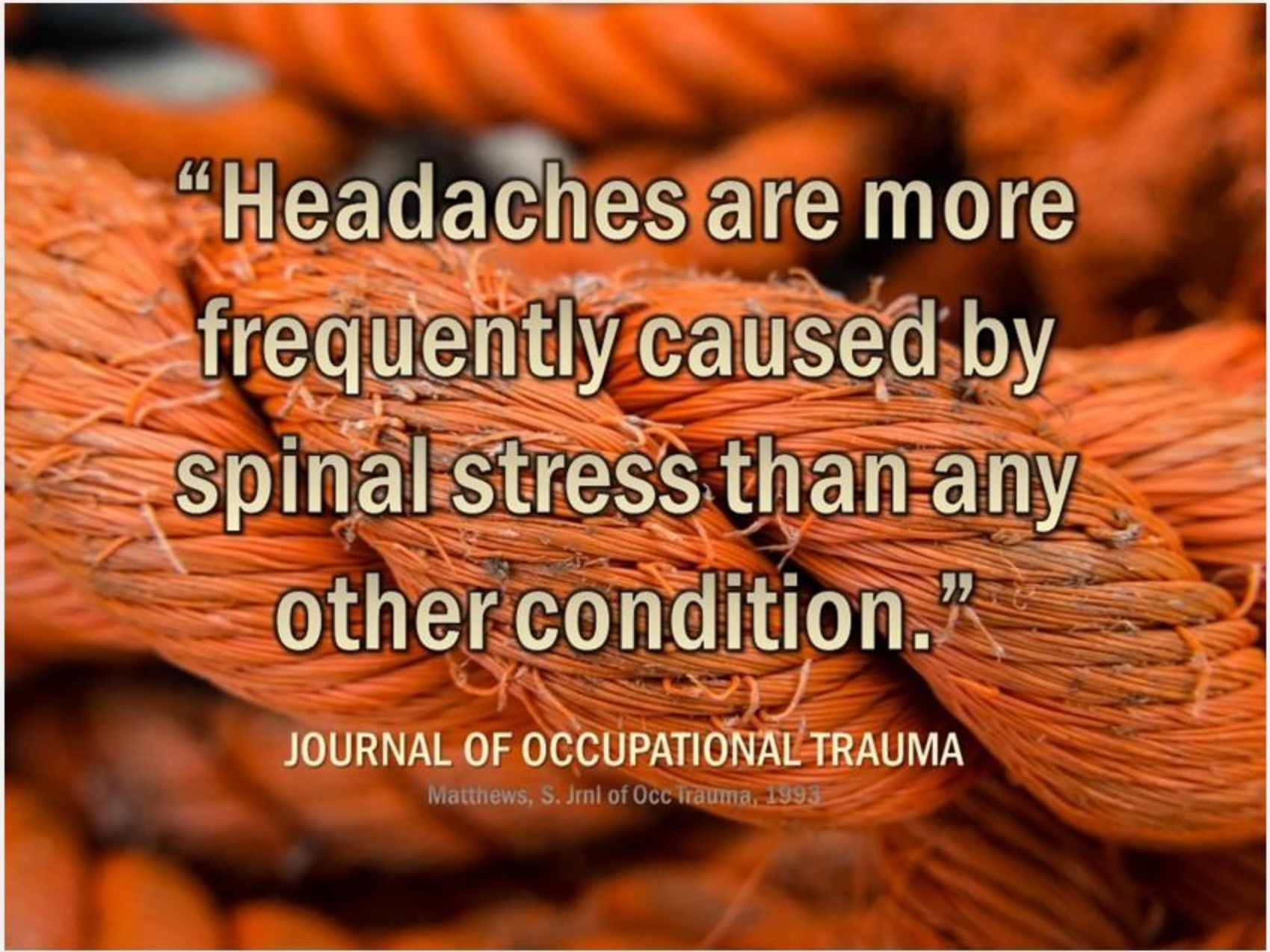




**“Headaches are more
frequently caused by
spinal stress than any
other condition.”**

JOURNAL OF OCCUPATIONAL TRAUMA

Matthews, S. Jnl of Occ Trauma, 1993

“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.”

RENE CAILLIET, M.D.

Department of physical medicine and rehabilitation
University of Southern California

www.keithwassung.com

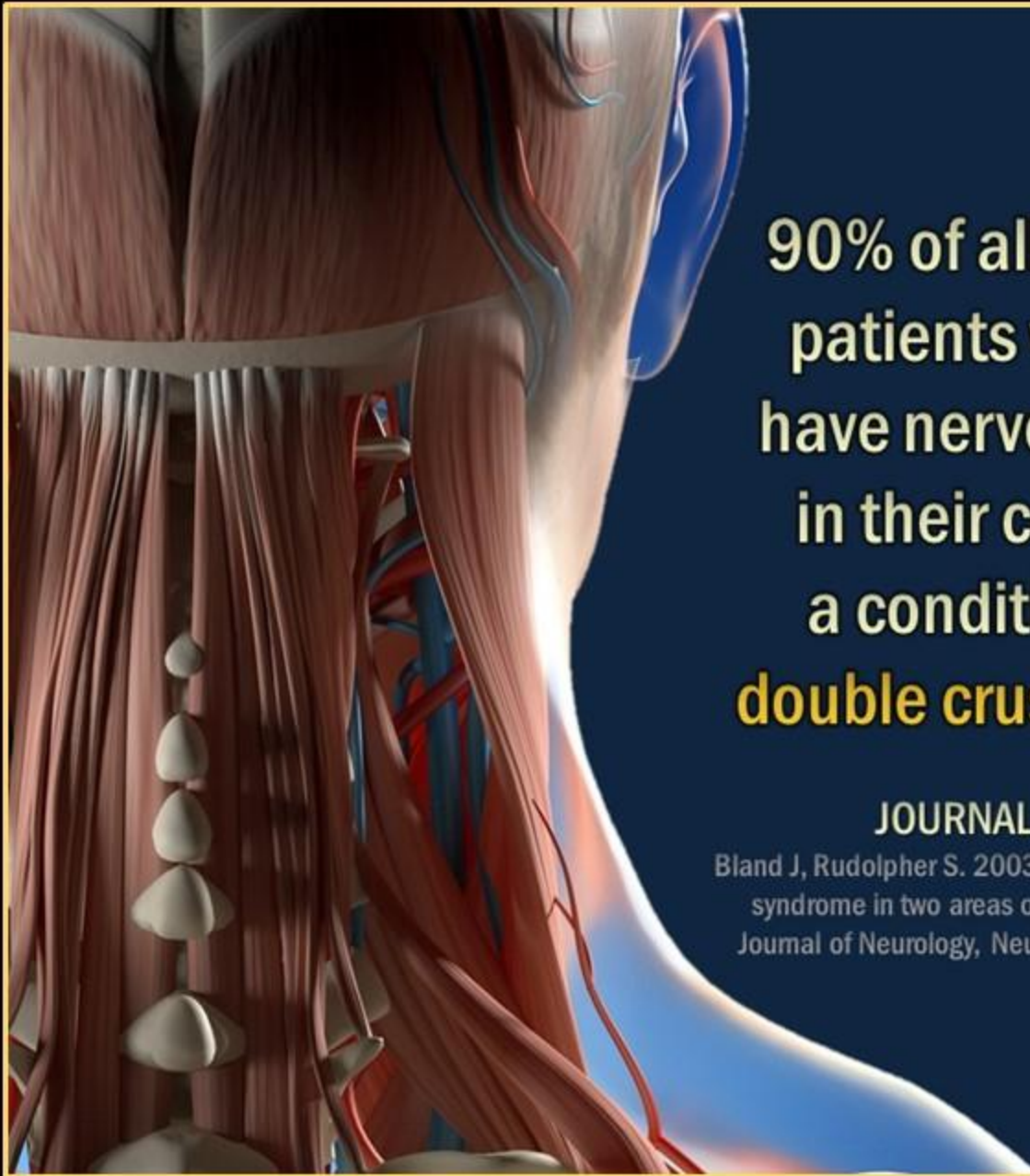




“Forward head posture (FHP) may result in the loss of 30% of vital lung capacity.”

RENE CAILLIET, M.D.
Department of physical medicine and rehabilitation
University of Southern California

www.keithwasing.com



90% of all carpal tunnel patients were found to have nerve root irritation in their cervical spine, a condition known as **double crush phenomena.**

JOURNAL OF NEUROLOGY

Bland J, Rudolph S. 2003. Clinical surveillance of carpal tunnel syndrome in two areas of the United Kingdom. 1991-2001. Journal of Neurology, Neurosurgery and Psychiatry 74:1684-9



"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



“Fibromyalgia can be caused by bad posture, and any attempt to relieve symptoms without addressing the cause is useless.”

DR. MICHAEL VAN STRATEN

The Complete Natural Health Consultant,
166-167. Prentice Hall Press



“The skin and the central nervous system are intertwined. Therefore, it is not surprising that almost any and all skin diseases can be impacted by changes in the nervous system.”

U.S. NEWS AND WORLD REPORT

Woodham. C. Healing your skin with your mind.

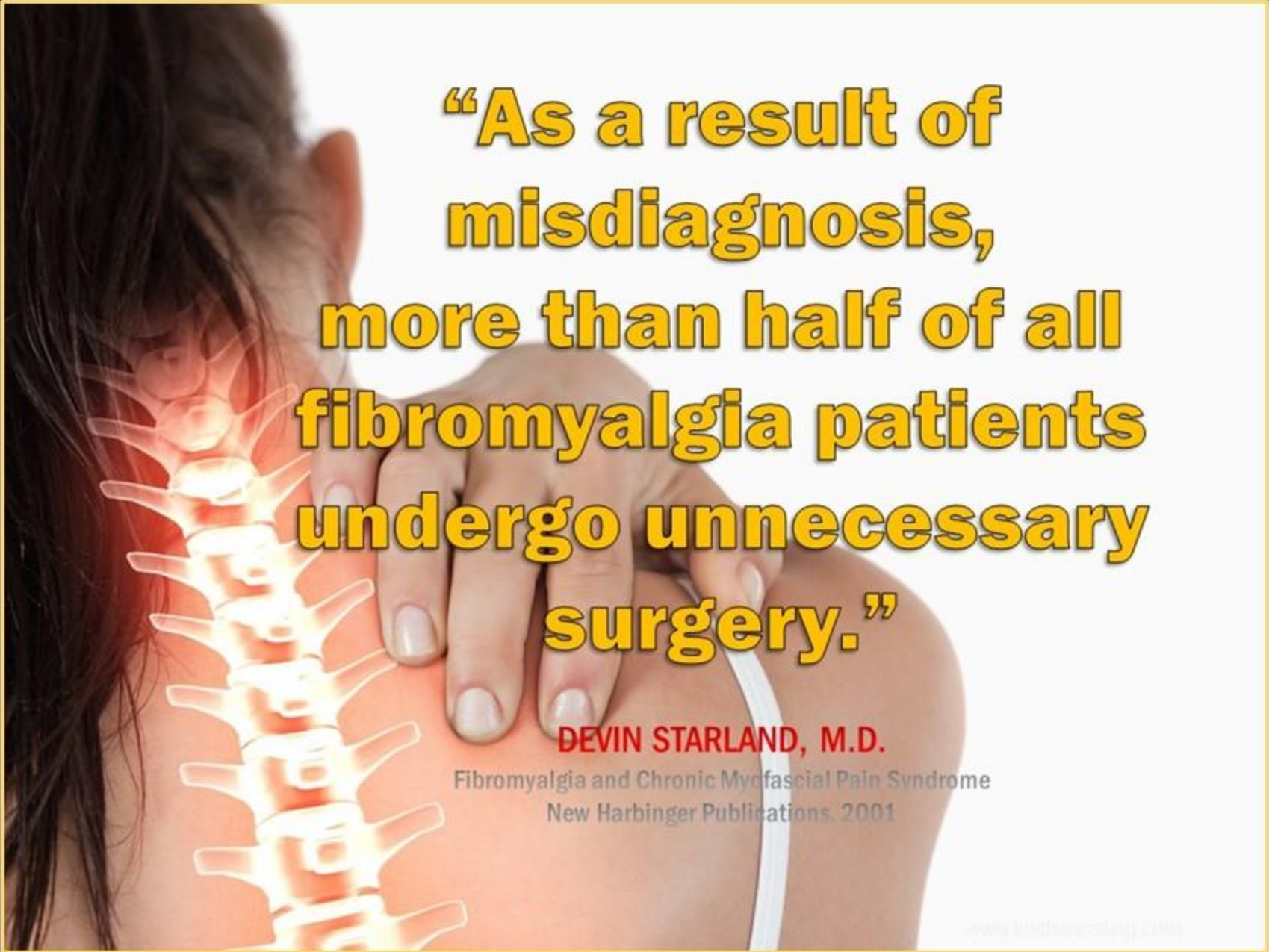
USNWR May 2015

**“The average
Fibromyalgia patient
suffers for five years
and spends thousands
of dollars on medical
bills before receiving
an accurate diagnosis.”**

DEVIN STARLAND, M.D.

Fibromyalgia and Chronic Myofascial Pain Syndrome
New Harbinger Publications, 2001



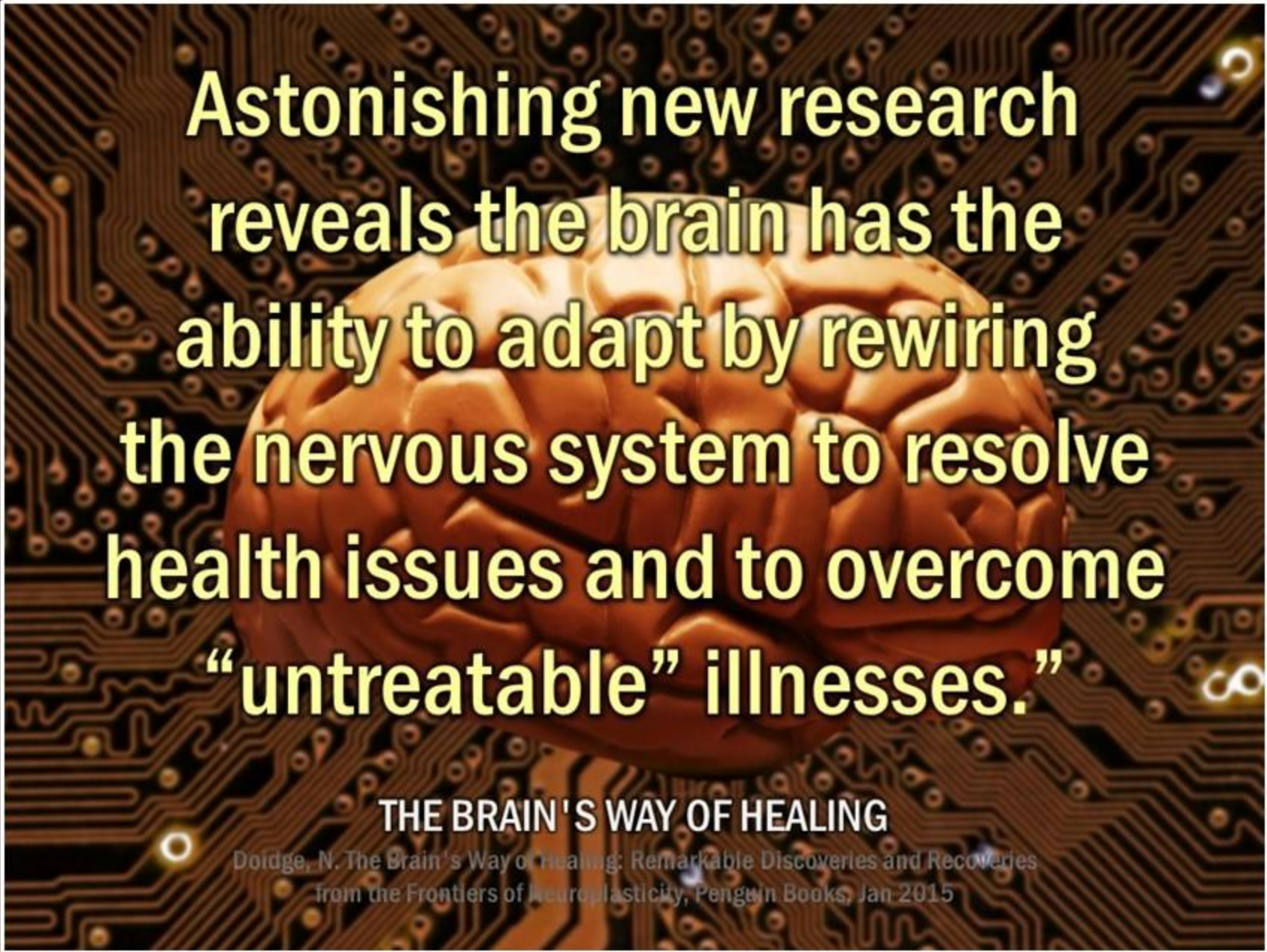


**“As a result of
misdiagnosis,
more than half of all
fibromyalgia patients
undergo unnecessary
surgery.”**

DEVIN STARLAND, M.D.

Fibromyalgia and Chronic Myofascial Pain Syndrome
New Harbinger Publications, 2001

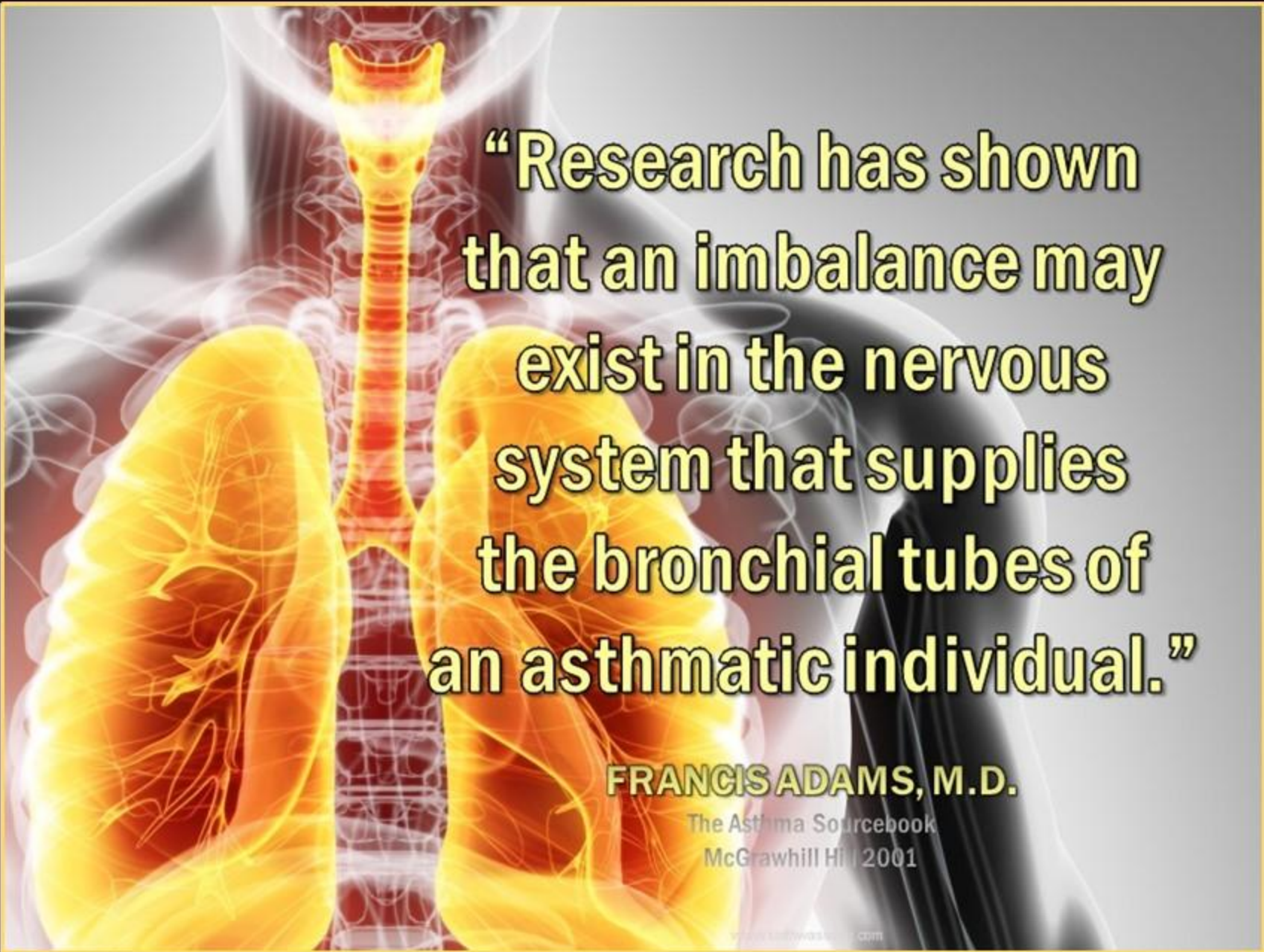
www.fibromyalgia.com

A human brain is centered in the image, rendered in a light brown color. It is set against a dark brown background with a complex, glowing circuit board pattern. The text is overlaid on the brain and background.

**Astonishing new research
reveals the brain has the
ability to adapt by rewiring
the nervous system to resolve
health issues and to overcome
“untreatable” illnesses.”**

THE BRAIN'S WAY OF HEALING

Doidge, N. The Brain's Way of Healing: Remarkable Discoveries and Recoveries
from the Frontiers of Neuroplasticity, Penguin Books, Jan 2015



**“Research has shown
that an imbalance may
exist in the nervous
system that supplies
the bronchial tubes of
an asthmatic individual.”**

FRANCIS ADAMS, M.D.

The Asthma Sourcebook
McGrawhill Hill 2001



DON'T BE CON-FUSE-D BY CHIROPRACTIC

It is pretty simple

Dr. John Ferguson

518.383.5595

www.ForLifetimeWellness.com

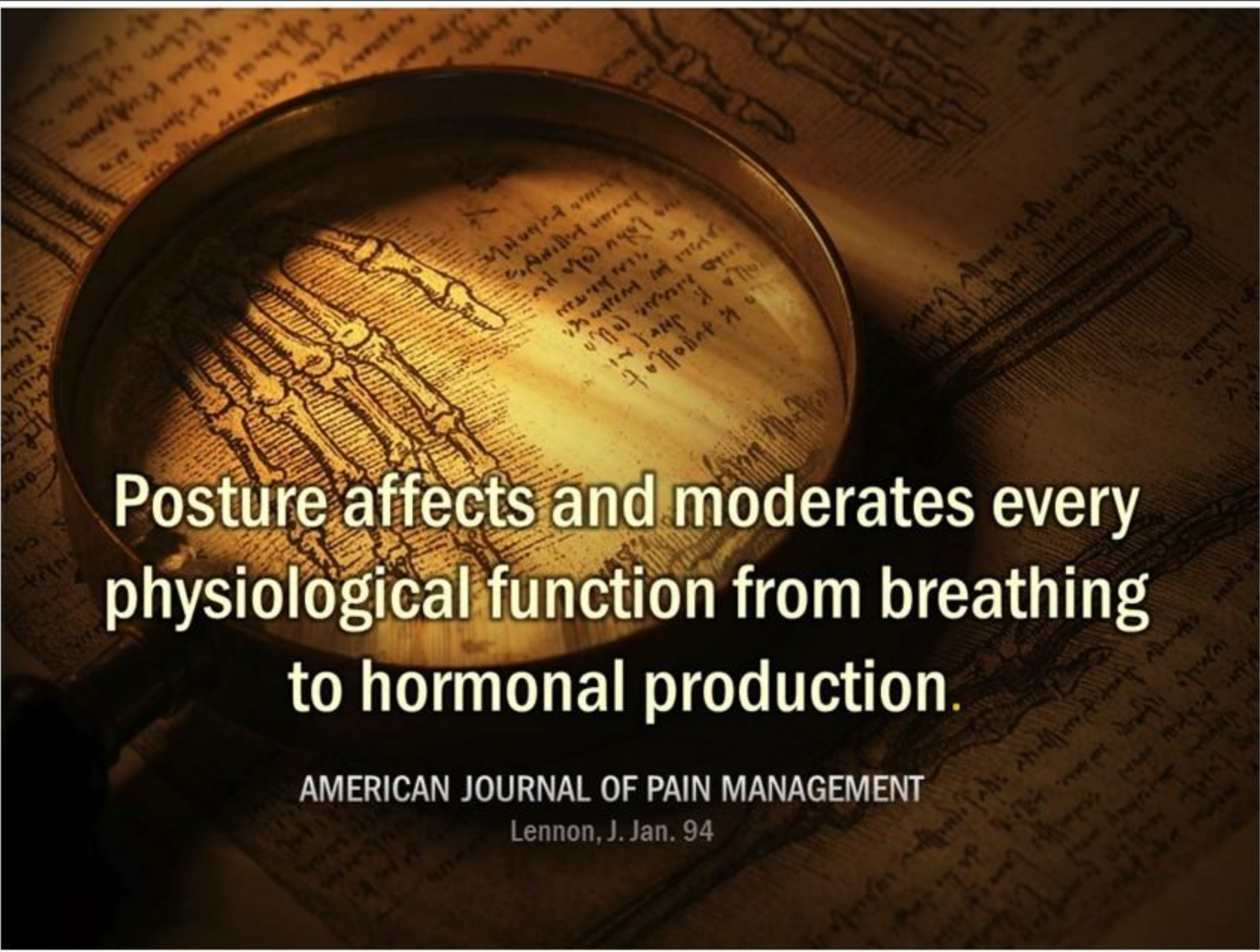


“Asthma is often related to the position of the first and second thoracic vertebra, although misalignment of the spine in other areas can be a contributing factor. Faulty alignment around the seventh cervical vertebra can also be a reason for asthma and other breathing difficulties.”

ASTHMA: AN ALTERNATIVE APPROACH

Roberts, R., & Sammut, J. Asthma: An Alternative Approach. Keats Publishing

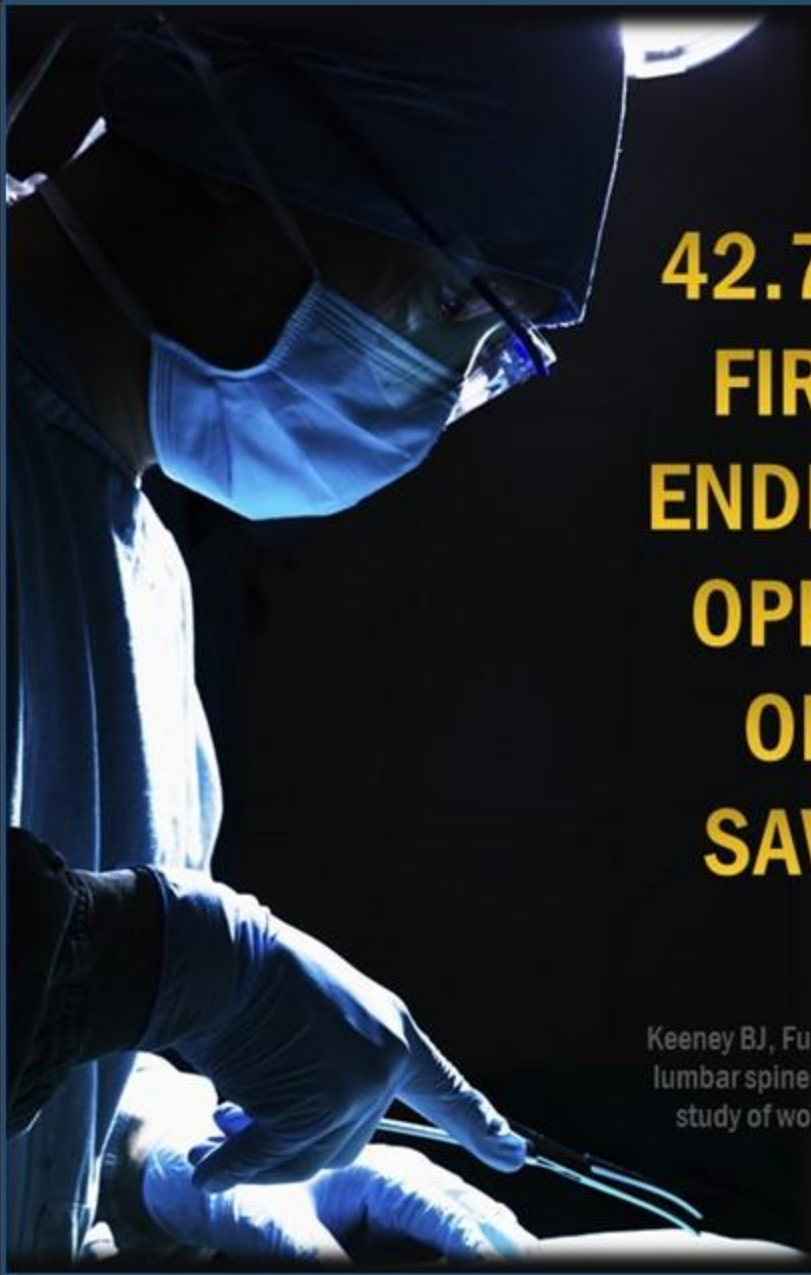
www.keithwassund.com



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

AMERICAN JOURNAL OF PAIN MANAGEMENT

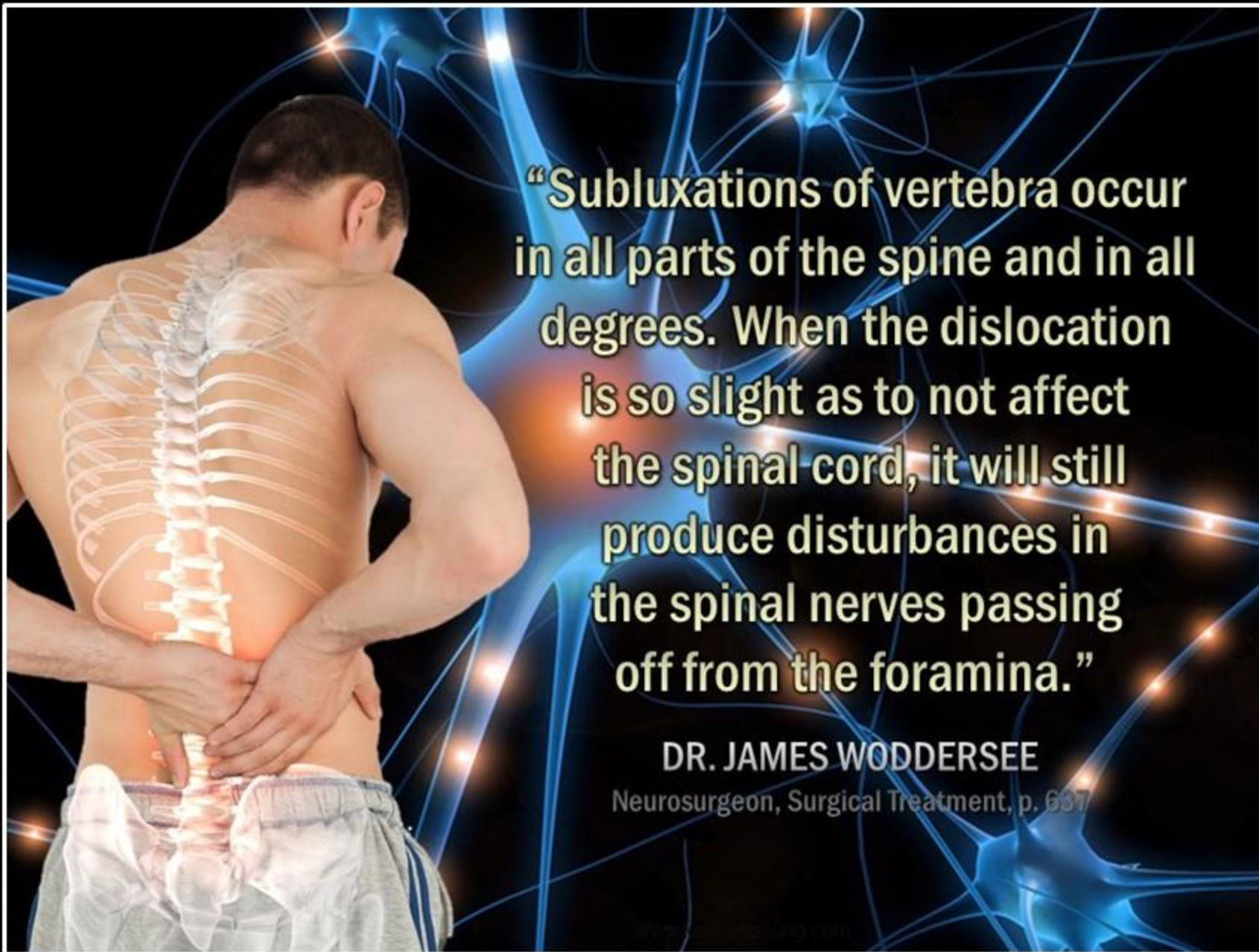
Lennon, J. Jan. 94



**42.7% OF WORKERS WHO
FIRST SAW A SURGEON
ENDED UP IN SURGERY, AS
OPPOSED TO ONLY 1.5%
OF THOSE WHO FIRST
SAW A CHIROPRACTOR.**

SPINE

Keeney BJ, Fulton-Kehoe D, Turner JA, Wickizer TM, Chan KC. Early predictors of lumbar spine surgery after occupational back injury: results from a prospective study of workers in Washington State. *Spine*, 2013 May 15;38(11):953-64



“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, Surgical Treatment, p. 637



HEIMLICH

RESTORES NORMAL
AIR SUPPLY



CHIROPRACTIC

RESTORES NORMAL
NERVE SUPPLY

**REMOVE ALL OBSTRUCTIONS, NOT JUST
THE OBVIOUS ONES**

Degenerative cervical spine disorders will affect up to **two-thirds** of the population in their lifetime. Cervical disorders may become **debilitating** resulting in severe **pain** and possibly **neurologic conditions**.

CURRENT REVIEWS IN MUSCULOSKELETAL MEDICINE

Todd, A.G. Cervical spine: degenerative conditions 2011 Dec; 4(4): 168-174



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www.ForLifetimeWellness.com



A study of patients who required surgery for cervical spondylotic myelopathy, revealed that those patients who had a **normal cervical lordosis** prior to the surgery showed significant post-operative **neurological improvement** over those patients who **did not** have a pre-operative cervical curve.

CLINICAL NEUROSURGERY

Martinez, Occipitocervical fixation:
a single surgeon's experience with
120 Patients Aug. 2016

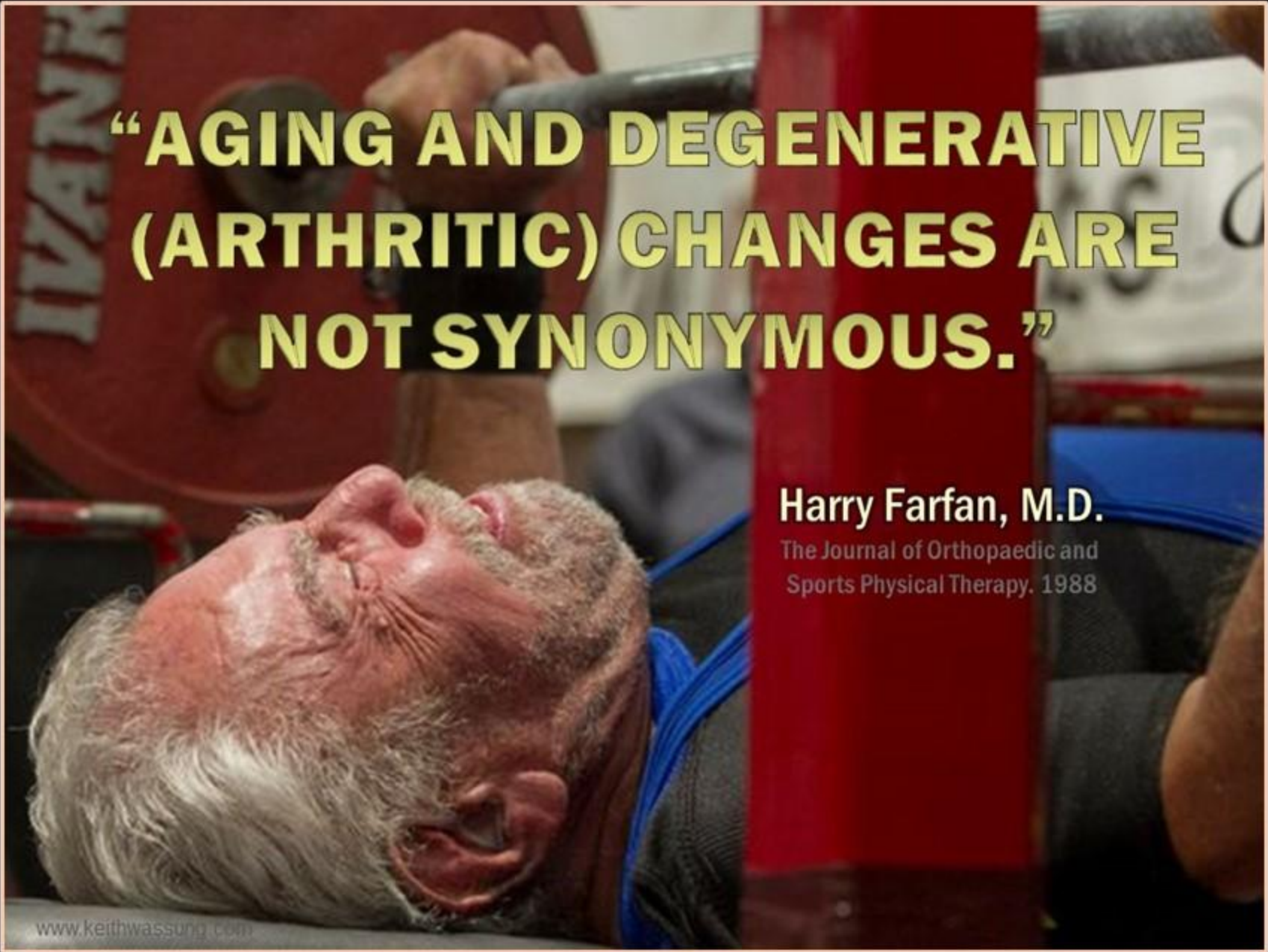


The nervous system cannot be altered locally. Local interference affects the whole nervous system network. These changes pass away gradually but not completely and give rise to a number of adaptations to the new artificial norm. The nervous system is now a new object after the local lesion and reacts to stimuli in a new fashion.

A.D. SPERANKSY, M.D.

A theory for the basis of medicine
NY International Publishers, 1943

www.keithwassung.com



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

Harry Farfan, M.D.

The Journal of Orthopaedic and
Sports Physical Therapy. 1988

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“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. Cervical Spine Trauma
Monograph, 22, 1999

www.keithwassung.com



“Interference to the nervous system results in damage within a short period of time and therefore, Chiropractic care should begin at birth on a preventive basis.”

DR. ARPAD DENAGY

The Rockefeller Institute

Member of 5 Nobel Prize Winning Teams

Presenteeism (*n*) [prez-uh n-tee-iz-uh m]

1. The practice of coming to work despite illness, injury, anxiety, etc., often resulting in reduced productivity.
2. It is estimated that the total cost of presenteeism in the United States is greater than **\$150 billion** per year



www.keithwassung.com



**“THE BEGINNING
OF THE DISEASE
PROCESS BEGINS
WITH POSTURAL
DISTORTIONS.”**

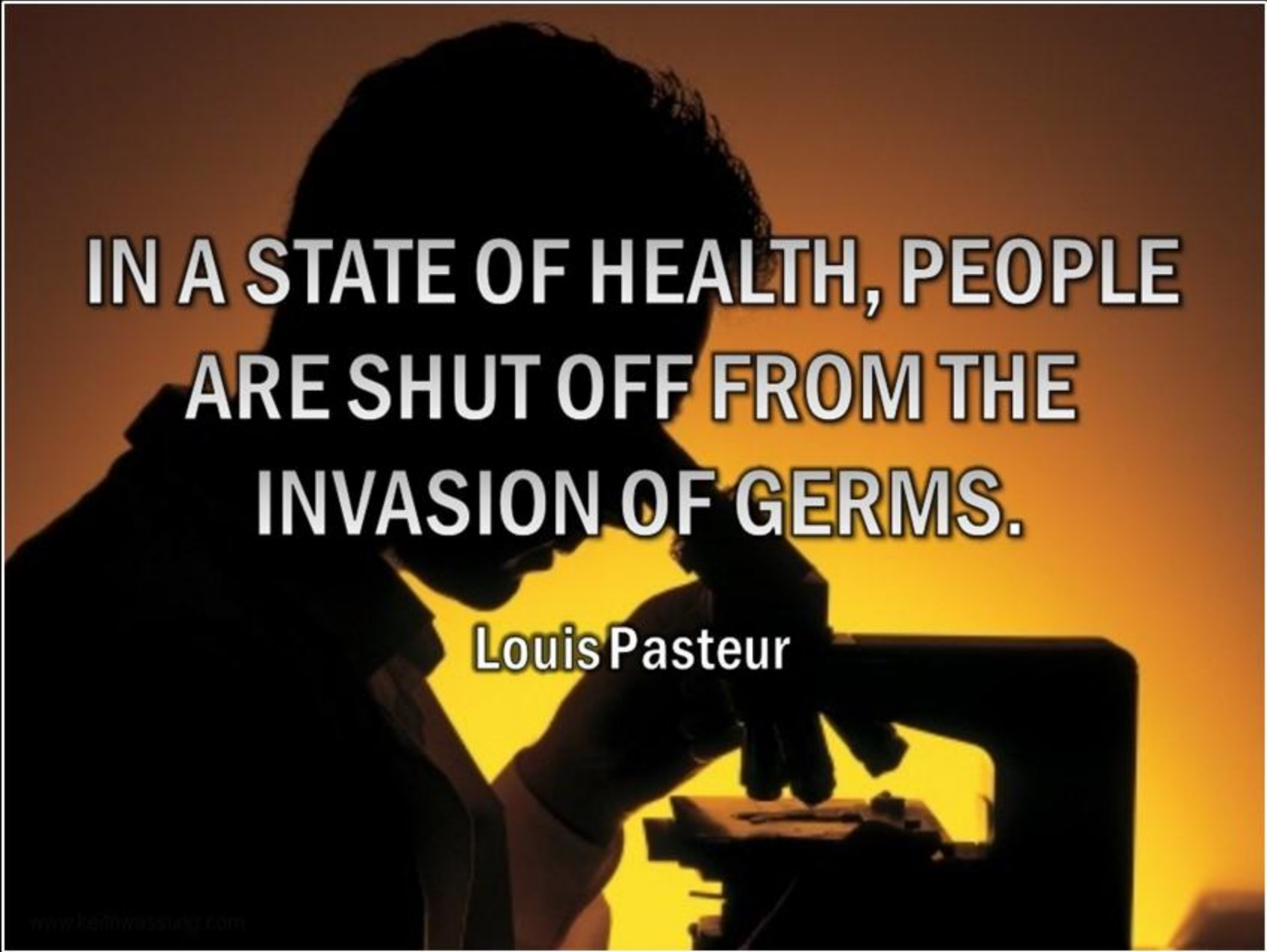
Hans Selye, Nobel Laureate

The Stress of Life
McGraw-Hill Publishing, 78



**“SINCE, I’VE BEEN IN
CHIROPRACTIC, I’VE
IMPROVED BY LEAPS
AND BOUNDS, BOTH
PHYSICALLY AND
MENTALLY.”**

Michael Jordan



**IN A STATE OF HEALTH, PEOPLE
ARE SHUT OFF FROM THE
INVASION OF GERMS.**

Louis Pasteur

www.forthelifeofwellness.com

Dr. John Ferguson

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Use of aspirin during
the last two weeks of
pregnancy may cause
bleeding problems in
the fetus before or
during delivery or in
the newborn infant.

UNITED STATES PHARMACOPEIAL CONVENTION

Drug Information for the consumer, p. 1037



Too much use of aspirin during the last three months of pregnancy may increase the length of pregnancy, prolong labor, cause other problems during delivery, or cause severe **bleeding** in the mother before, during or after the delivery.

UNITED STATES PHARMACOPEIAL CONVENTION
Drug Information for the consumer, p. 1037



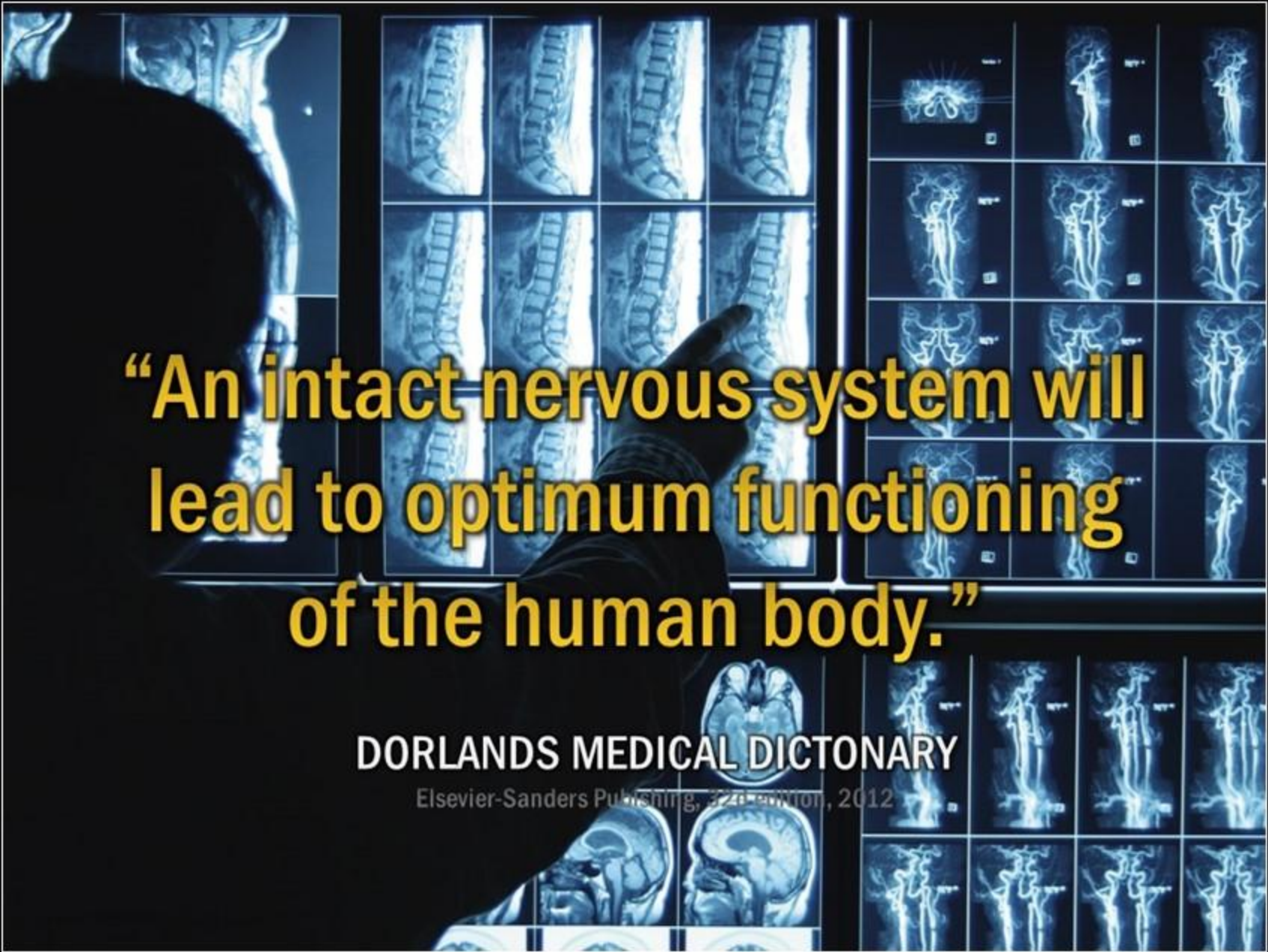
**“HOMEOSTASIS AND NERVOUS
SYSTEM FUNCTION ARE ULTIMATELY
CONNECTED WITH POSTURE.”**



American Journal of Pain Management

Freeman J L. Posture in the Aging and Aged Body. 1993(7), pp 843-846

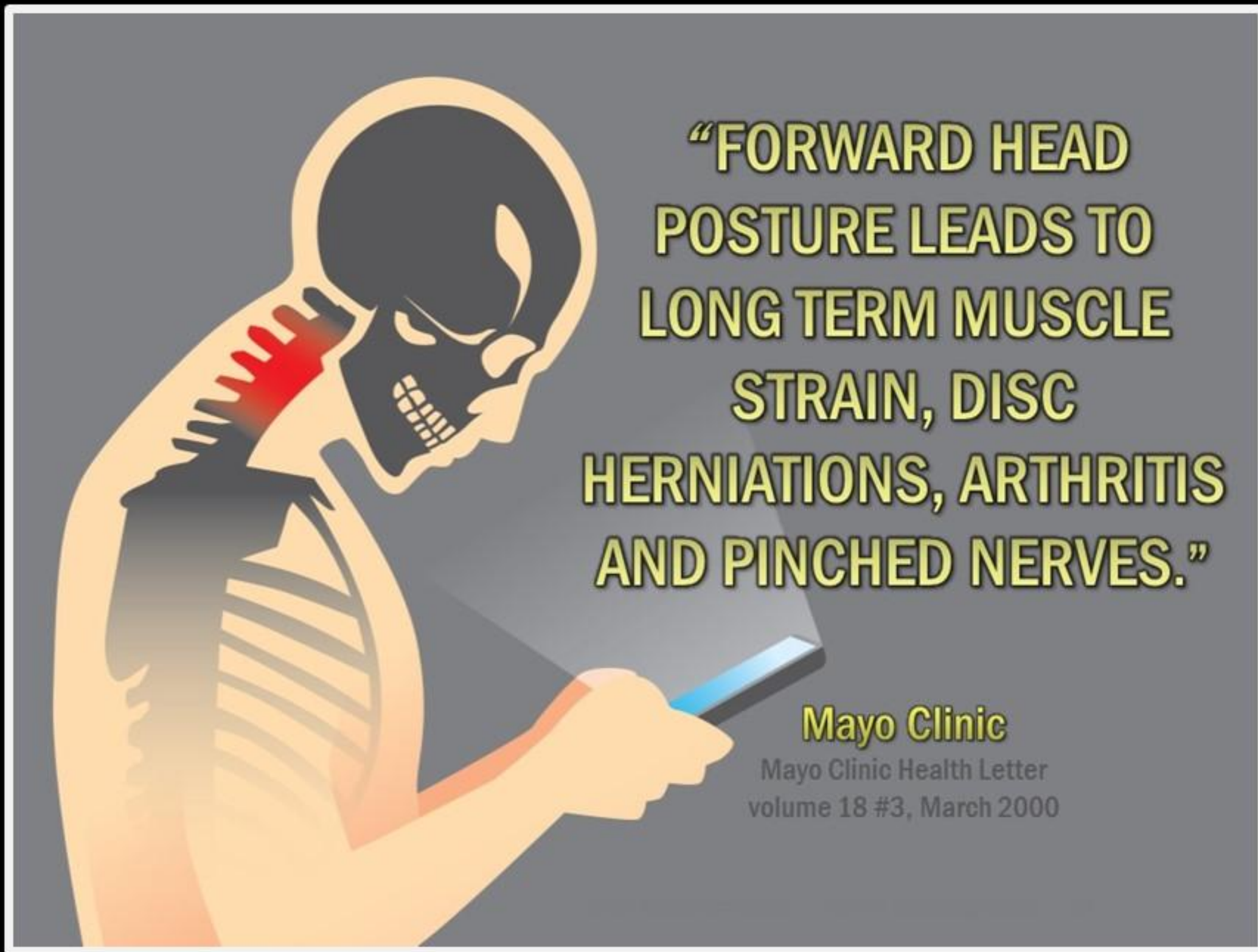
JAMA (Journal of the American Medical Assn)



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

DORLANDS MEDICAL DICTIONARY

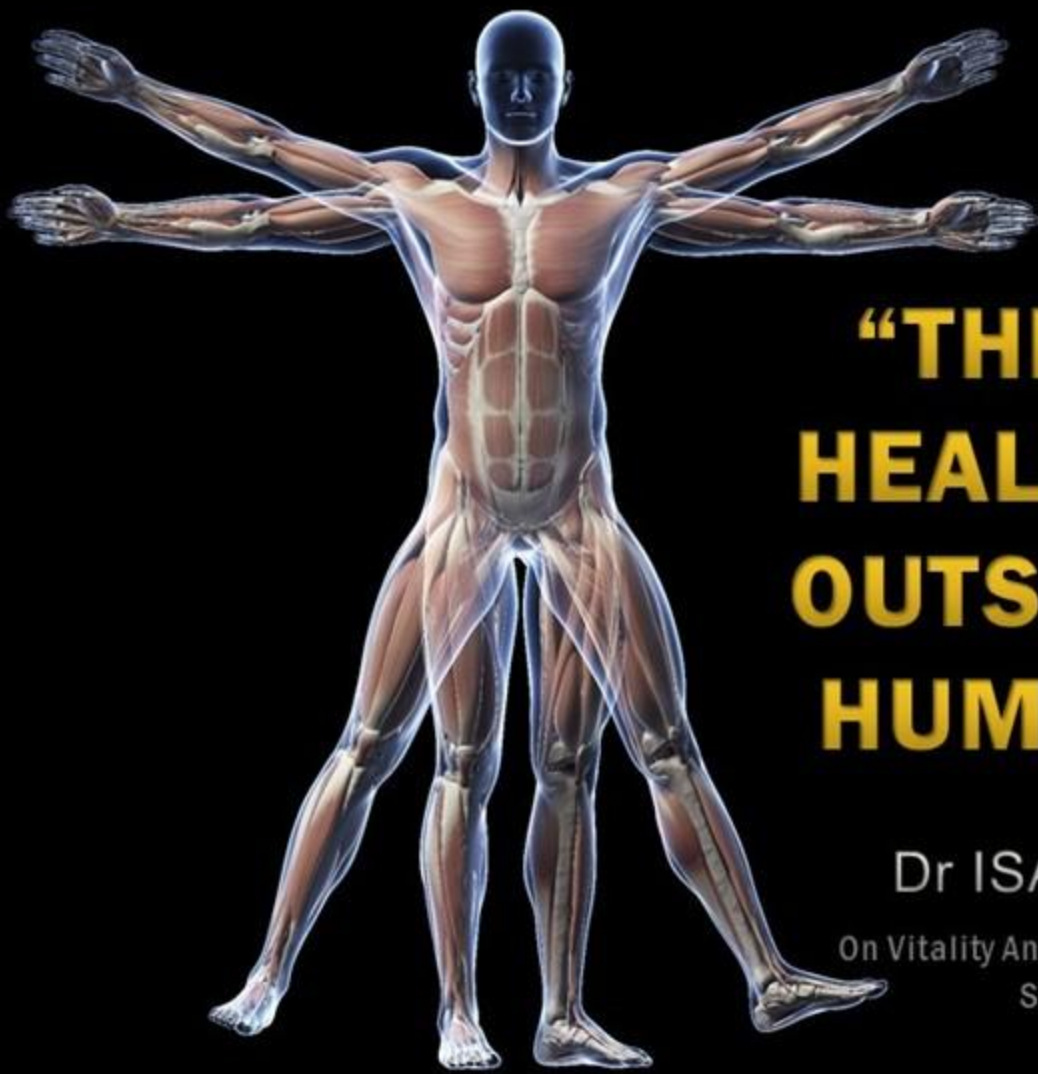
Elsevier-Sanders Publishing, 32nd Edition, 2012



**“FORWARD HEAD
POSTURE LEADS TO
LONG TERM MUSCLE
STRAIN, DISC
HERNIATIONS, ARTHRITIS
AND PINCHED NERVES.”**

Mayo Clinic

Mayo Clinic Health Letter
volume 18 #3, March 2000



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

Dr ISAAC JENNINGS

On Vitality And Disease, Kessinger Publishing,
September 15, 2006

www.keithwassung.com

**FOR EVERY INCH OF FORWARD HEAD
POSTURE, IT CAN INCREASE THE
WEIGHT OF THE HEAD ON THE SPINE
BY AN ADDITIONAL TEN POUNDS.**

Dr. Adalbert Kapandji

Kapandji A.: The Physiology of the Joints, Volume 3:
The Spinal Column, Pelvic Girdle and Head, Churchill-Livingston



Dr. John Ferguson

518.383.5595

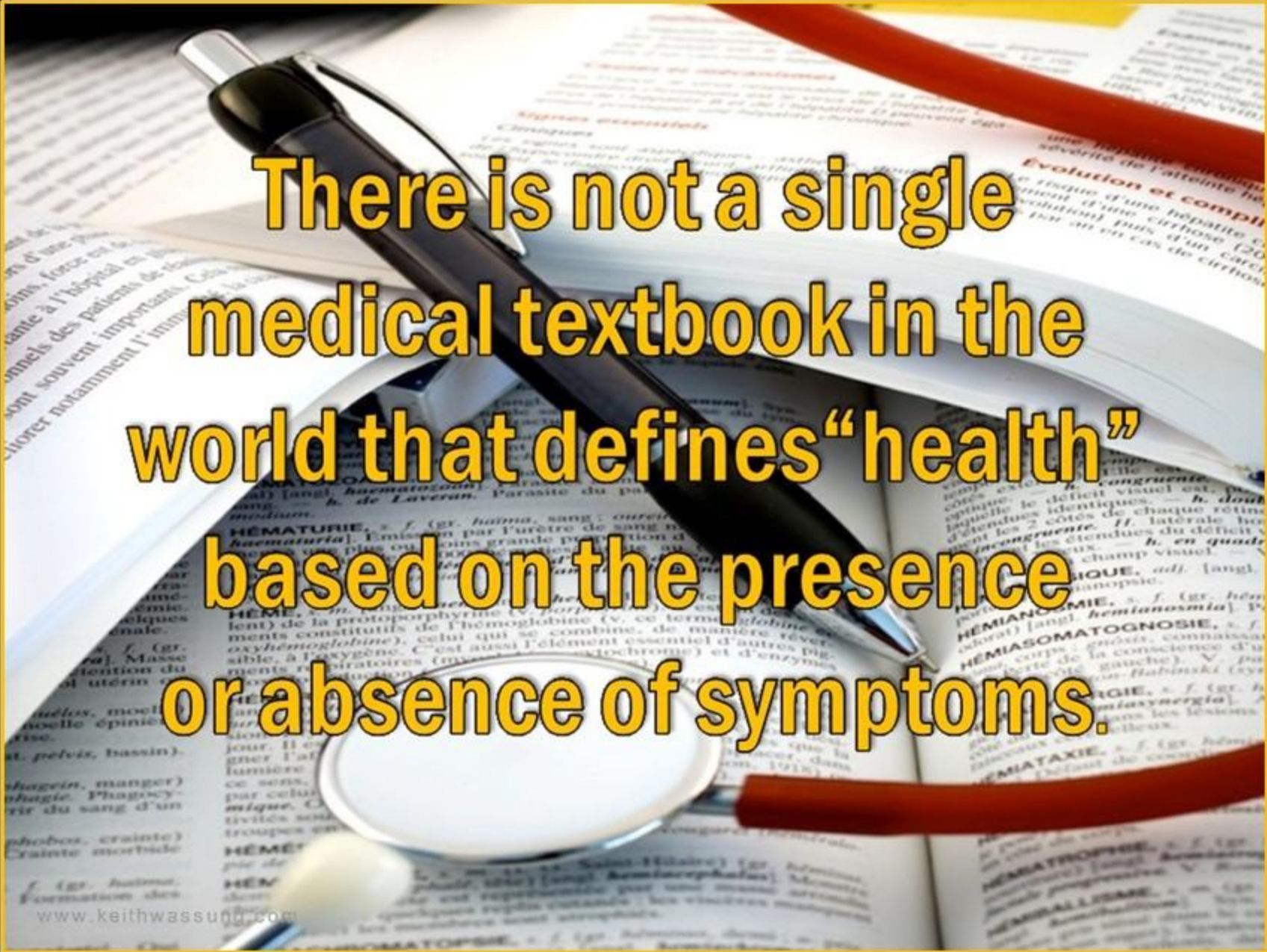
www.ForLifetimeWellness.com



“The strongest argument for the widespread use of estrogen is that it supposedly delays the development of osteoporosis. The absence of osteoporosis in elderly women in many other countries is never discussed in the professional meetings on osteoporosis that are subsidized by the various pharmaceutical companies.”

ELLEN BROWN

Menopause and Estrogen” US Statistical Abstract,
Frog Publishing 1996



There is not a single
medical textbook in the
world that defines “health”
based on the presence
or absence of symptoms.



Marked height loss in older men, often due to degenerative changes in bones, muscles and joints, is independently associated with an increased risk of all-cause mortality and coronary heart disease

ARCHIVES OF INTERNAL MEDICINE

Wannamethee SG1, Shaper AG, Lennon L, Whincup, PH. Height loss in older men: associations with total mortality and incidence of cardiovascular disease.

Arch Intern Med. 2006 Dec 11-25;166(22):2546-52

www.keithwassung.com



For the first time in history, U.S children are sicker than the generation before them. They're not just a little worse off, they are precipitously worse off physically, emotionally, educationally and developmentally.

JUDY CONVERSE, MPH, RD, LD

Why Do Pediatricians Deny The Obvious
VRAN Newsletter, Winter 2006

www.keithwassung.com



“I’ve been ask that question over a hundred times. Do you believe in Chiropractic? Let me answer it this way. I’ve sent over 30 of my teammates, including All-Pro quarterback Joe Montana to the Chiropractor. Because of Chiropractic, I have never missed a game in 8 years. What does that tell you about my feelings about Chiropractic?”

Roger Craig

www.keithwassung.com



Children's Hospital in Boston reports that children compensate for the excessive weight by leaning forward and tilting their necks upward, a posture that can not only cause problems with the spine and nervous system, but one they may begin to unconsciously assume even when they're not carrying a pack.

HEALTH NOW MEDICAL CENTER

Disturbing Trend of Poor Posture In Children, 2103



**“Anatomical, physiological
and clinical evidence exists
which indicate that
disorders in the structure
of the spine are a frequent
cause of headaches.”**

Jull G, Trott P, Potter H, Zito G, Niere K, Shirley D,
A randomized controlled trial of exercise and
manipulative therapy for cervicogenic headache.
Spine (Phila Pa 1976). 2002;27:1835-4

www.keithwassung.com

**IN NORMAL INDIVIDUALS: 1 DOSE OF 2
REGULAR STRENGTH ASPIRIN AFFECTS
NORMAL CLOTTING FOR AS LONG AS 7 DAYS.**

A Textbook Of Human Biology

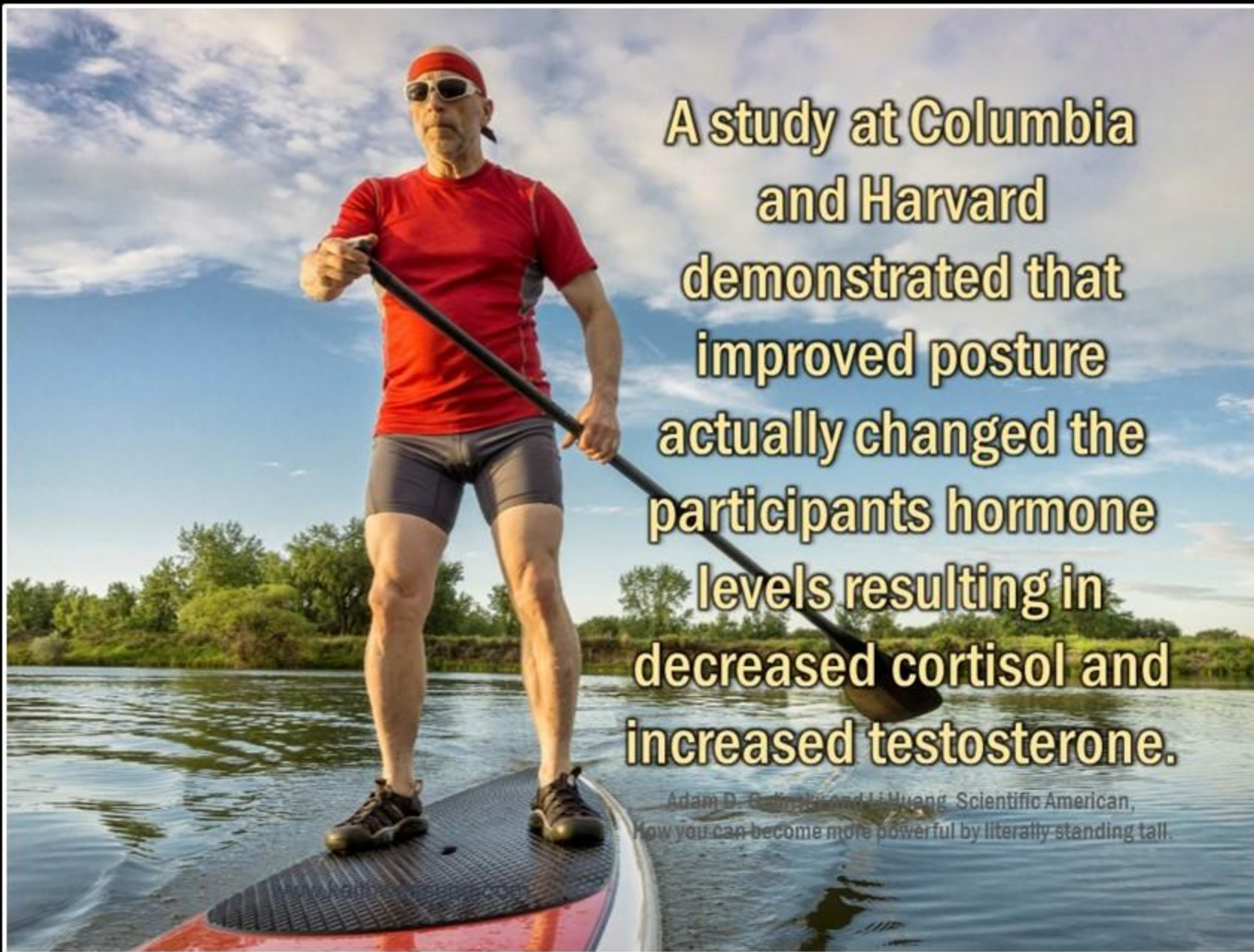
Jordan, A. 2013

www.keithmassung.com



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



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

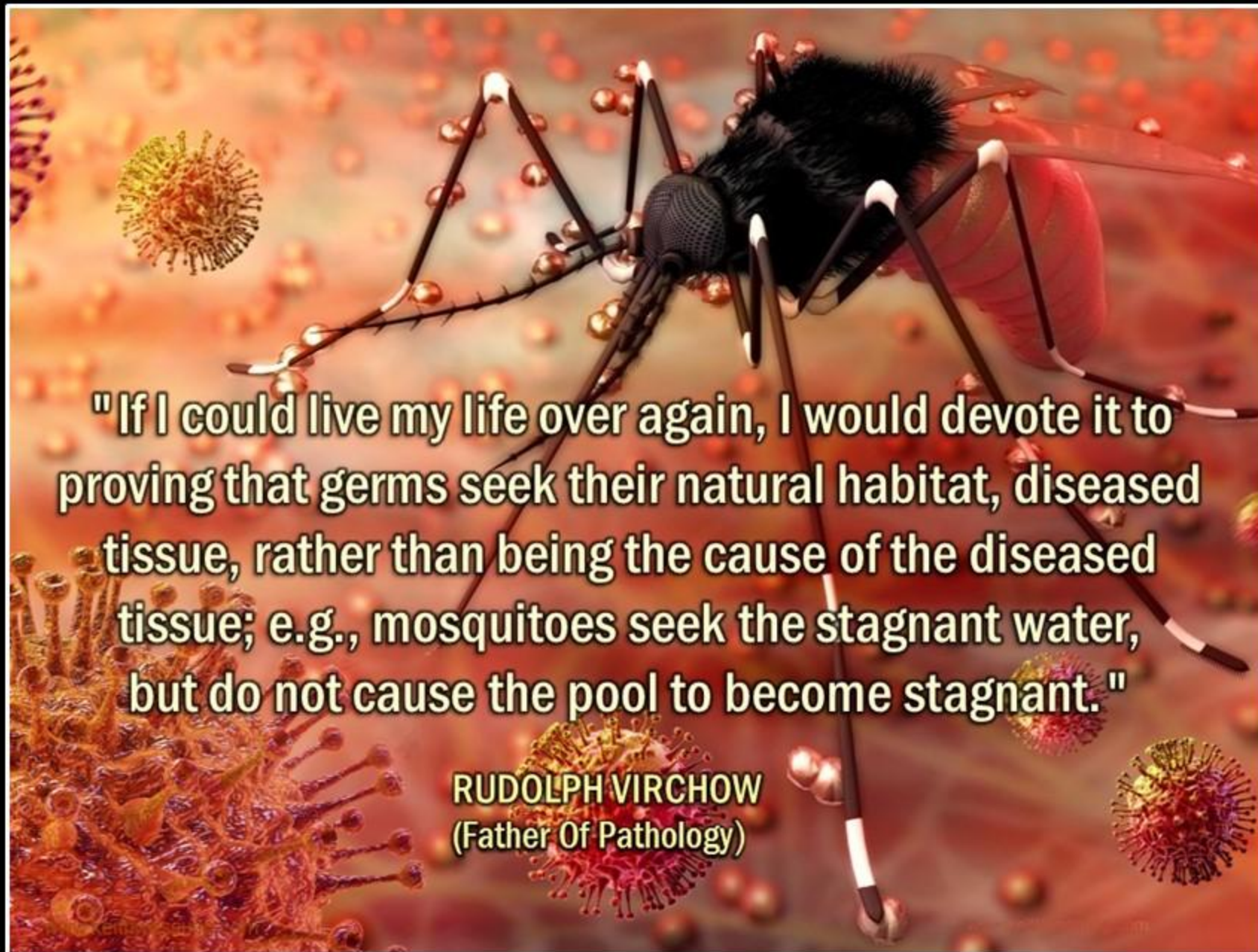
Adam D. Grant and Li Huang, Scientific American,
How you can become more powerful by literally standing tall.



**“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 care.”**

DAN O'BRIEN
Olympic Decathlete

www.mattwardracing.com



"If I could live my life over again, I would devote it to proving that germs seek their natural habitat, diseased tissue, rather than being the cause of the diseased tissue; e.g., mosquitoes seek the stagnant water, but do not cause the pool to become stagnant."

RUDOLPH VIRCHOW
(Father Of Pathology)



WELCOME TO THE WORLD



WELCOME TO LIFE

CHIROPRACTIC

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Dr. John Ferguson

518.383.5595

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**“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

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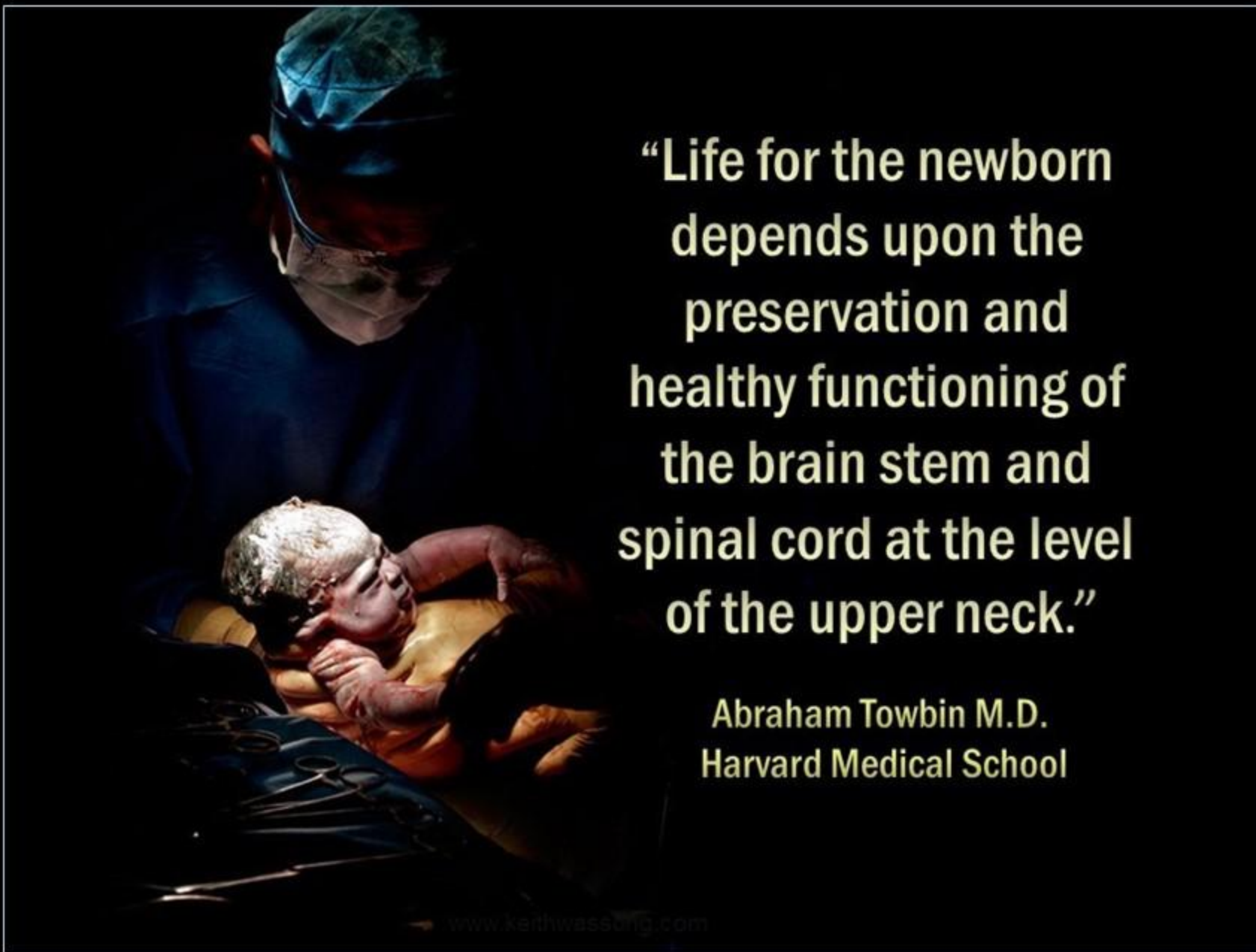
www.ForLifetimeWellness.com

“Deviations in the body's center of gravity (**poor posture**) have resulted in intestinal problems, hemorrhoid, varicose veins, osteoporosis, hip and foot deformities, poor health, decreased quality of life, and a **shortened life span**.”

JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION

Freeman JT. Posture in the Aging and Aged Body, JAMA 1957; 165(7),pp 843-846 JAMA





**“Life for the newborn
depends upon the
preservation and
healthy functioning of
the brain stem and
spinal cord at the level
of the upper neck.”**

**Abraham Towbin M.D.
Harvard Medical School**

www.keithwassong.com