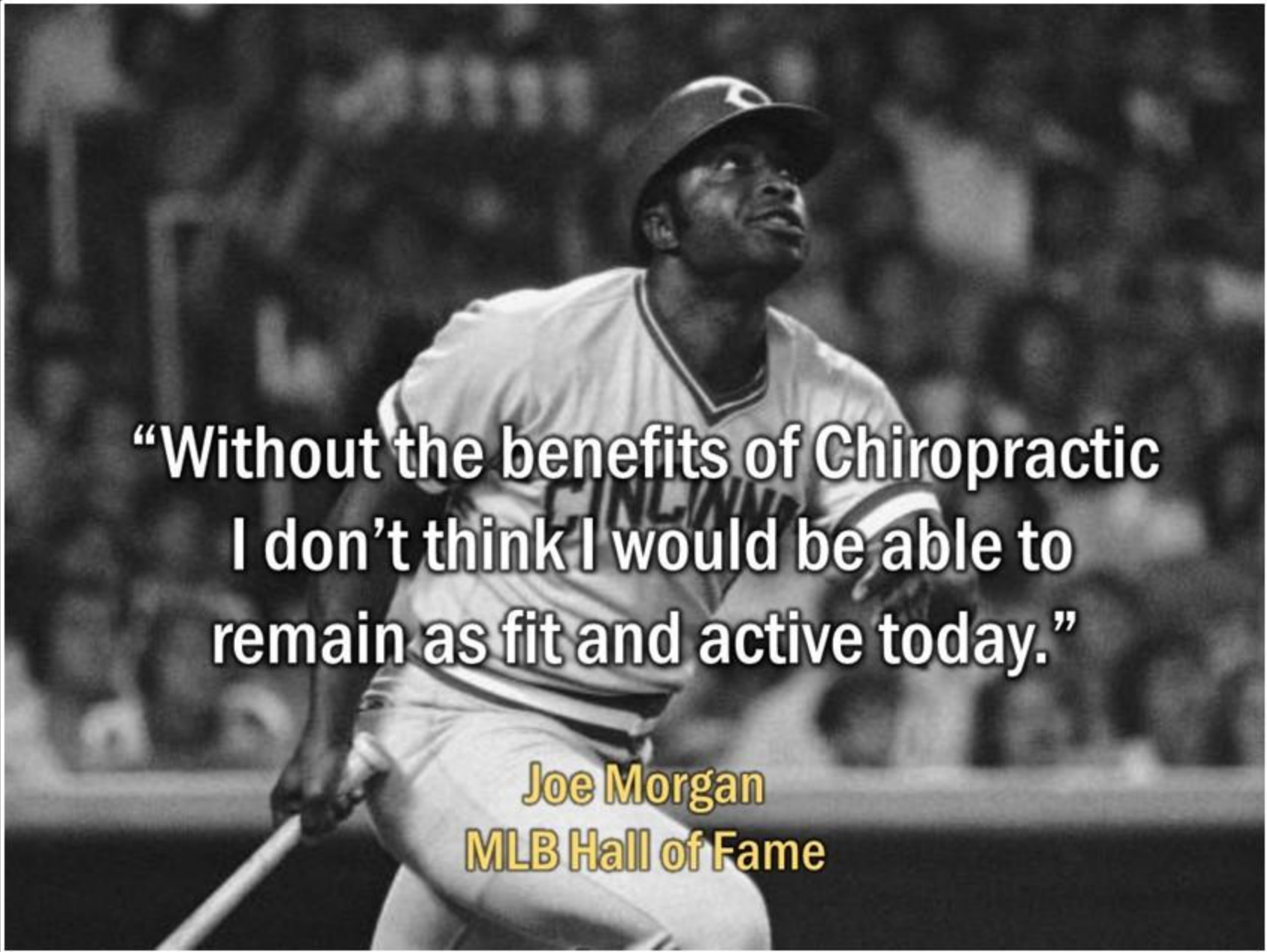
518.383.5595

www.ForLifetimeWellness.com



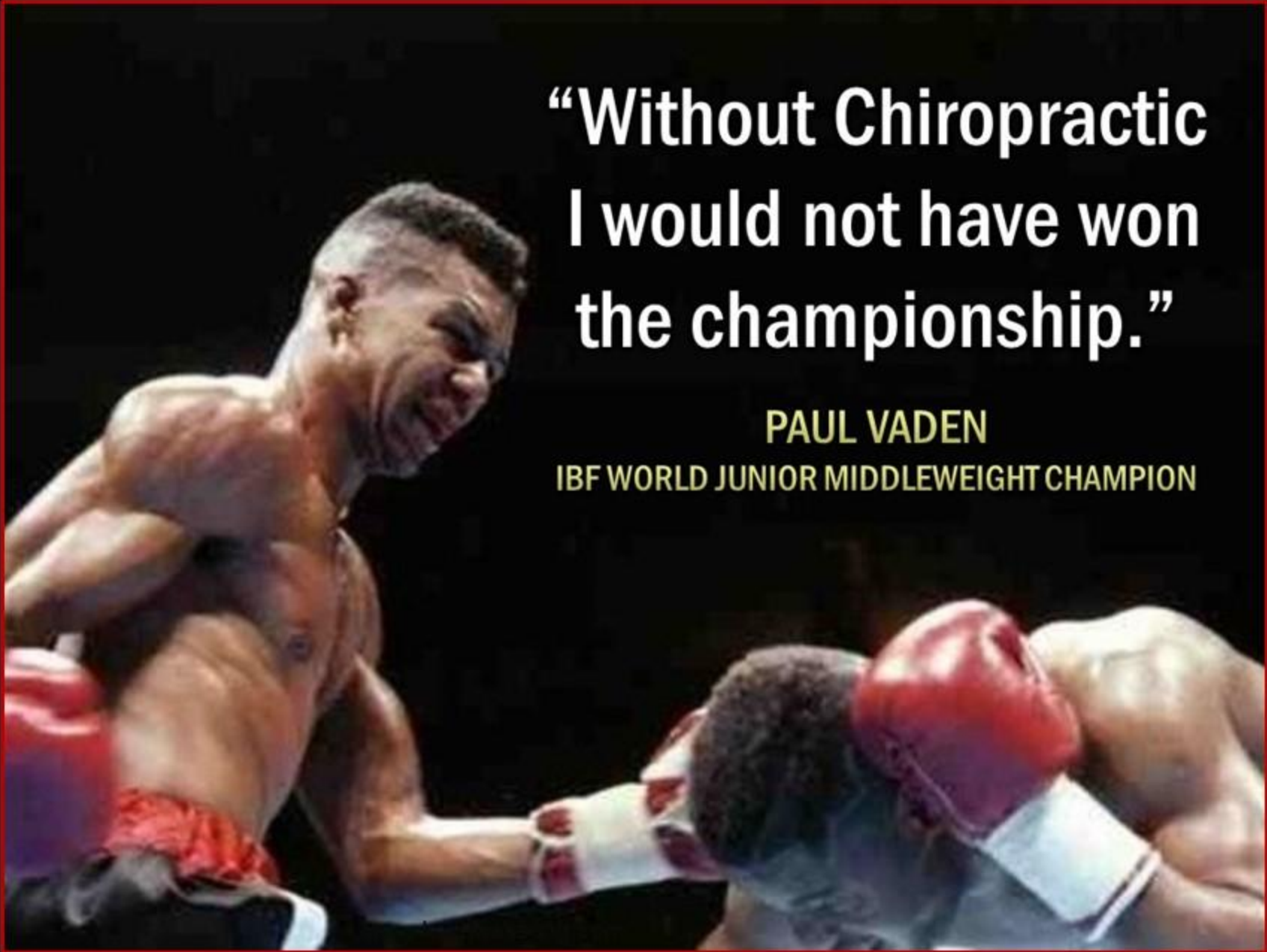
**"THE SPINE IS THE
LIFELINE. A LOT OF
PEOPLE SHOULD GO
TO A CHIROPRACTOR
BUT THEY DON'T
KNOW IT."**

Jack Lalanne

A black and white photograph of Joe Morgan, a former MLB player, in mid-swing. He is wearing a Cincinnati Reds uniform and helmet. The background is a blurred stadium crowd.

**“Without the benefits of Chiropractic
I don’t think I would be able to
remain as fit and active today.”**

Joe Morgan
MLB Hall of Fame

A photograph of a boxer, Paul Vaden, in a boxing ring. He is shirtless, muscular, and wearing red boxing gloves. He is in a dynamic pose, leaning forward with his right arm extended, possibly delivering a punch or in a defensive stance. The background is dark, and the lighting highlights his physique.

**“Without Chiropractic
I would not have won
the championship.”**

PAUL VADEN

IBF WORLD JUNIOR MIDDLEWEIGHT CHAMPION

A photograph of Cathy Turner, a 2-time Olympic Gold Medallist, celebrating on an ice rink. She is wearing a blue and white speed skating suit, a patterned knit hat, and goggles. She is holding the American flag high above her head with both arms. The background shows snow-covered evergreen trees and a red and white barrier.

**“CHIROPRACTIC CARE
WAS MANDATORY FOR MY
TRAINING PROGRAM.”**

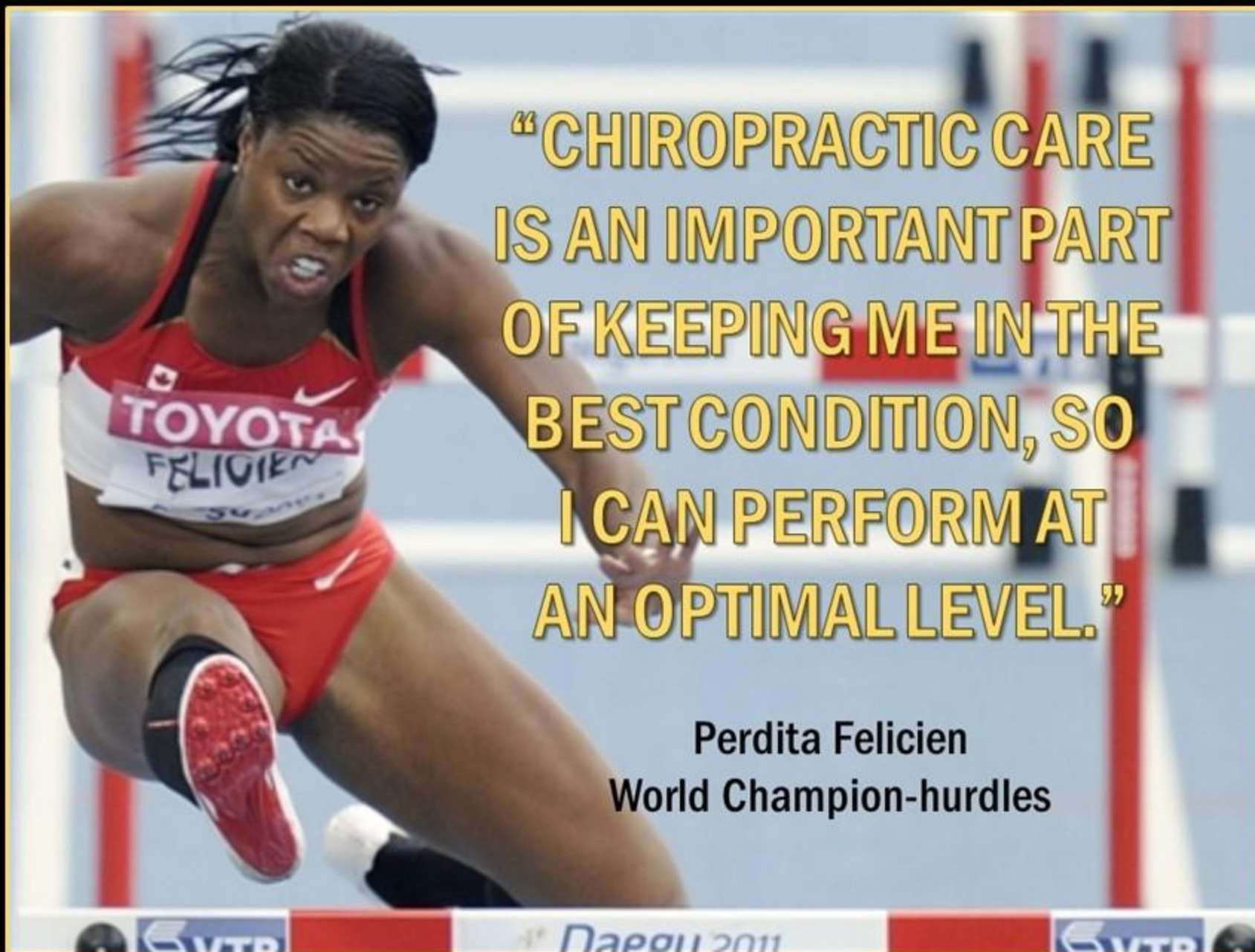
Cathy Turner
2- time Olympic Gold Medallist

John Stockton played 19 seasons in the NBA and only missed 22 games out of 1,526 regular season games, 18 of those in one season.

In 2002 a Toronto sports writer asked John what was the secret to his continued success into his 40's. John replied, "A good chiropractor."

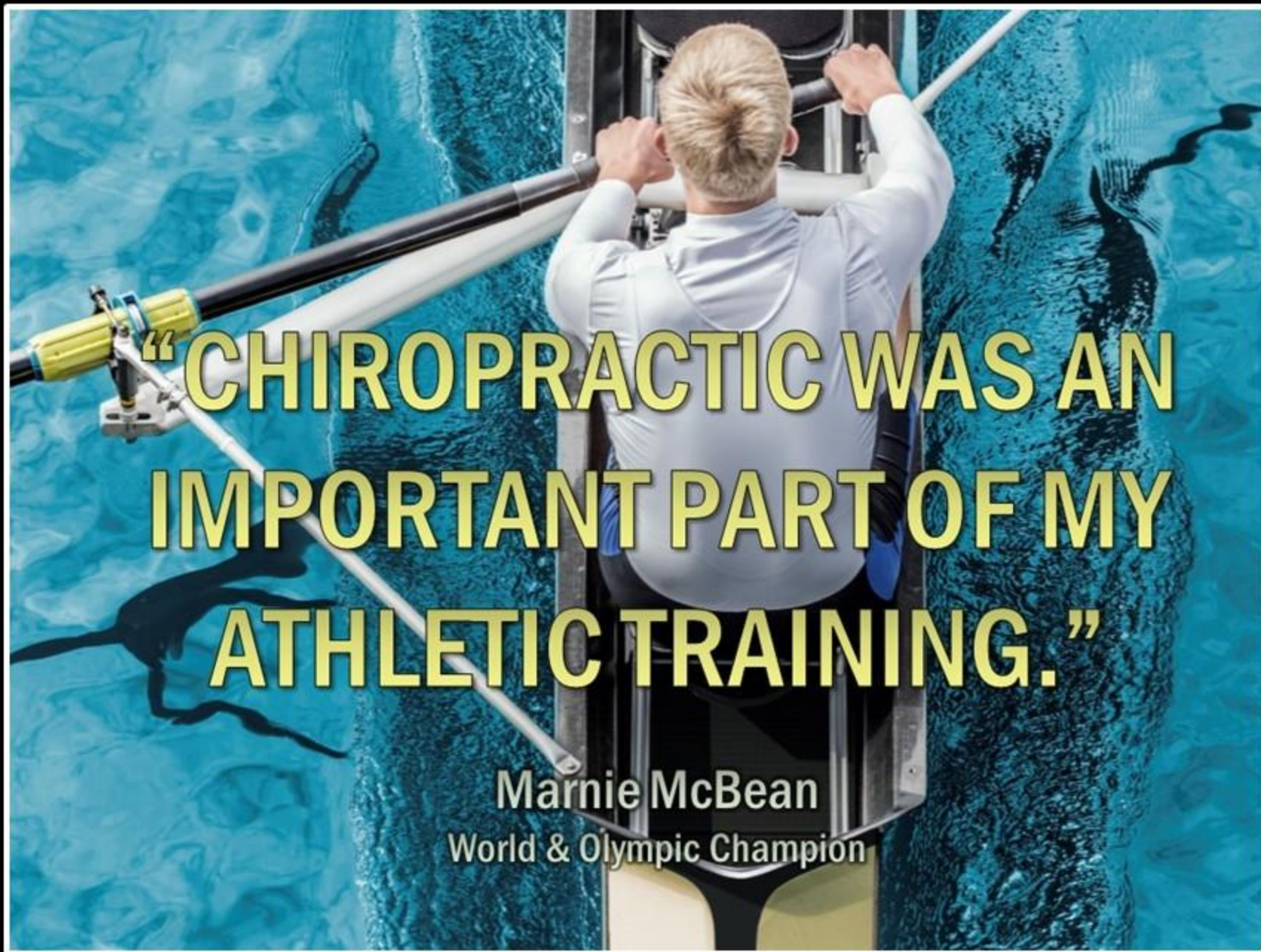


www.keithwassung.com



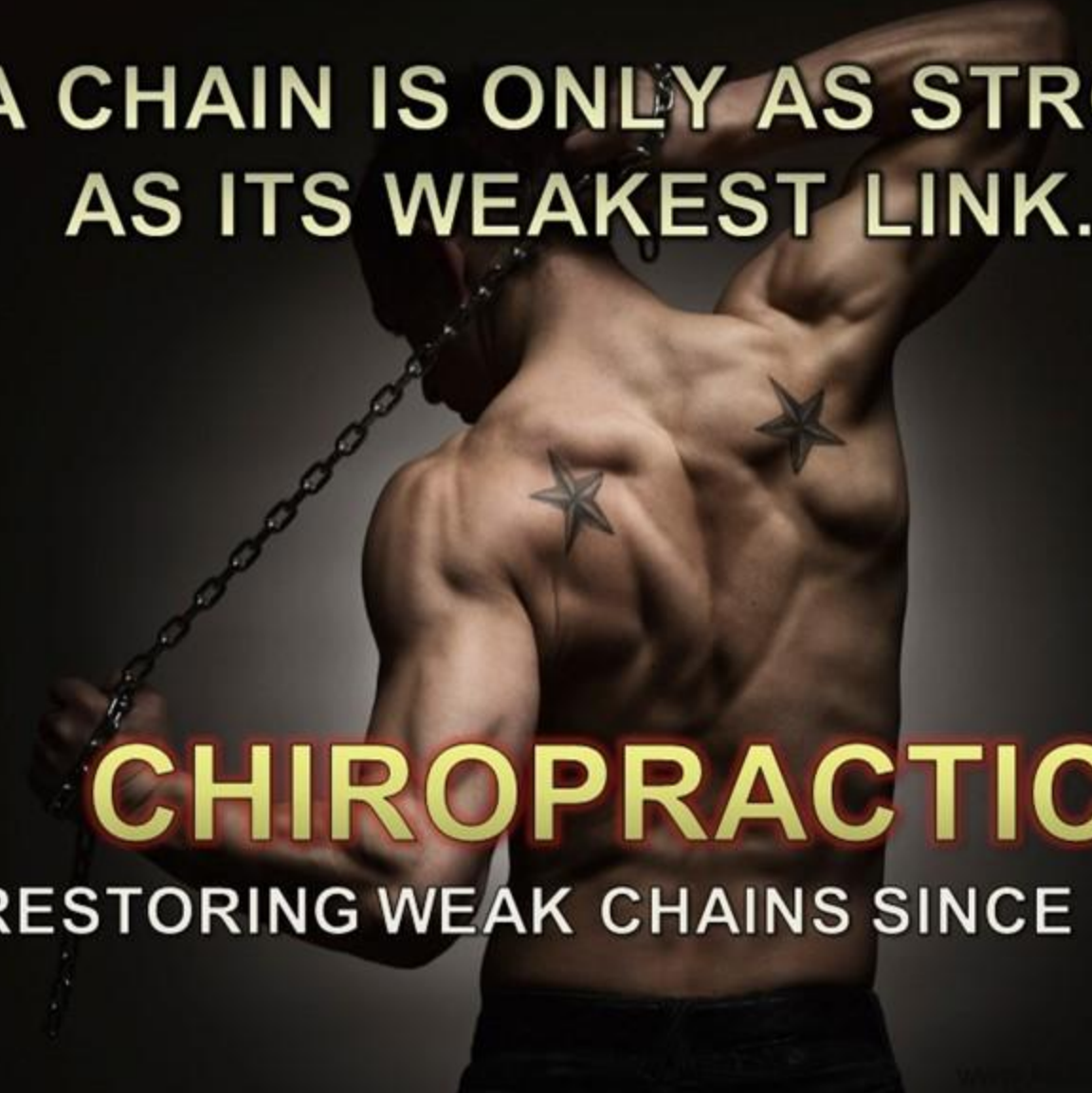
**“CHIROPRACTIC CARE
IS AN IMPORTANT PART
OF KEEPING ME IN THE
BEST CONDITION, SO
I CAN PERFORM AT
AN OPTIMAL LEVEL.”**

**Perdita Felicien
World Champion-hurdles**



**“CHIROPRACTIC WAS AN
IMPORTANT PART OF MY
ATHLETIC TRAINING.”**

Marnie McBean
World & Olympic Champion



**“A CHAIN IS ONLY AS STRONG
AS ITS WEAKEST LINK.”**

CHIROPRACTIC

“RESTORING WEAK CHAINS SINCE 1895”



It is estimated that 30 million children now participate in organized sports including soccer, football, swimming, gymnastics, hockey, skating and baseball. Correspondingly, as participation increases, injuries increase. Sports injuries to young people now exceed the occurrence of infectious disease.

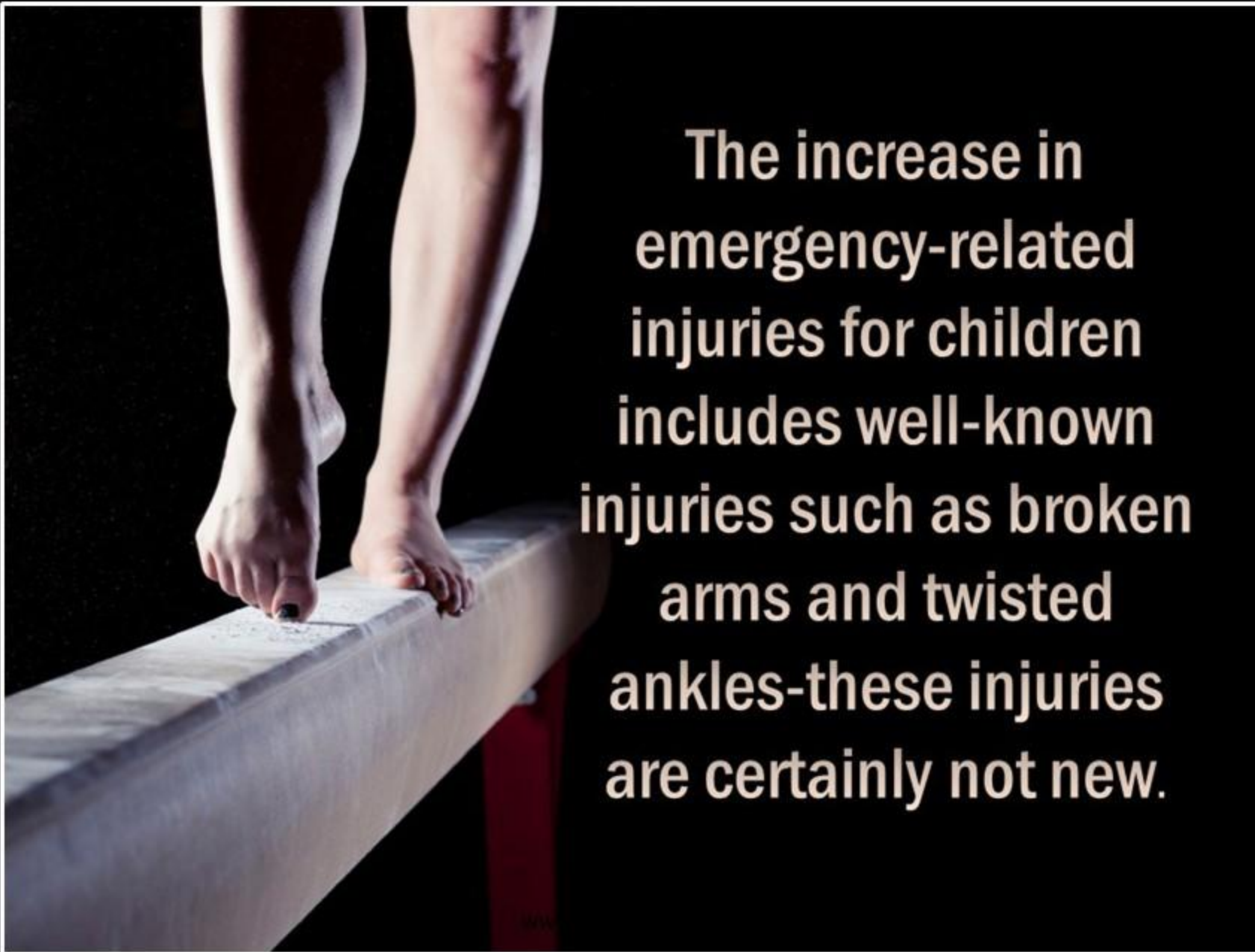
www.ForLifetimeWellness.com



**Sports and recreational
activities account for 4.3
million or 36% of all injuries
to children in the United States.**

AMERICAN FAMILY PHYSICIAN

Shaffer, E. MD (1996, March). "Incidence of Sports Injuries in Children
and Adolescents" American Family Physician, p. 134



**The increase in
emergency-related
injuries for children
includes well-known
injuries such as broken
arms and twisted
ankles-these injuries
are certainly not new.**



What is new are the types of children's sports injuries seldom seen in past generations. They are **overuse injuries** caused by small, but **repetitive injuries** to the body's tissues, joints and spinal column resulting in chronic health conditions.

www.keithwassling.com



Chiropractic's focus on the spine and nervous system is also important for children, since it is their nervous system, which controls their entire growth and development, which plays a huge role in their athletic performance.

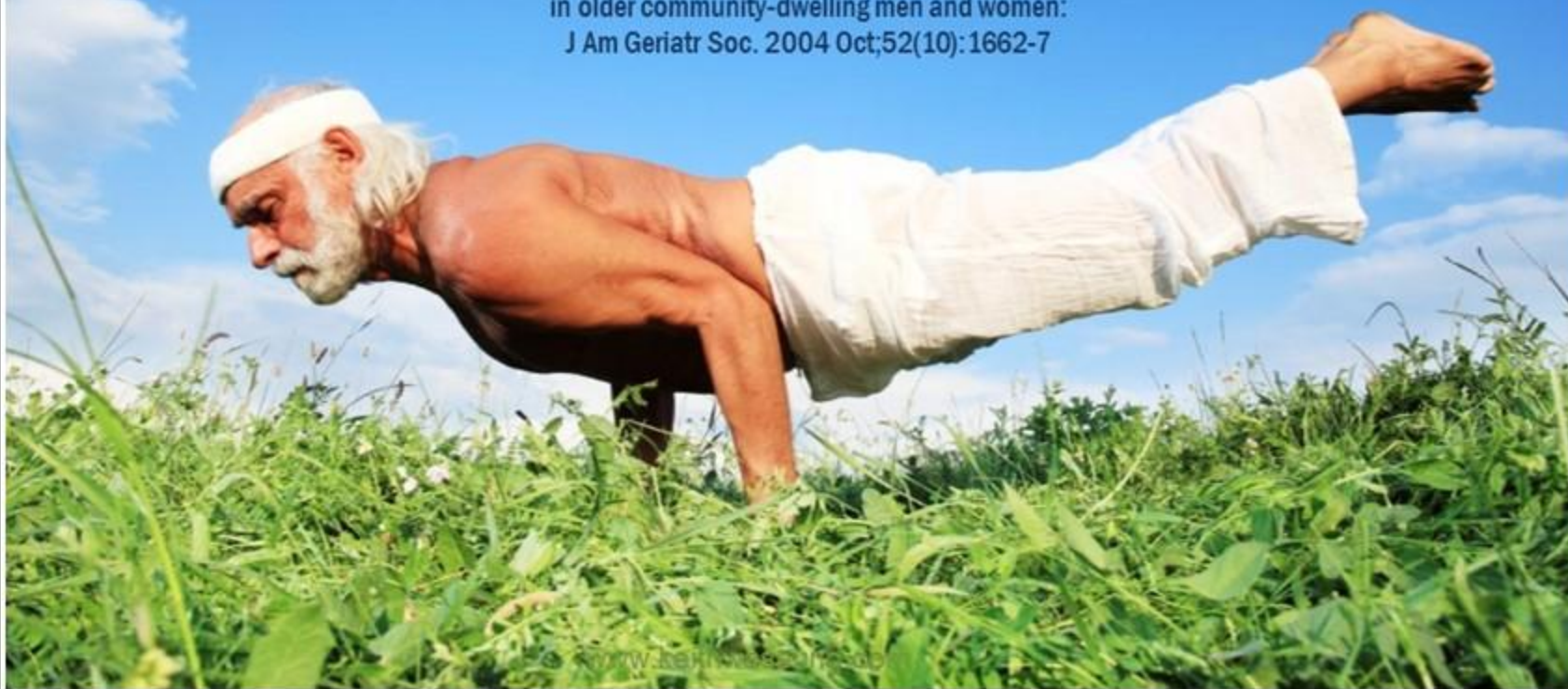
www.keithwassung.com



Chiropractic
adjustments for children
of all ages are of
tremendous benefit for
the treatment and
prevention of injuries
and to maximize
performance potential.

**“Older men and women with
hyperkyphotic posture have
higher mortality rates.”**

Kado, D. Huang, M. Hyperkyphotic posture predicts mortality
in older community-dwelling men and women:
J Am Geriatr Soc. 2004 Oct;52(10):1662-7





**“AGING AND
DEGENERATIVE
(ARTHRITIC)
CHANGES ARE NOT
SYNONYMOUS.”**

Harry Farfan, M.D.



**Senior citizens who receive
chiropractic care report
better overall health,
fewer chronic conditions,
less days in hospitals
and nursing homes, and
greater mobility than elderly
non-chiropractic patients.**

Coulter I, Hurwitz E, Aranow H, Cassata D, Beck J.
Chiropractic patients in a comprehensive home-based
geriatric assessment, follow-up and health promotion
program. *Topical Clin Chiro* 1996; 3(2):46-55

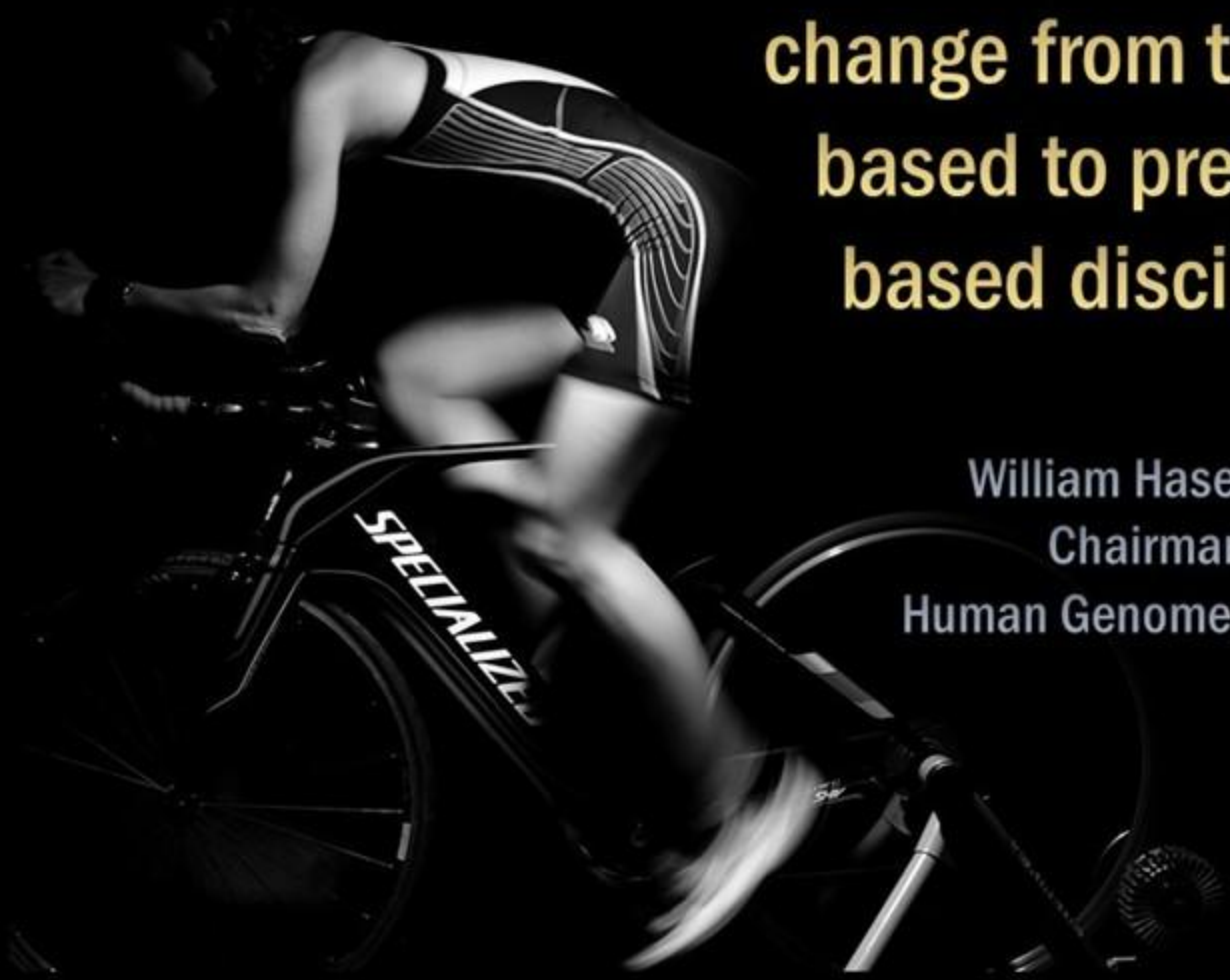
**You can't afford to get sick, and you can't depend
on the present health care system to keep you well.**



**It's up to you to protect and maintain your body's
innate capacity for health and healing by making
the right choices. in how you live.**

ANDREW WEIL, M.D.

www.keithwassung.com



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

William Haseltine
Chairman
Human Genome Science

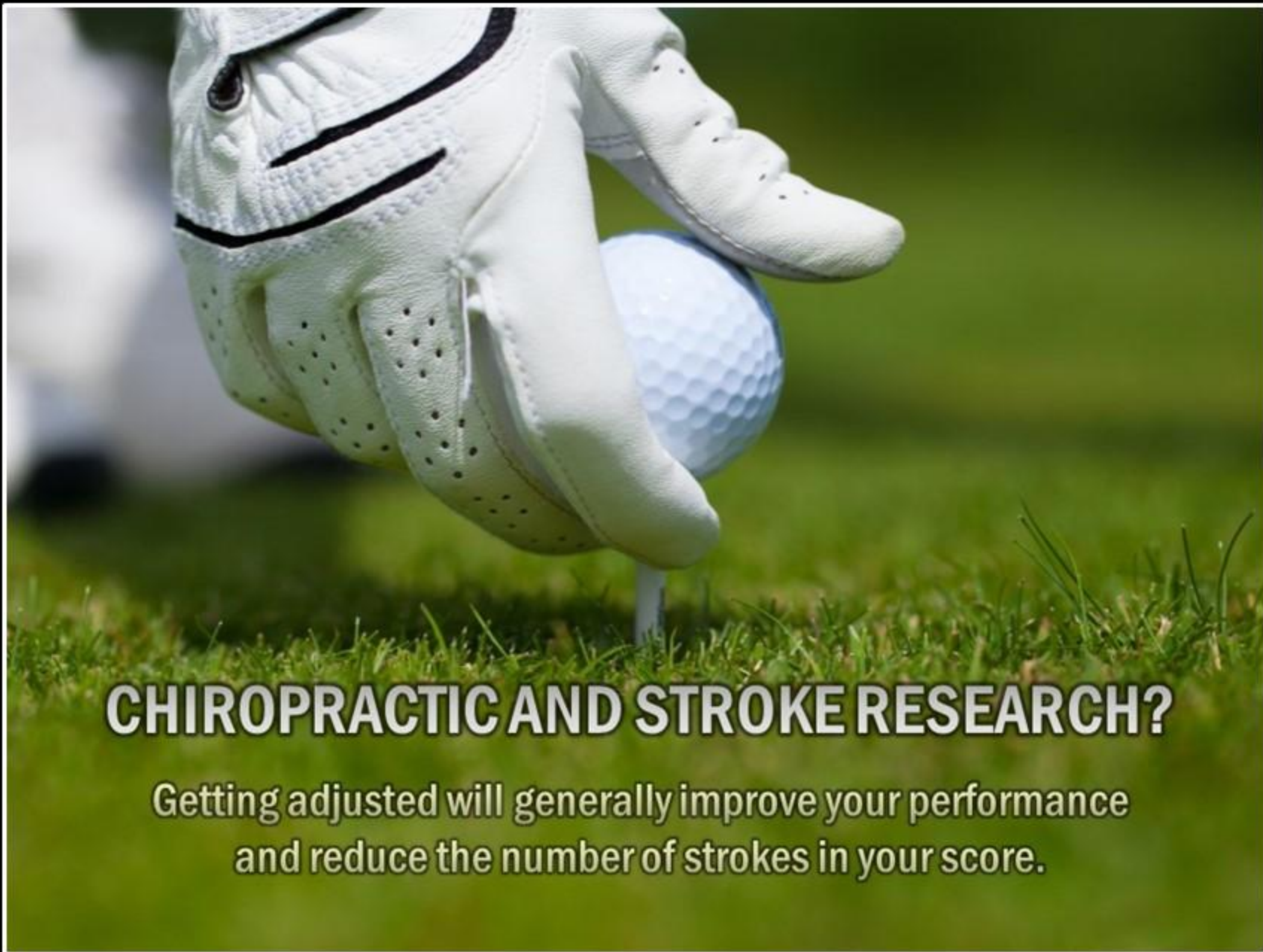
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Dr. John Ferguson

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CHIROPRACTIC AND STROKE RESEARCH?

Getting adjusted will generally improve your performance
and reduce the number of strokes in your score.

Dr. John Ferguson

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Dr. John Ferguson

518.383.5595

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"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.

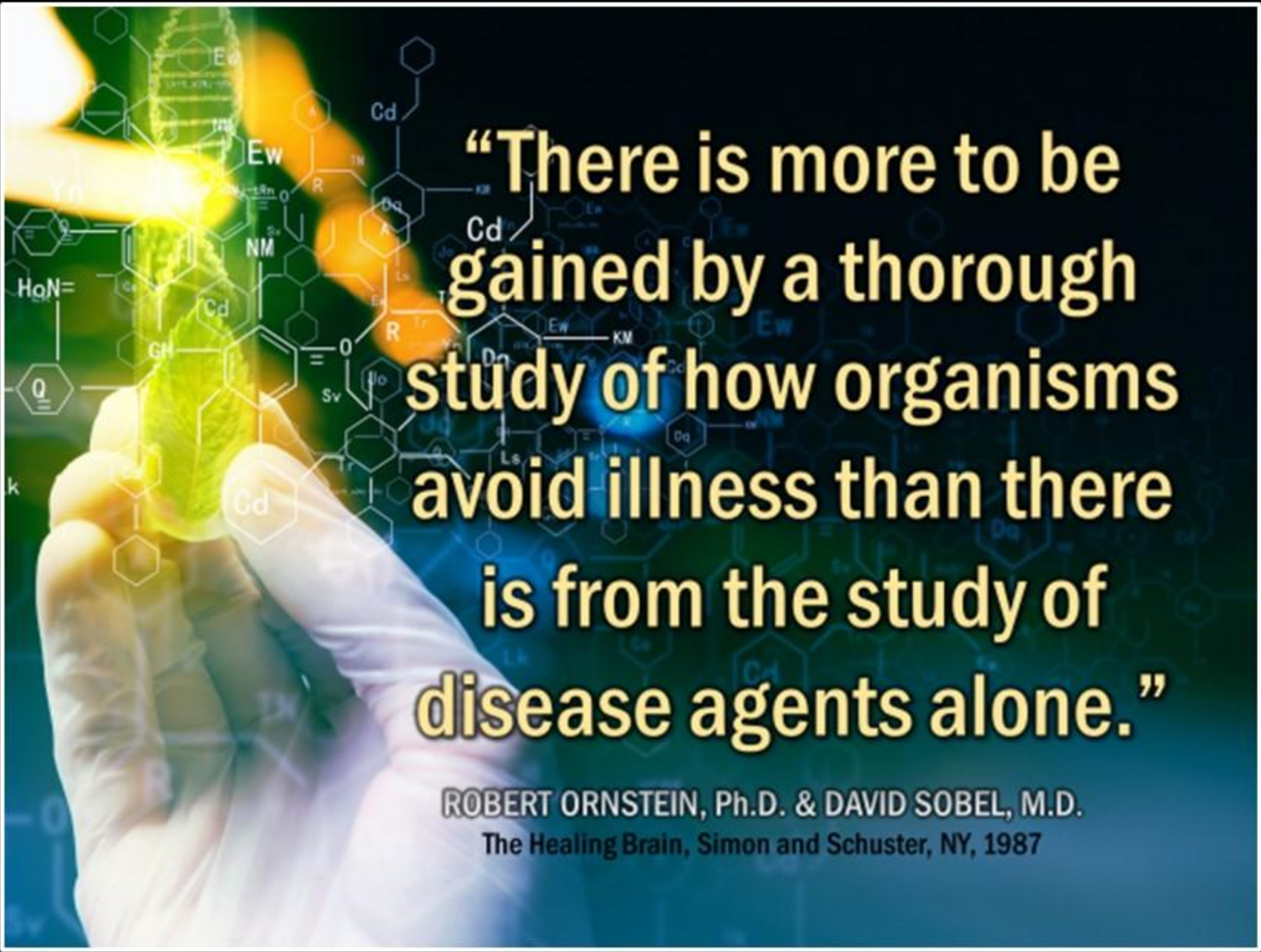
Arnold Schwarzenegger

www.keithwassung.com

Dr. John Ferguson

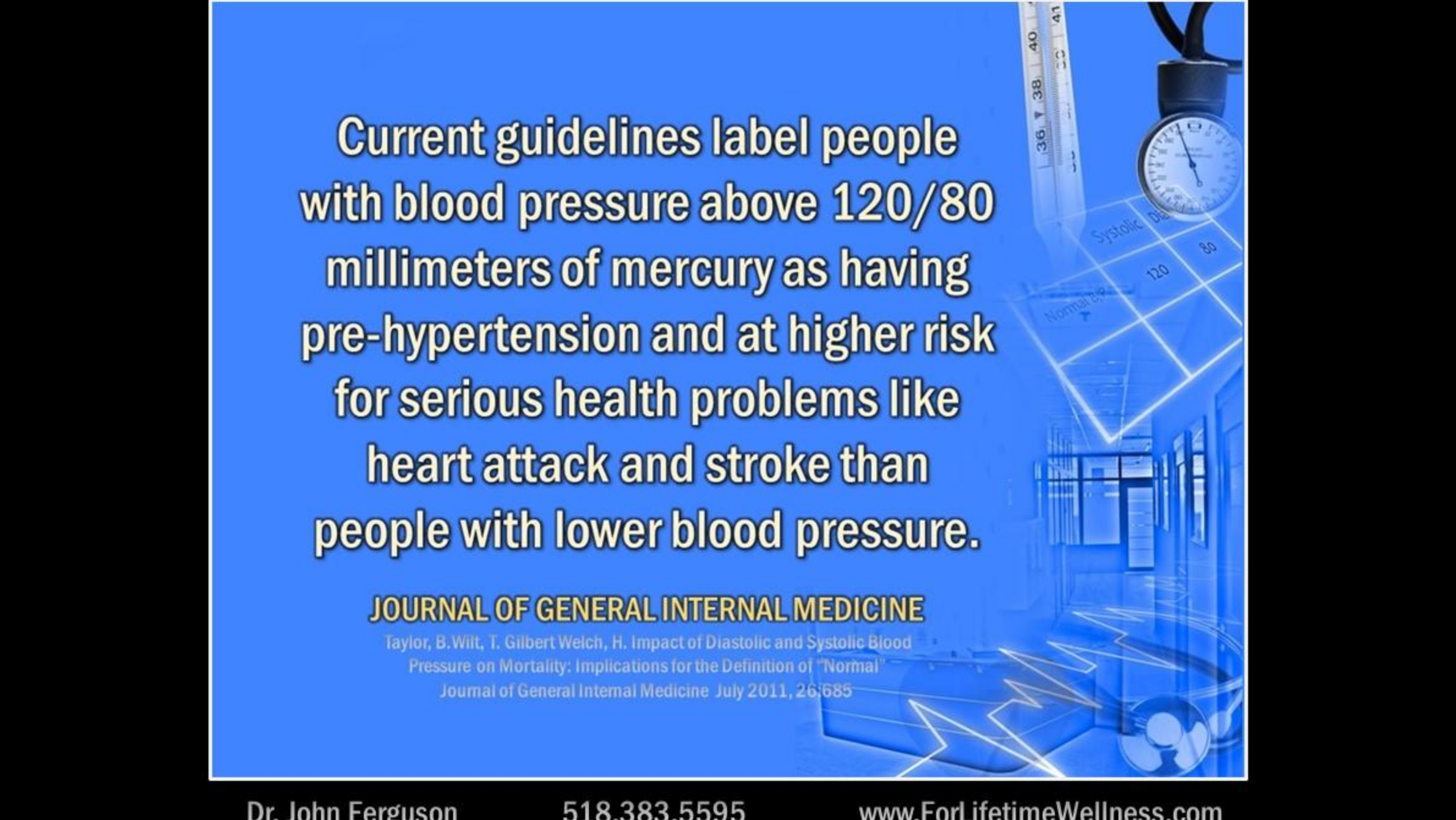
518.383.5595

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**“There is more to be
gained by a thorough
study of how organisms
avoid illness than there
is from the study of
disease agents alone.”**

ROBERT ORNSTEIN, Ph.D. & DAVID SOBEL, M.D.
The Healing Brain, Simon and Schuster, NY, 1987



Current guidelines label people with blood pressure above 120/80 millimeters of mercury as having pre-hypertension and at higher risk for serious health problems like heart attack and stroke than people with lower blood pressure.

JOURNAL OF GENERAL INTERNAL MEDICINE

Taylor, B. Wilt, T. Gilbert Welch, H. Impact of Diastolic and Systolic Blood Pressure on Mortality: Implications for the Definition of "Normal"
Journal of General Internal Medicine July 2011, 26:685

**A COMPREHENSIVE STUDY
FOUND THAT PEOPLE IN THE
HIGH BLOOD PRESSURE
CATEGORY ARE NOT ANY MORE
LIKELY TO DIE PREMATURELY
THAN THOSE WITH LOWER
BLOOD PRESSURES.**

JOURNAL OF GENERAL INTERNAL MEDICINE

Taylor, B. Wilt, T. Gilbert Welch, H. Impact of Diastolic and Systolic Blood Pressure on Mortality: Implications for the Definition of "Normal" Journal of General Internal Medicine July 2011, 26:685

