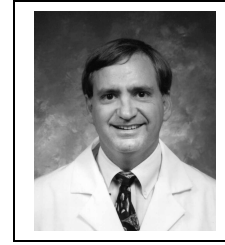


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Dr. Pershing's Chiro-Practical Newsletter

December 2005 - January 2006



Dear Friend,

**HAPPY HOLIDAYS and a
HAPPY NEW YEAR!**

Health

A Posture You Can Breath In

I hope you are finding this newsletter informative and entertaining.

If you have any suggestions on what you would like to see printed here in future editions, just stop by or call and let me know.

In this issue I'll share some information on Posture and Breathing, a little History of Chiropractic Care, and explain some of what Chiropractic Care is really all about.

Let's get started..

Quote

The greatest wealth is health. ~Virgil

"What setting for my car seat will give me the best posture for my driving? How should I adjust my of- fice chair for the ideal working posture? Which way should I position my back- pack for the least stress- ful posture while standing and walking?"

Our patients frequently ask these and other seemingly simple posture-related questions. Since posture involves all of the body's weight-bearing joints, most of the body's major muscle groups, and the nerve cir- cuitry controlling these muscle groups, the answers to such questions can be quite complex. For your doctor of chiropractic to supply a technically com- plete answer to any one of these questions, they would

have to put your through a series of in-depth lectures on human anatomy and and physiology!

Fortunately, many of the postural joints, muscles, and nerve circuits also serve the function of breathing. You can take advantage of this "anatomical multi-tasking" to find a shortcut to ideal posture.

FIRST VISIT FREE
In the Alpha Spa 33
Dry Sauna Machine
-OR-
One FREE Adjustment

Good in December 2005

Dr. C. Thomas Pershing

*Additional charges may be incurred for related services which may be required in individual cases.

In a standing or sitting position go into an "obviously bad" posture: slump your shoulders, drop your head forward, and slouch down in your seat if you are sitting. Now, try to take a deep breath. If you are like most people, your breathing will feel constricted by your distorted posture.

Now, sit or stand "ramrod straight"; stomach in, chest out, shoulders back, etc. With your body now resembling a suit of armor, try taking another deep breath. Again, like most

people, you will feel constricted.

Now, find a reasonable balanced, lengthened posture, without going to the extremes of distortion or ramrod straightness. Try taking a deep breath. Better? Now, see if some minor adjustment of your head, shoulder or hip position makes it even easier to breathe. If you are wearing a backpack, sitting at your workstation, or driving your car, make the necessary adjustments according to your ease of breathing. When you find your personal ideal posture, it may not look like a classically "correct" posture, but it is correct for you at that moment. When you have difficulty finding your correct posture, you may be experiencing interference from a vertebral misalignment or restriction (subluxation). This would be a good indication to get a chiropractic checkup.

Much of your body's anatomical equipment straddles the boundary between muscle function and organ function; between the conscious and unconscious functions or our minds; between breathing and posture. You can make practical use of this fact with a simple rule: **Your personal ideal posture at**

any given moment is the posture you can best breath in.

Charles Masarsky, DC
Vienna, Virginia
neurofitness@aol.com

Quote

Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon. ~Doug Larson

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| <p>FREE Exam & FREE X-Ray* With this coupon</p> <p>Good in December 2005</p> <p>Dr. C. Thomas Pershing *Limit one per customer per month.</p> |
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Chiropractic History & Trivia

The History of Chiropractic

The actual profession of chiropractic - as a distinct form of health care -- dates back to 1895. However, some of the earliest healers in the history of the world understood the relationship between health and the condition of the spine. Hippocrates advised: "Get knowledge of the spine, for this is the requisite for many diseases."

Herodotus, a contemporary of Hippocrates, gained fame curing diseases by correcting spinal

abnormalities through therapeutic exercises. If the patient was too weak to exercise, Herodotus would manipulate the patient's spine. The philosopher Aristotle was critical of Herodotus' tonic-free approach because, "he made old men young and thus prolonged their lives too greatly."

But the treatment of the spine was still crudely and misunderstood until Daniel David (D.D.) Palmer discovered the specific spinal adjustment. He was also the one to develop the philosophy of chiropractic which forms the foundation for the profession.

"I am not the first person to replace subluxated vertebrae, but I do claim to be the first person to replace displaced vertebrae by using the spinous and transverse processes as levers...and to develop the philosophy and science of chiropractic adjustments." D.D. Palmer, Discoverer of Chiropractic.

-World Chiropractic Alliance

Quote

Life is not merely to be alive, but to be well.
~Marcus Valerius Martia

**Chiropractic -- What's it
really all about?**

It is estimated that about 27 million Americans visit doctors of chiropractic each year, and millions more receive chiropractic care throughout the rest of the world. Chiropractic is the third largest primary health care field (after medicine and dentistry) and D.C.s are licensed in all 50 states as well as many foreign countries. It is a highly scientific approach to health care which has been proven effective in numerous research studies.

Yet, many people still don't really understand what chiropractors do. Some think they are useful only for low-back pain. Others think they "manipulate" spines to treat specific diseases. Still others believe they are just another type of medical doctor who dispenses pills and performs surgery.

All of these ideas about chiropractic are wrong! Chiropractors aren't limited to low-back pain, they don't manipulate the spine to treat disease, and they don't prescribe drugs or perform invasive procedures such as surgery.

To learn more about chiropractic and what a doctor of chiropractic does, stop by the office or call me at 215-8900.

--SPECIAL OFFER--

Water Filled Pillow

NEW! JUST IN!

- ✓ Reduce Neck Pain
- ✓ Sleep More Comfortably
- ✓ Wake More Energized

**Ask How You Can Get Yours
Today!!**

*Additional charges may be incurred for related services which may be required in individual cases.

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That does it for this edition. I hope you enjoyed it. Pass it around to friends and family. Or better, call me and I'll send them a **FREE** subscription to this newsletter.

Best of Holiday Cheer to you and your family.

Dr. Pershing