

ALTOONA CHIROPRACTIC LIFE CENTER
ALTOONA, PENNSYLVANIA
PHONE 946-0279

May, 1973

Dear Friend,

So that everyone may receive the benefits of Chiropractic, Free x-rays, consultation, and report on x-ray findings are given to anyone who has a health problem. Please call 946-0279 for appointments for these examinations.

Many of our patients come in for back and spine conditions and still have friends and family members suffering from disease conditions and do not consider Chiropractic for those conditions. The following is to help acquaint you with Chiropractic and the benefits that may be derived from it. Literally any disease condition of the body can respond and be cured thru Chiropractic, if there is a lack of nerve supply to this diseased area.

CENTERED IN THE BRAIN THERE IS AN INTELLIGENCE which knows 100% what needs to be done to properly control your body. THIS IS THE POWER THAT MADE THE BODY. This intelligence (call it what you wish) sends its life-controlling messages to the body over the nervous system. If this intelligence gets its messages to and from the body over the nervous system, then the body has a 100% chance of staying healthy.

But, due to sprains, strains, falls, and accidents, the spine, which houses the nervous system, becomes misaligned causing pressure on the spinal cord or spinal nerves emitting from the spine. This grounds out or cuts off some of this intelligences' control of that area of the body supplied by that nerve.

Disease can set into an area where the resistance has been lowered by a lack of nerve supply causing improper control of that area. Germs cannot grow and multiply on healthy tissue.

So, a malfunction or a disease process will exist due to a lack of communication between this intelligence in the brain and the body BECAUSE of pressure on a nerve. Call the condition what you wish according to the area that is affected, but this does not change the CAUSE.

THE CHIROPRACTOR DOES NOT HEAL ANYONE!!!!

No, the Chiropractor never healed one patient, BUT HE RELEASES THE POWER THAT DOES!!!! The Chiropractor is trained to find the areas of the spine that are misaligned--putting pressure on nerves which are blocking off this communication of the intelligence between the brain and the body. As the Chiropractor finds these areas and proceeds with making corrective spinal adjustments to remove this pressure on the nerves--THE POWER THAT MADE THE BODY IS THEN RELEASED TO HEAL THE BODY!!!!

Now, the condition you, your family, or friends have may involve any organ or body tissue. It may be called one of the 1800-some names the medical men have named them--this makes little difference. The wonderful thing is that the diseased condition can return to normal health as SPINAL ADJUSTMENTS are made, the PRESSURE IS TAKEN OFF THE NERVES, AND THE POWER THAT MADE THE BODY IS RELEASED TO HEAL THE BODY.

The Chiropractor does not put things into your body, does not take things from your body, does not RUB, INJECT, BLEED, CUT, DULL, DEADEN, SCRAPE, OR RADIATE. He steps into an adjusting room, puts you on a Chiropractic adjusting table and GENTLY ADJUSTS THE MIS-ALIGNED VERTEBRAE. This turns loose this GOD-GIVEN INNATE POWER WHICH HEALS YOUR BODY!!!!

The following is an example of results received thru Chiropractic by some of our area residents.

INJURED LOW BACK--A Greenwood man fell injuring his lower back. Spinal x-rays were taken and the cause found. After two weeks of regular spinal adjustments, his symptoms were gone.

WHIPLASH--A Hollidaysburg woman had a whiplash injury four years ago. The last two years she has had severe pains in her neck and headaches. After two and a half months of regular spinal adjustments, her symptoms have completely disappeared.

HEADACHES--A Tyrone lady was having headaches for 20 years. There was never a day that she didn't have pain in her head. Spinal x-rays were taken and the cause found. After one month of spinal adjustments, her headaches were completely gone.

SCIATICA--An Altoona man had severe sciatic pain in his left leg; so severe, he couldn't walk. Spinal x-rays were taken and the cause found. After four weeks of Chiropractic care, the pain was entirely gone. He returned to work after the first week.

SINUS TROUBLE AND SEVERE HEADACHES--An East Freedom woman had a sinus condition for years. This condition gave her severe headaches. She took several kinds of medications with only temporary relief. Spinal x-rays were made and the cause found. After the first adjustment, her sinuses started to drain and after one month of regular adjustments, her condition had completely disappeared.

SHOULDER PAIN--An Altoona woman had severe shoulder pain for two weeks. She was given several shots but got no relief at all. Spinal x-rays were taken and the cause of her shoulder pain found. After the first adjustment, the pain started to decrease and after two weeks of Chiropractic care, the pain was completely gone.

RINGING IN THE EARS AND HEADACHES--A Bellwood woman had severe ringing in her ears and headaches for eight months. It was also making her very nervous and irritable. Her medical doctor told her to ignore it. We took spinal x-rays of her at our office and found the cause to be in her spine. Two months, after regular Chiropractic adjustments, her condition was gone.

MIGRAINE HEADACHES--An Altoona girl had migraine headaches for 12 years. She had been to several hospitals but could get no relief. We proceeded to take spinal x-rays and found the cause. One and a half months after regular spinal adjustments she has had no occurrence of migraines.

SHOULDER AND LOW BACK PAIN--A Juniata man had severe pain in his right shoulder for two months and low back pain for one year. He also was given shots for the shoulder pain but got no relief. We took spinal x-rays and found the cause of his condition. After one month of regular spinal adjustments, he is completely free of pain.

BURNING SENSATIONS ALONG SPINE--An Altoona woman had severe burning pains along her spine for one year, medically diagnosed as neuritis. We took spinal x-rays and found the cause of her problem. After two and a half months of spinal adjustments, her symptoms had disappeared.

DIFFICULT BREATHING--An Altoona lady was in a car accident one year ago. Since that time, it was difficult for her to breath, and she also had severe headaches. She came to our office one month ago and we took spinal x-rays, found the cause of her problem and proceeded with spinal adjustments. Since that time, her symptoms have almost disappeared.

SINUS TROUBLE, HEADACHES, AND PAIN BETWEEN SHOULDER BLADES--A Pinecroft woman had these symptoms for six months. She had taken several different kinds of medication with very limited relief. Spinal x-rays were taken and the cause found. After one month of Chiropractic care, she is practically free of these symptoms.

STOMACH PAINS--A Duncansville lady had pain and burning in the stomach and the intestines for 12 years. The stomach pains had severely limited her diet and medications offered no relief. Spinal x-rays were taken and the cause found. She has been free of all her pain since the beginning of her corrective adjustments.

LOW BACK PAIN--An Altoona man had low back pain for eight years. The pain got so severe that his legs got weak and he had to use

crutches for the past two years. After coming to our office, he started to get immediate relief. His legs started to get their strength, and he is markedly improved.

SHOULDER PAIN AND NERVOUS STOMACH--A Tyrone woman had stomach pain, medically diagnosed as a nervous stomach. She was given pill after pill with no results. After receiving Chiropractic care for three weeks, she was completely free from the shoulder pain, and the nervous stomach gave her no problem at all.

CONSTIPATION, LOW BACK PAIN AND STOMACH TROUBLE--An Altoona woman had low back pain and constipation for 11 years with severe cramps in her legs, severe headaches accompanied by dizziness and pains in her stomach. After coming to our office, we took spinal x-rays and found the cause of her symptoms. After three months of spinal adjustments, her symptoms are completely gone.

NERVOUSNESS AND ABDOMINAL PAIN--A Hollidaysburg lady had nervousness and pain in the abdomen for seven years. She had daily pain in her abdomen and appeared to be on the verge of a nervous breakdown, after being hospitalized and on various medications, which offered only temporary relief at best. Spinal x-rays were taken and the cause found. She has had two months of regular Chiropractic adjustments and has improved markedly since the first adjustment.

HEADACHES AND RINGING IN THE EARS--A Bellwood man had ringing in the ears and severe headaches for 20 years. He was never without the constant pain. When he came to my office, we took spinal x-rays and started corrective adjustments. We have seen him for eight weeks, and his condition is almost completely gone.

These are just a few of the wonderful results that are being enjoyed as a result of these people investigating Chiropractic.

WHAT CAUSES LOW BACK PAIN?

The most common cause of low back pain is displaced vertebrae in the spinal column.

There may have been a severe injury or many minor injuries to the bones, muscles, nerves, and ligaments or other portions of the spine. X-ray pictures are helpful because they show the vertebrae in their relationship to each other. Especially important is a careful study of the conditions of the patient's spine.

Vertebrae displacements of the spine can cause excessive or deficient activities of various glands and organs. Nerve interference in the spine slows down vital nerve energy from the brain to other tissues of the body that can cause disturbances elsewhere. These disturbances build up pressure that creates low back pain.

The correction of disrelationship of vertebrae is a necessary procedure for quicker and more complete relief. A Chiropractic examination plus expert care will assure you quicker relief from low back pain.

WHAT ABOUT CHRONIC HEADACHES?

It has been estimated that 20 million Americans suffer from chronic and recurring headaches. There are, of course, several causes of this type headache including sinusitis, osteo-arthritis of the neck, tension, uncontrolled emotions, and injuries to the spine. The major, and most common, cause of chronic headaches is an abnormal tautness and tightness of the muscles, nerves, and blood vessels in the neck resulting from slipped or misaligned vertebrae in the neck.

Chiropractic research has shown that 80 percent, or 16 million, of the chronic headache victims could recover or be improved through Chiropractic care. The continued use of potentially dangerous headache remedies is certainly not advisable. The habitual use of these drugs, even aspirin, can cause more serious complications to develop. If you know someone who suffers chronic headaches, please advise immediate modern Chiropractic care.

ASPIRIN DISEASE

The systemic effects and toxicity potential of "common" aspirin are much greater than usually appreciated. Further evidence of the complications of aspirin therapy has now appeared in the form of a new clinical syndrome appropriately dubbed "aspirin disease." The condition is characterized by nasal polyposis, bronchial asthma and "aspirin sensitivity." In some patients symptoms remain mild to moderate for many years; others are subject to frequent and severe attacks. Neither type of patient can ever again take aspirin without risking a fatal reaction.---From International Medical Digest

WHAT CAN CHIROPRACTIC DO ABOUT HIGH BLOOD PRESSURE?

Five million Americans suffer the effects of high blood pressure. Strokes kill or cripple 1.2 million people in the U.S. each year. This is a serious health problem that requires a new and different approach! Periodic Chiropractic care and healthy living habits could substantially reduce the number of high blood pressure victims, and reduce the danger of fatal and crippling strokes.

Research statistics released through the Parker Research Foundation reveals that 83.2 percent of high blood pressure cases were corrected or improved through Chiropractic care. The majority of these cases had previous medical care for high blood pressure. Chiropractic, therefore, offers the most comprehensive and effective means of properly normalizing the blood pressure. The doctor of Chiropractic should be consulted first.....not last!

If your present doctor is helping you, stick with him; but if he is not, we suggest you switch to HEALTH THRU CHIROPRACTIC either at the Altoona Chiropractic Life Center or any other Chiropractic.

Dr. H. Joseph Fye
For Appointment Phone 946-0279
Office Hours:
Monday - Tuesday - Wednesday
and Friday 9 to 9
Saturday 9 to 12

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Altoona, PA 16602

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ALTOONA CHIROPRACTIC LIFE CENTER
ALTOONA, PENNSYLVANIA
PHONE 946-0279

February 1974

Dear Friends,

FREE X-RAYS WILL CONTINUE TO BE OUR POLICY so that everyone may enjoy the benefits of Chiropractic. Please phone 946-0279 for an appointment.

NORMAL CHARGES FOR THESE X-RAYS are approximately \$20-\$35, as all of you who have paid for them in the past well know. This barrier has been dropped indefinitely--the only reason--to make it easier for your family and friends to switch from their medical-dominated thoughts to HEALTH THRU CHIROPRACTIC--which allows the power that made the body to heal the body.

If their present doctor is helping them--tell them to stick with him! BUT IF NOT, I suggest that you tell them to switch to natural methods. Quit treating the symptoms and switch to Chiropractic. Chiropractic searches for the cause of the symptoms and proceeds with eliminating this cause. As the cause is removed, naturally the symptoms must diminish and disappear.

THE CAUSE MUST BE FOUND AND REMOVED!!!!!!

What can be gained by treating the symptoms with powerful pills, medicines, drugs, and antibiotics and allowing the cause of these symptoms to remain in the body????? The gain will only be the same body now dulled with drugs and filled with the side-effects of the powerful medicines. The CAUSE must be FOUND and REMOVED.

Read and consider what Chiropractic has done for these people in the past few months---

A 54-year old Martinsburg man came to my office complaining of severe headaches which he had been having for four years. During this period, he was taking various types of pain pills with no relief. We took spinal x-rays of him and found the cause of his headaches. After several corrective treatments of the spine, his headaches were completely gone.

A 37-year old Bellwood woman was suffering from migraine headaches with dizziness, nausea and neck pains. Along with this, she had severe low back pain and pain between her shoulder blades with corresponding pain down her right arm. She was x-rayed and the problem was found. After a series of corrective adjustments, this patient's symptoms have disappeared.

A 60-year old Juniata housewife had pain around her tailbone and cramping of her feet for several years. After spinal x-rays were taken, the cause was found. She is now free of all pain.

A 32-year old Altoona man was having migraine headaches for 20 years. For the past several years, he was having at least two migrains a week. He thought he had done everything he could think of to get rid of them. Finally someone told him about Chiropractic and he tried it. His first visit to my office was on November 9, 1973. By December 7, 1973, his migraines were completely gone. He has not had even a slight headache since that time.

A 52-year old Juniata Woman had severe pain down her shoulder and arm and her hand was completely numb. Spinal x-rays were taken and the cause discovered. After two weeks, her symptoms were completely gone.

A 36-year old Altoona woman had tremors with severe pain between her shoulder blades for months. She also had pains down both legs and colitis. Spinal x-rays were taken and the cause found. After just two weeks, her symptoms were completely gone. This was in November of 1973 and her symptoms have never returned.

A 48-year old Altoona man had severe nervousness for approximately 15 years. He was living on nerve pills for several years. At times he was so nervous that he would shake and couldn't stand to be around anyone. We proceeded to take spinal x-rays and found the cause of his nervousness. After three weeks of corrective adjustments, his nervousness was completely gone. This was in June of 1973 and his symptoms have never returned.

A 53-year old woman from Altoona came to my office complaining of low back pains, pain between her shoulder blades and neck pains with high blood pressure. She also was having pain down both arms and shoulders. Spinal x-rays were taken and the cause of her problem found. After a series of corrective adjustments of her spine, she has no pain at all. Her blood pressure is also back to normal without the use of pills. This was in October 1973 and her blood pressure is staying normal.

A 58-year old Altoona man was having sciatica for two months. Spinal x-rays were taken of him and the cause revealed. After five spinal adjustments, his sciatica was completely gone. This was in September of 1973 and the problem has never returned.

A 15-year old Altoona High School student was having severe pain between her shoulder blades and in her low back. She was also having headaches with nausea and dizziness. Her mother was a nurse and consulted her family physician. After a long period of pain pills and physical therapy with no relief, her mother brought her to our office. We x-rayed the girl and found the problem. The above symptoms were completely gone after just four adjustment.

So, if you have family members or friends who are suffering and are not receiving help under medical care, recommend that they see a Chiropractor. IT MAY SAVE THEIR LIFE--MAKE THEIR YEARS HEALTHIER AND HAPPIER--AND ACTUALLY ADD MONTHS AND YEARS ONTO THEIR LIVES--just because you did them the favor of recommending them to a Chiropractor--a profession that works and depends entirely on nature.

WHY BE SICK WHEN YOU CAN BE WELL??????

Dr. H. Joseph Fye
1405 E. Walton Avenue
Altoona, PA 16602

For Appointment Phone 946-0279
Monday - Tuesday - Wednesday - Friday
9 a.m. to 9 p.m.

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