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Sincerely,

A handwritten signature in cursive script, appearing to read 'Janet'.

Janet H. Wegner
Executive Secretary

/j

enclosure

CHIROPRACTIC CARE



It has been said
**CHIROPRACTIC
WORKS
IN ALL
DISEASE**

*Please allow me to
explain*
Dr. Fred H. Barge, D.C.

CHIROPRACTIC CARE

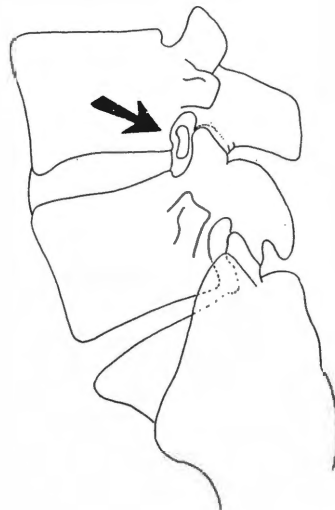
If this is your first chiropractic experience, you may wonder why you see so many patients at this clinic. Let's say you came to us for care of your backache because this is a common reason for people to seek chiropractic care. You may wonder then that so many, many people are suffering like you, assuming that they all have backaches. Wrong! The patients you see are suffering from many different problems. I often say, "From adenoids to athlete's foot". Now before you say, "absurd, you chiropractors claim to cure everything", let me explain. Chiropractors do not claim to cure *anything*! We quite simply say only the body heals, but if your body has nerve pressure because the spine is out of line, it can cause many health problems.

Now it is easy for anyone to understand that if a nerve is "pinched" in the neck, it can cause an arm to hurt, or go numb. And if a nerve is irritated in the lower back, a person can experience leg pain. 'Sciatica' is often a name placed upon a leg pain caused by nerve pressure in the lower back. Yes, the spine can become misaligned and cause pressure upon nerves. Chiropractors call this problem a subluxation, the vertebra is not *dislocated* but *subluxated*. (Ills. 1 and 2)

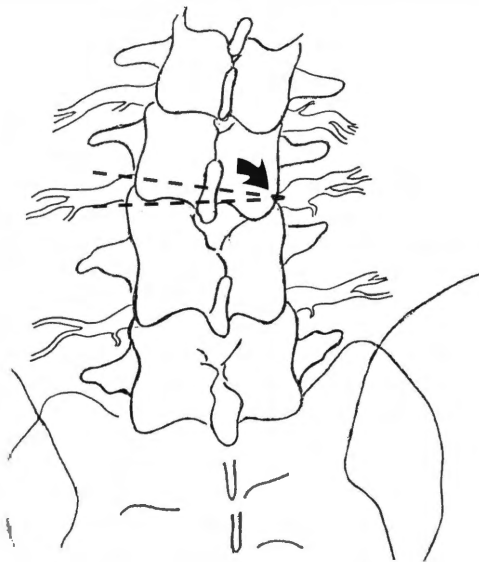
Thirty one pair of nerves emit from the human spine, and through junction boxes along the spine these nerves influence all the organs, glands, muscles, and tissues of the human body. So, if it is easy to understand that nerve pressure can cause leg and arm problems, it should also be easy to see that nerve pressure can be involved in many organic and disease problems.

Chiropractic care has been successful in helping many conditions such as persistent infections and inflammations. Adenoids and tonsilitis, for instance, have responded to chiropractic care. Let us say that a child comes down with a sore throat, adenoid and tonsil inflammation. Mother takes the child to a medical doctor, and a shot solves the problem. Yet in a few months she's got it again, and then again a few months later. Now there are three children in the family and the other kids are fine. You say a germ caused the problem? Then why don't all the children get sick? What about Mom and Dad, aren't they exposed to the germs too? Oh, you say, she has a weakness. Certainly she

SUBLUXATIONS



(Ill. 1) Side view of the low back. When a vertebra slips backwards (arrow) it puts pressure on the nerve that comes out from the openings between the vertebrae.



(Ill. 2) When a vertebra tips to one side (wedge lines) it puts pressure on the nerve that emits from between the vertebrae.

has, and why? That weakness may be just what we have been talking about, nerve pressure caused by a subluxation. This is how chiropractic looks at disease . . . Why does it strike one person and not the other? Why does one person get pneumonia, and yet his wife does not? Why is one person constipated and the other may have loose bowels . . . yet they eat the same food? Why does a rash appear on one arm and not the other? Varicose veins effect one leg and the other is free of bulging veins? All these questions can relate to nerve pressure along the spine. Can chiropractic cure them all? Now wait a minute, remember chiropractors do not cure diseases. If nerve pressure along the spine is involved in the health problem, chiropractic care can be of help. Once free of nerve pressure, the body's healing force effects the cure. That's why you see so many people in chiropractor's offices. They're suffering from all kinds of problems, high blood pressure, stomach ulcers, persistent infections, asthma, epilepsy, allergies, neuralgia, neuritis, and a bunch of other itis's. No, we don't cure these diseases. We work with the human body and nervous system to help the body solve its own problems. Isn't that more sensible than turning off the pain with an aspirin, or some other pain relieving drug? Doesn't it make sense to let nature heal, allow the body the chance to heal itself?

And 'athlete's foot'? Yes, I remember that I said, "chiropractic works in all disease, from adenoids to athlete's foot". We once had a little girl that came to us for headaches. She had athlete's foot so bad that she had to change socks in the middle of the day, because her feet were raw and bled badly. Her parents gave her clean, washed tennis shoes every day, and by the end of the day even her shoes were stained from the persistent drainage. Under spinal care for the headaches her little body regained its vitality and the athlete's foot went away. But it's a fungus, you say! Yes, it certainly is, and when the body is in a poor state of health, fungus infections can flourish. Many persistent infections, be they bacterial or fungal, will clear up once the body functions normally. Athlete's foot, for instance, is commonly on one foot and not the other, yet both feet touch at night. Why isn't it on both feet? Nerve

pressure from a spinal subluxation can affect one foot and not the other as the nerve interference may be only on one side. This explains many one sided problems such as varicose veins on one leg and not the other, tonsilitis on one side of the throat and not the other, pneumonia in one lung and not the other, etc. In all diseases, chiropractic adjustments of the spine attempt to restore normal nerve function, thus allowing the body to regain its health naturally.

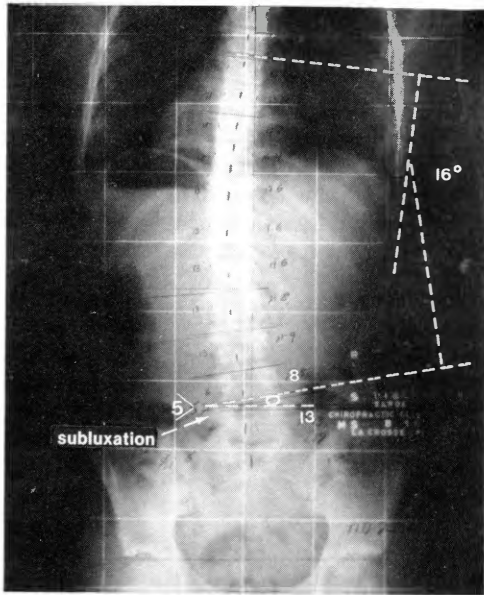
ADJUSTMENT



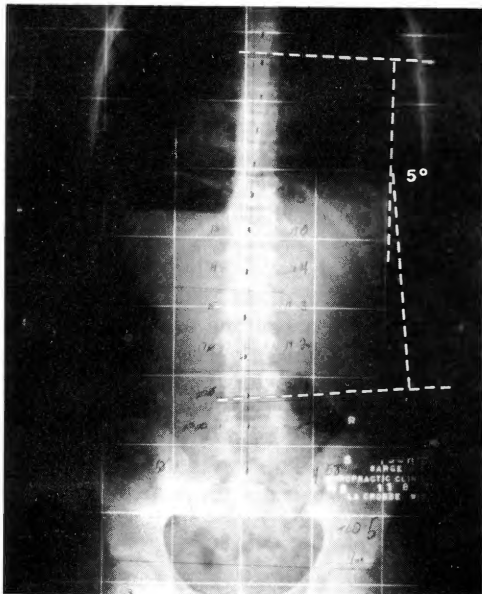
(III. 3) With the use of his hands the chiropractor applies a thrust to the spine (adjustment) that sets the vertebra into an improved position.

Diseases such as so-called hereditary and stress orientated diseases also can respond to chiropractic care. One may think, for instance, that a child's asthma is hereditary, because it runs in the family. Yet, under chiropractic care, the boy overcomes the problem. Often the hereditary part of the disease is a spinal distortion. Once the chiropractor adjusts the spine and relieves the nerve interference to the bronchial tubes, the condition alleviates itself. You've often heard the statement made by a medical physician, "the child may outgrow it" . . . Yes, if the spine changes enough during growth, this certainly can be true. Why wait, chiropractic adjustments can promote good constructive spinal change. This is how chiropractors also help correct children's spinal problems such as curvature and scoliosis. (III. 4)

SPINAL CORRECTIONS



BEFORE



AFTER

(III. 4) The x-rays above show a chiropractic scoliosis correction in an 11 year old girl. Time between x-rays, 5½ months. Number of adjustments, 30.

Stress orientated diseases are also frequently associated with nerve interference and spinal subluxations. For instance, a draftsman might say, "my Doctor says that I have ulcers because there is so much pressure on me at work". Does every draftsman in the shop have ulcers? No! In today's competitive society many jobs put a lot of pressure on the employee, one may get ulcers, another person headaches, and yet someone else breaks out in a rash or gets hemorrhoids. All too often these conditions are blamed on stress. Everyone responds differently to stress. Wherever a person has a weakness in his system, he will show symptoms when put under stress. That explains why one has ulcers, the other headaches, etc. Nerve pressure along the spine often causes the weakness, and then the added strain of stress brings on the symptoms.



(III. 5) On the job activities also can cause spinal subluxations and resulting disease and pain problems. For instance, overhead work such as done by automobile mechanics, can cause strain to the neck and cervical spinal nerves. Nerve interference in the neck can cause common disease problems often called neuritis, bursitis, myocytis, etc. Such conditions respond readily to chiropractic adjustments.

I have attempted to explain to you how chiropractic care works in all types of disease. If nerve pressure along the spine is involved in your health problems, chiropractic may be the answer. Since 1895 the chiropractic profession has seen a steady growth in public acceptance and acclaim. Today's chiropractors face a rigorous regime of education, in the minimum requiring two years of pre chiropractic college training and four years of chiropractic college. Chiropractic colleges are regionally accredited through the same college accrediting bodies that accredit the state universities. The Council on Chiropractic Education, approved by the federal government, is responsible for their accreditation on a national basis. Chiropractors practice under state license laws in all states and many foreign countries. The profession offers a drugless alternative to medical care and has been responsible for the return of health to millions of Americans.

So, the next time a health problem strikes someone in your family, think about chiropractic care. More radical care of drugs and surgery can always be tried as a last resort. You may then see that regular chiropractic care makes good common sense. Many of our patients come in regularly once a month to keep feeling well. The old adage, "an ounce of prevention is worth a pound of cure", certainly applies to chiropractic care. Rather than wait for nature's warning signals (sickness and pain) that something is wrong, many of our patients take chiropractic adjustments on a regular basis. Regular chiropractic care is your insurance that your body maintains a good state of health. Chiropractors are trained to recognize problems that need referral to other physicians, and conscientiously refer whenever necessary.

Talk to your Doctor of Chiropractic about your needs in health maintenance care, and remember you cannot say, "We've tried everything", unless you have included chiropractic.

Dr. Fred H. Barge, D.C. is a distinguished chiropractic author, lecturer and clinician. He is President of the Barge Chiropractic Clinic, S.C. in LaCrosse, WI.

Pregnancy and Chiropractic Care



Pregnancy and Chiropractic Care

Pregnancy, on the whole, should be a rewarding experience for a woman and many women will attest that this is true. Some women will even state, "I never felt better in my life than when I was pregnant." An observant person will see this healthy look present in so many pregnant women. It has often been referred to as the "healthy glow of pregnancy."

You see, when a woman's body is functioning properly during pregnancy the Innate forces within her are working at peak capacity. It is this summoning of all of the bodies resources that produces the "healthy glow of pregnancy." Unfortunately for some women this is simply not true. Pregnancy can be fraught with health problems making a woman truly miserable, she may even say, "I never want to be pregnant again." It is truly a shame that some women are denied this period of exuberant health preparatory to the delivery of the child.

What are the common health problems attendant with pregnancy? Most certainly a major problem is **backache**; leg pains and swelling of the lower limbs is yet another problem. Toxemia and high blood pressure can also complicate some pregnancies.

In the past, these common maladies were simply treated with drugs. Then the disastrous consequences of such folly became known to those who prescribe medicine. Today even aspirin is frowned upon in pregnancy. Thus the common exclamation is uttered, "So what's a woman to do, just suffer?"

It is high time that women were informed of the benefits of chiropractic care during pregnancy and this little booklet is meant to do just that. Since 1895 chiropractic care has proven a boon to the pregnant woman, but due to the general medical ignorance of chiropractic few obstetricians, as yet, refer their patients to chiropractors. Thus pregnant women, "trusting their doctors," suffer needlessly.

The backaches of pregnancy are commonly caused by biomechanical misalignments of the spine and pelvis called subluxations. These subluxations, usually tolerated by the body, become intolerable when the additional weight of the baby adds its burden to the spine. However the forward

weight bearing factor of the pregnancy actually makes the subluxation easier to correct by chiropractic methods. The weight pulling forward on the spine helps the vertebra return to an improved position once the vertebral "locking" (sometimes called fixation) is corrected by a spinal adjustment. Less force is needed to move the vertebra and special positionings of the chiropractic adjusting table accommodate the increased abdominal size of the pregnant patient.

Spinal subluxations aggravated by pregnancy often cause nerve pressure to the legs. As nerves come out from between each vertebra a subluxation can cause a "pinched nerve" which then can cause leg pain, muscle cramps and swelling. Through spinal adjustments, chiropractic care can relieve these attendant problems of pregnancy that were once simply brushed off as the weight of the baby pressing on blood vessels and nerves. In the opinion of the author this is seldom true. Chiropractic care will not hurt anyone during pregnancy. Doesn't it make sense to give natural methods a chance before dangerous pain relieving drugs are resorted to?

Pains in the hips and sacroiliac joints also respond to chiropractic adjustment. The sacroiliac joints mobilize and spread a bit during pregnancy, as a consequence, pelvic misalignments can occur. As x-rays are to be avoided during pregnancy, chiropractic methods of examination, instrumentation, and palpation are usually sufficient to determine the misalignments and subluxations that need attention. Adjustment of the joints restores the mechanical alignment of the sacroiliac and prompt relief of pain.

As spinal adjustments also affect organic function and reduce nerve tension, chiropractic care can be of benefit in toxic conditions and high blood pressure that sometimes accompany pregnancy. So again I say to you, "It makes good sense to try the natural care of your chiropractor for many of the health problems that make pregnancy an unpleasant experience. This should be a joyous, relatively pain free period of life as nature prepares to reproduce itself within the woman's body."

Most certainly we are not saying that you should discontinue medical care. But to con-

trol the discomforts of pregnancy do not turn to drugs, use the natural approach of regular chiropractic care concurrently with your periodic medical check up. Regular chiropractic care should be continued **right up to delivery!** Much of the pain during delivery is low back pain. Chiropractic care insures that the best possible spinal and pelvic alignment is maintained preparatory for the birthing process. It makes good sense to care for yourself **and your baby** chiropractically.

As the birthing process has its element of trauma for the mother, so to the little baby. Infants should be checked **by a chiropractor** as soon as practical after the delivery. Trauma to the infants cervical spine (neck) is very common especially after a difficult birth. Vertebral subluxations in this region can lead to many of the common infectious conditions of children such as ear aches, sore throats and eye inflammation¹. Any restricted movement of the babies head and neck should receive chiropractic attention. Yes it is true, many health problems of infancy respond favorably to chiropractic care. Research has shown that even the common problem of **colic** responds successfully, 90% of the time, to chiropractic's gentle and safe methods of adjustic care².

For the mother and the child it is sensible to include chiropractic care.

¹Gutmann, research, Manual Medicine, I.C.A. Review, 1990

²Infant Colic Treated by Chiropractors, J.M.P.T., Aug. 1989.

The foregoing statements are the opinions of Dr. Fred H. Barge, D.C., Ph.C. He has practiced chiropractic for over three decades, written six books on chiropractic and is a Visiting Professor at leading chiropractic colleges.

The Senior Years



**Need Not Be
Like This**

Consider
Chiropractic Care

The Senior Years

What is it that truly makes a person look old? A stiff, bent and stooped posture is the answer. Yes, even if your hair has not turned gray, if your face has no wrinkles, if you walk stiff and stooped over you most certainly look old. Conversely, regardless of a gray head of hair and the wrinkles of age upon your skin, if you are spry and agile you do not appear old and decrepit.

What is it then that makes a person walk stooped over and bent? What is it that most prominently causes stiffness of the body's frame, the inability to straighten up, turn the head, to move with agility. The answer is the SPINE. That's right, it is the spine that provides for the posture that is linked to full body mobility and vitality.

Chiropractors have been the doctors of the spine ever since D. D. Palmer first adjusted a spinal vertebra in 1895. Today millions of people seek chiropractic care. Chiropractic is the largest drugless healing arts profession in the world. And yet there are many people who do not realize its many benefits.

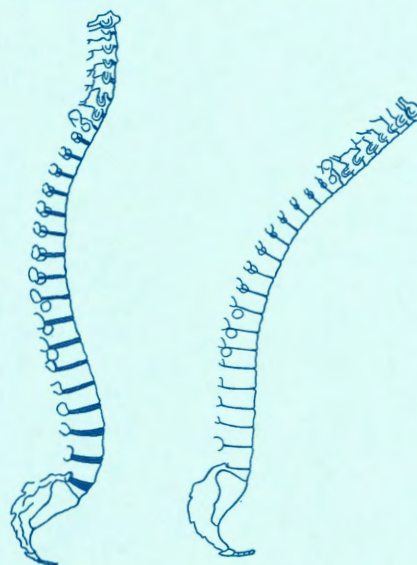
The adjustment of the spine aligns the vertebrae, it keeps the spine **mobilized**. Spinal adjustment frees the spine of pinched nerves that lead to problems in the joints, extremities, and the organic system of the human body. For instance, it is easy for you to visualize that a pinched nerve in your neck can cause your arm to hurt, to tingle, and become numb. Then too, a pinched nerve in your lower back can produce the same symptoms in your leg. A common nerve irritation in the low back, caused by a subluxation, is a leg ache called sciatica.

Thirty-one pair of nerves emit from the spine and pinched nerves not only affect the limbs they can also affect the organic system of the human body. Yes, the spine is a very important structure and that is why Hippocrates, the "Father of Medicine" stated:

"Look well to the spine for the cause of disease."

Far from just being good for backaches, chiropractic care – cares for the entire body and as age comes on it can be an important factor in maintaining health and mobility in our senior years. You see later in life the discs between the vertebrae become thin, they lose their normal height and thus the

A Side View of the Human Spine



A - Normal

B - Old Age

Figure A illustrates the normal erect adult spine. Figure B illustrates the aged spine. It displays thin discs and a lack of the normal S curve. This person would walk with bent knees, in the so called "stooped" posture.

space between the vertebrae becomes narrower. This produces less room for the 31 pair of nerves that come out from between the vertebrae. Therefore it is important to keep the vertebrae in line and keep the segments mobile. This will prevent pinched nerves and create a freely movable spine free of the stiffness of old age.

Adjustment of the vertebrae between ones shoulders for instance, helps prevent the spine from becoming stooped and bent over. Adjustments in the lower back help keep the arch in this region thus preventing the spine from bending over forward which leads to the use of a cane or "walker." Adjustments of the neck prevent not only pinched nerves but keep the neck free and movable avoiding the stiffness so often seen in older people.

Subluxations (misalignments) of the upper cervical (neck) vertebrae can also cause nerve interference that affects the **entire** human body. It is here that a disturbance to the spinal cord and its protective coverings can occur. Such disturbances interfere with the vital communication between brain cell and tissue cell so necessary for mans normal physiological adaption to his environment. It is this dynamic adaptation that is responsible for health maintenance in man.

Dr. Robert A. Aldrich, M.D., professor of Preventive Medicine, University of Colorado, stated:

"The maintenance of health should take precedence over the treatment of disease."

To this chiropractors heartily agree. We suggest that people concerned with preventing ill health and the problems of stiffness and stooped posture seek regular chiropractic care. Monthly adjustments will usually be sufficient to keep the spine subluxation free and completely mobile. The attendant advantage, of course, is that the nervous system will then function free of the nerve interference caused by vertebral misalignments called subluxations. This will help insure that your body will function as healthy as it can as you advance into the senior years.

By relieving pressure upon nerves, by correcting spinal misalignments called subluxations, chiropractors seek to allow the nervous system to function as well as it possibly can. And by keeping the spine mobile and erect chiropractic care helps to prevent the attendant problems of pain and immobility associated with the stiff and bent spine of old age.

Consult your doctor of Chiropractic for regular chiropractic care. We are sure that you will dramatically feel the benefits and express them in improved health and well being. Chiropractic care benefits most all health problems. Ask your chiropractor about the many benefits of chiropractic care.

And remember; ***People who care about their bodies take CARE of their bodies. Take care of your body through chiropractic care.***

**DETERIORATION
DEGENERATION
and
BACK PAIN**



DETERIORATION/DEGENERATION AND BACK PAIN

When relating past medical experiences to the chiropractor a patient will often say, "the doctor said my spine is deteriorated". In saying this patients often express concern, they feel they are simply wasting away; it gives them a futile feeling that nothing will help. Spinal deterioration is seldom the cause of backache; on the contrary it is usually the result of the spinal problem that caused the backache.

We must remember that all human spines begin to show a degree of deterioration after the age of 30. This is the result of normal wear and tear of time upon the body, it is seldom the cause of back pain. Yet when medical science can find no reason for back pain, this normal deterioration is often blamed, and thus deterioration and degeneration have become "catch all" terms. Another term often used this way is arthritis. If you don't know where the pain is coming from just call it arthritis, deterioration or degeneration.

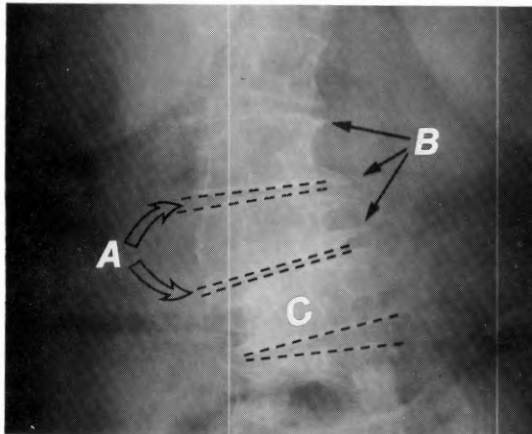
Chiropractic science has determined that the cause of most back pain is inflammatory swelling of the tissues that surround the joints of the spine. These joints are misaligned due to the malposition (subluxation) of a vertebra that has become locked out of place. Proper terms for such problems used today are "facet joint syndrome", "disc block subluxation", "vertebral fixation". But whatever the name, the patient just wants the problem to be solved.

On x-ray Ill. 1 we show a deteriorated lumbar spine (lower back). On x-ray Ill. 2 a normal spine. Note on Ill. 1 the narrow disc spaces A, the bony spurs B — notice the lateral bend (curvature) of the spine and the peculiar position (subluxation) of the vertebra C. On Ill. 2 the spine is straight, the spaces between the bones (the disc spaces) are normal, there are no spurs on this spine.

Spines that present normal contours, such as Ill. 2, have less tendency to produce degenerative and deteriorative changes. Thus it is important that spinal problems be prevented before such changes take place.

Chiropractors have always taught that regular spinal check-ups should be included in a person's personal health care program. The old adage "an ounce of prevention is worth a pound of cure" certainly applies to the spine.

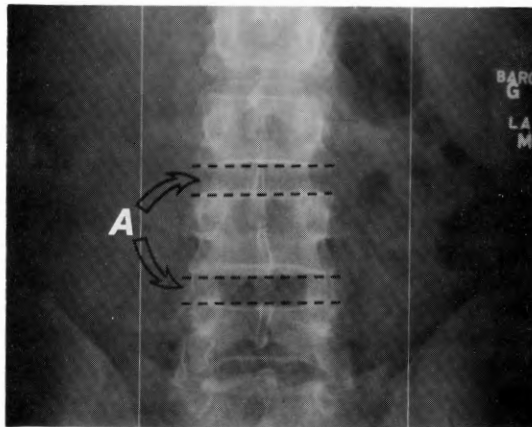
DETERIORATED/DEGENERATED SPINE



Ill. 1

This x-ray illustrates a deteriorated/degenerated spine. Narrow disc spaces, A, bony spurs, B, the subluxated vertebra C.

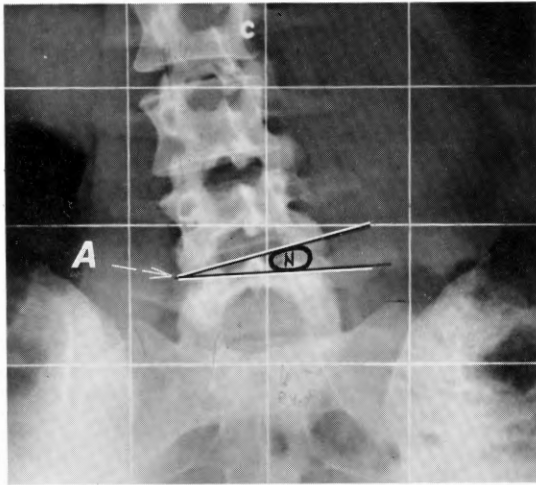
NORMAL SPINE



Ill. 2

In the normal spine above the disc spaces, A, are normal in size. The spine is straight and there are no vertebral misalignments (subluxations).

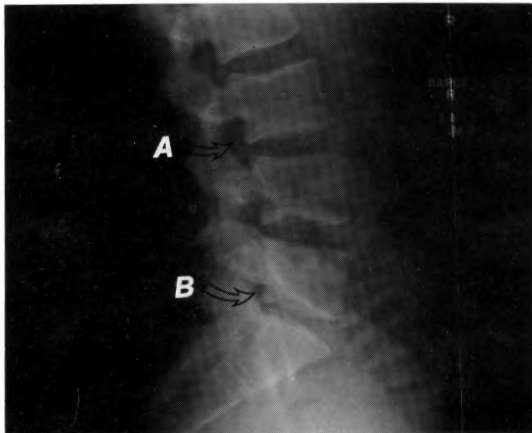
A WEDGED DISC



Ill. 3

This x-ray illustrates the lower spine and hips viewed from the back. Notice the wedged disc, A; it is narrower on the left than the right.

FORAMINAL OCCLUSION (the cause of pinched nerves)



Ill. 4

This is a side view of the vertebrae in the lower back. Arrow, A, indicates a normal nerve opening between the vertebra, arrow, B, shows a narrowed opening due to a subluxated vertebra.

THE CAUSE OF DETERIORATION/DEGENERATION

Abnormal weight bearing factors, due to spinal curvatures and subluxated vertebrae, are a common cause of deteriorative and degenerative changes in the human spine. Most often when a vertebra becomes subluxated (partially dislocated) it locks out of position. This vertebral locking is called a *fixation* by chiropractors. The peculiar position of the vertebra applies unusual pressures to the disc and bony parts of the vertebrae. The space between the vertebrae becomes narrower on one side than the other, this is referred to as a wedged disc. (Ill. 3). These factors and inflammation of the vertebral joint, narrow the opening (foramina) between the vertebrae where the spinal nerve comes out. This is called foraminal occlusion and is the cause of the frequently diagnosed "pinched nerve". (Ill. 4, a side view of the lumbar spine.)

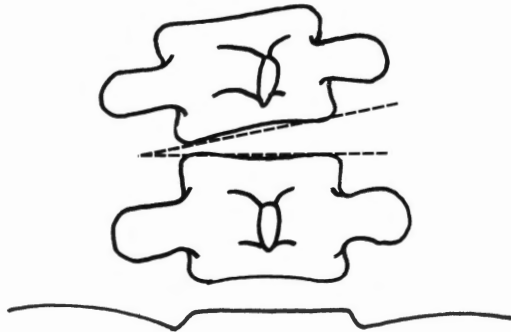
Normally, vertebrae move upon one another in a smoothly functioning manner. This movement keeps the discs between the vertebrae pliable and elastic. However, when a vertebra subluxates and creates a fixation the motion is lost, inflammation of the vertebral joint tissues and calcium infiltration occurs creating the images on x-ray which are called deterioration, (Ill. 1) and (Ill. 6).

Through chiropractic adjustment of the vertebral subluxation the chiropractor frees the fixation. The spinal adjustment releases the lock, often restoring full and normal movement to the joint. When this is accomplished the cause of unusual pressures on vertebral structures is stopped and deteriorative changes cease to develop. The vertebral joints are restored to normal position and the back pain subsides.

By restoring the normal position of the subluxated vertebra the disc and bony parts of the vertebrae are freed from unusual pressures. Flexibility is restored to the joint and if the disc has not completely lost its elasticity, it once again resumes its normal pliable function. Curvatures, if not too permanently developed, will also be reduced when the fixation of the subluxated vertebra is released.

Before and after x-rays of spinal curvatures have proven beyond a shadow of doubt that spinal curvatures can be reduced and sometimes completely straightened under chiropractic care.*

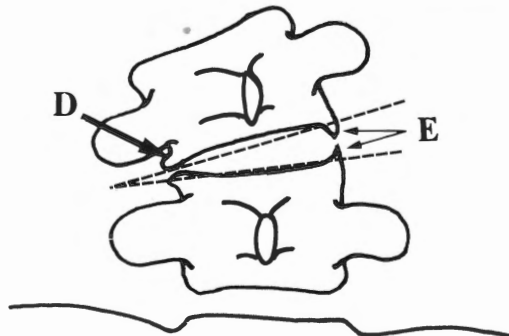
DISC BLOCK SUBLUXATION VERTEBRAL FIXATION



Ill. 5

Notice the tipping of the vertebra and the disc wedge. This type of vertebral malposition is called a subluxation. The vertebra is not dislocated it is sub-luxated.

DETERIORATION / DEGENERATION



Ill. 6

The unusual pressures due to the vertebral subluxation produce bone and disc degeneration.

THE MECHANICS OF DETERIORATION / DEGENERATION

To better illustrate what is described on pages 1 and 4, let us look at the illustrations on the opposite page. When a vertebra subluxates, Ill. 5, it often tips to one side and locks out of place. The resulting wedging of the disc and misalignment of the vertebra is called a fixation or disc block subluxation.

The disc occupies the space between the vertebrae, normally it is a tough elastic pad. A subluxation that tips to one side, narrows the disc on one side. The compression of the disc on its narrow side brings the bodies of the vertebrae closer together. The pressure causes the disc to deteriorate and the bodies of the vertebrae, due to the unusual pressure, can malform, Ill. 6 D. Conversely the disc on its wide side becomes stretched. To prevent injury and tearing the body's defense mechanisms deposit calcium into the fibers of the disc and its supporting ligament. This produces the image on x-ray of spurs, Ill. 6 E. The abused disc may also infiltrate with calcium in innate's (nature's) attempt to stabilize the area. Malformation, disc wedges, spurs, and calcium deposits are all diagnosed as deterioration/degeneration. The spurs on the vertebrae are often falsely diagnosed as arthritis. All of these changes are due to the mechanical misalignment and immobility (fixation) of the vertebral subluxation. Once the fixation is released by a chiropractic vertebral adjustment the innate intelligence of the human body works towards providing repair and recovery.

Regular chiropractic spinal care is your best insurance against spinal deterioration. When this problem is diagnosed as the cause of back pain consult a doctor of chiropractic for his opinion. To cover up the pain with pain killers, such as aspirin, simply allows the deterioration to progress. Remember, millions have recovered from spinal pain problems through chiropractic care. Regardless of medical opinion you cannot say, "I've tried everything", unless you have included chiropractic.

THE CHIROPRACTIC SPINAL ADJUSTMENT

In 1895 D. D. Palmer founded the chiropractic profession by adjusting a vertebra which restored the hearing of a deaf man. Since that time the chiropractic profession has grown until today it is recognized as the world's largest drugless healing art.

Chiropractic care was developed on a unique approach to health and disease. Its basic philosophy teaches that within the body itself lies the power to heal, the power to maintain health. When the spine becomes misaligned the vertebral subluxation infringes upon nerve openings, as this brochure has explained. Interferences to the spinal nerves can influence the function of the body parts that the nerve trunks supply and thus spinal subluxations can impair the health and function of the entire human body. Through specific adjustments of spinal subluxations chiropractors normalize the nerve supply to the human body. When the body is free of nerve pressures normal function returns and the body's self healing process restores health to the tissues and organs affected.

The science of chiropractic developed the specific spinal adjustment, in that way it differs from osteopathy and physical therapies manipulatory approach. The chiropractic adjustment differs from manipulation in that it directly sets a vertebra into an improved position. An adjustment is a specific thrust applied to a joint that is out of line. A manipulation may be applied to any joint, it simply puts the joint through its range of motion. Do not construe manipulation or mobilization therapy of the spine to be chiropractic care. Chiropractors are the trained specialists in the spinal adjustment. Only through chiropractic care will you receive chiropractic adjustments.

*The writer Dr. Fred H. Barge, D.C., Ph.C., is a noted chiropractic clinician, lecturer, and author. He has written three books on chiropractic science, Vol. I Tortipelvis, Vol. II Torticollis, and Vol. III Scoliosis. He serves as a post-graduate lecturer for the chiropractic colleges, and is recognized as the chiropractic profession's leading authority on scoliosis.

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IMMUNIZATION
YOUR
? CHOICE ?
OR YOUR
COMMAND

by
Fred H. Barge, D.C., Ph.C.



Are you sure vaccination is safe, beneficial and will cause no future bodily harm? It is time to take a good look at some very disturbing facts concerning vaccination/immunization.

Since 1986 our government has paid 22 million dollars to families in compensation for injuries following vaccinations for whooping cough and other diseases. Now this has been going on for a much longer time than 1986, let's go back to a report in Newsweek July 18, 1977. One hundred thirty five million dollars was appropriated by Congress to indemnify makers of the swine flu vaccine. Yet claims over 1.3 **billion** dollars were filed with the Justice Department alleging injury or death as a result of the swine flu shots. Yes, the ill fated "Swine Flu" vaccine is a perfect example of the folly of vaccination. And what happened to the terrible "Swine Flu" epidemic that was supposed to sweep our nation? Well, 517 Americans were struck with Guillain-Barre syndrome caused by the vaccine, and at least 23 died. Meanwhile there were only 6 verified cases of swine flu and even in those cases the diagnosis was questionable. Most certainly it is **high time** we took a good square look at immunization/vaccination.

Noted authorities are beginning to speak out against the fallacies of artificial immunization. Nobel Laureate Linus Pauling was quoted to say that he and his family would not take the swine flu vaccine because as he stated there was "significant danger" associated with it. In the same supposed swine flu epidemic emergency, the Pennsylvania "Intelligence Journal" reported that 100% of the medical physicians surveyed said they would not administer the shots to their own children.

The late noted medical doctor Robert S. Mendelsohn a pediatrician, was an out-spoken critic of immunization, he made this statement condemning the practice:

"Although I administered them myself during my early years of practice, I have become a steadfast opponent of mass inoculations because of the myriad hazards they present. The subject is so vast and complex that it deserves a book of its own."

After his death in 1989 this book was written. Taken from his many news letters, the book, "But Doctor, About that Shot - The Risks of IMMUNIZATIONS And How to Avoid Them" is a treasure trove of information opposing immunization. Another good book on the subject is "IMMUNIZATION, The Reality Behind the Myth" by Walene James.

A look at history coupled with the statistics of modern times reveals the fallacy of artificial immunization. History shows us that diseases

came and went long before vaccination was employed, the bubonic plague is a perfect example. Most all vaccination programs started long after the disease they were meant to defeat, was already on its decline. The polio vaccine is a modern example, the disease was well on the decline when the vaccine first came out. Today Dr. Jonas Salk, the developer of the first polio vaccine has stated that the Sabin vaccine was *"the principle if not the sole cause of the 140 polio cases reported since 1961. At the present time the risk of acquiring polio from the live virus vaccine is greater than from natural occurring viruses."* (emphasis mine) In other words the vaccination is worse than the disease itself. The same was true in England in regards to the small pox vaccination. Thank goodness it now has been stopped in both England and the U.S.A., more people contracted the disease from the shot than anything else. In the Philippines, where 10,000,000 were vaccinated for small pox, it resulted in the worst epidemic that had ever occurred on the islands. The death rate quadrupled from 15 to 60 percent. This happened in 1937 and the pity of it all is that we haven't yet learned from our mistakes. From the small pox epidemics to the swine flu deaths to the deaths and mental retardation from D.P.T. shots, the vaccinators continue on.

The American Journal of Epidemiology January 1989, reported on a measles "epidemic" in an Illinois high school. The report stated that 99.7% of the 1,873 students had been vaccinated - **WHY** the epidemic?

The fact that the vaccination can cause the very disease it is designed to prevent is not the only problem. The D.P.T. shot has been linked to Sudden Infant Death Syndrome (SIDS) ... the Rubella (measles) vaccination to arthritis ... and the tetanus shot to; peripheral neuropathy, dizziness, difficulty in swallowing, myelopathy and encephalopathy. The list can go on and on. Noted chiropractic authority and clinician, the late Dr. Clarence S. Gonstead made this statement.

"Vaccines did not clean up the country, clean living did."

Plain language and truer words were never spoken, the pity is vaccines got the credit.

The International Chiropractors Association makes this statement in its policy handbook of 1991.

The Association supports each individual's right to select his or her own health care and to

be made aware of the possible adverse effects of vaccines upon a human body. In accordance with such principles and based upon the individual's right to freedom of choice, the Association is opposed to compulsory programs which infringe upon such rights.

The International Chiropractors Association is supportive of a conscience clause or waiver in compulsory vaccination laws, providing an elective course of action for all regarding immunization, thereby allowing patients freedom of choice in matters affecting their bodies and health.

Yes, it should be your "CHOICE" not your "COMMAND," in all health matters, freedom of choice should be the rule.

So what can you do? It is your chiropractor's opinion that this matter is for you and your own family to decide. But you should know all the facts. Check your state laws carefully, most states provide for a waiver or exemption. Read carefully the material on the pros and cons of artificial immunization. Ask your medical doctor to assure you that there are no risks to you or your child.

The chiropractic profession holds that **natural** immunity is to be favored over artificial immunization. Chiropractic believes that keeping the spine free of nerve interference helps promote a healthy body and a normally functioning neurological and immune system.

"The best immune system is in the body, not in the Lab."

C.S. Gonstead, D.C.

I agree Dr. Gonstead, and let me close with two quotes of my own.

"Disease is not so much the virulence of outside organisms as it is the resistance of internal inside mechanisms that produce a healthy body."

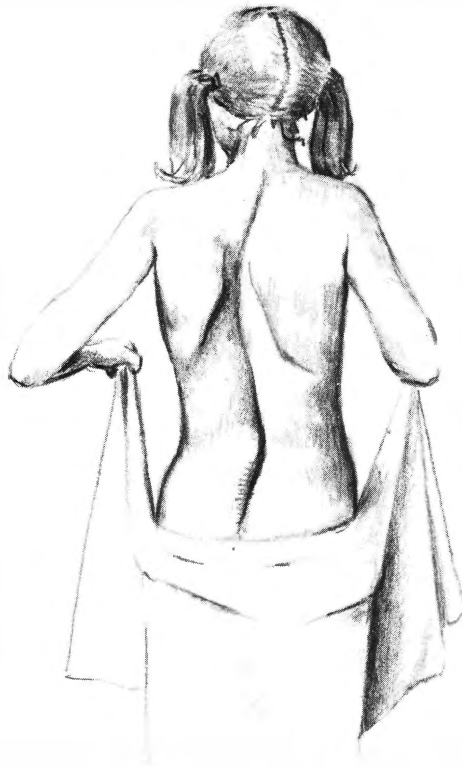
"A spine chiropractically maintained in youth is the best assurance to a healthy life that you can give a child!"

Fred H. Barge, D.C., Ph.,C.

• • •

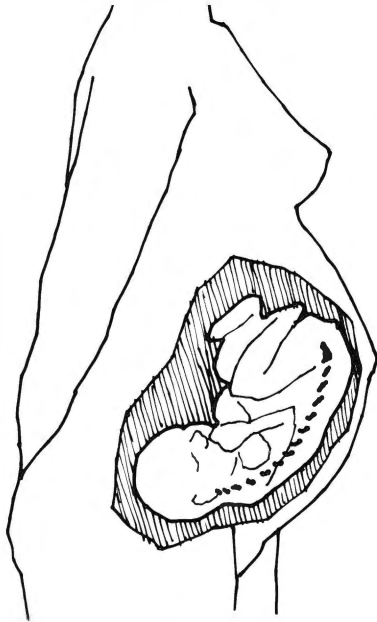
Dr. Fred H. Barge D.C., Ph.C. is a noted chiropractic clinician, author, lecturer and philosopher. He holds the rank of Visiting Professor at two leading chiropractic colleges and his books are used world wide in chiropractic teaching institutions.

SCOLIOSIS & CURVATURE



SPINAL PROBLEMS CAN START IN INFANCY

When a child is in the womb, and is first born, the spine configuration is that of a figure "C". This is called the primary curve, (Ill. 1)

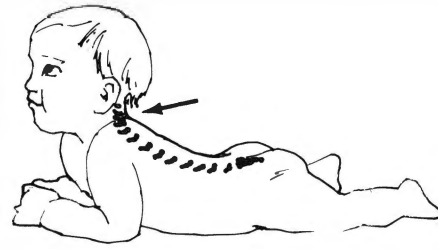


The Primary Curve
ILL. 1

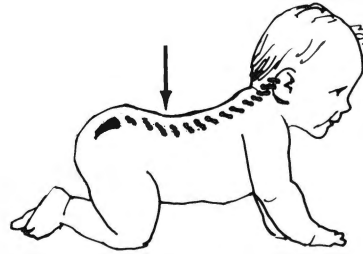
The secondary curves of the spine have not yet been formed, and the early days and months of a child's life are of the utmost importance in the development of the spine.

Most mothers realize that their new born baby cannot support the weight of its head. The baby's little neck wobbles and strains to hold its head upright. These motions and exercises develop the muscles of the cervical (neck) region, and begin to promote the development of the first secondary curve of the spine which is the arch of the neck, (Ill. 2).

One of the best positions for the baby when awake and amusing itself is on its



1st Secondary Curve
(The Arch in the Neck)
ILL. 2



2nd Secondary Curve
(The Arch in the Lower Back)
ILL. 3

stomach, (Ill. 2). This position permits the baby to lift its head and develop the arch of the neck. This position also lays the groundwork for the second secondary curve, the arch of the low back. This curve is developed when the baby begins creeping. It is the author's contention that babies today are not allowed to creep for a long enough period of time, (Ill. 3).

You have often watched an infant laying on its tummy, hands in the air, feet in the air, head up, smiling, wiggling, kicking, and chortling. These actions are really exercises for their little body. These exercises develop the spinal muscles and contours which prepare the child for the upright posture of man.

However, when the baby falls asleep on its tummy, and mother fails to return the child to its back, it may sleep with

its head turned habitually to one side and a tendency for an abnormal cervical curve (curvature) may develop.

The baby may also lie with one leg curled up with bended knee. This habitual position can produce a pelvic (hip) rotation, and may cause a child to walk with one foot pointing out (or in) during his early walking attempts. This type of pelvic rotation generally takes care of itself as the child becomes a proficient walker. The mother should consult a chiropractor for a simple and easy correction if this problem persists.

When a child sleeps on its tummy, see to it that constant postural habits are not developed. If the child changes its position as it sleeps, no harm is done. If the child lies habitually with its head to one side, you should turn the child over on its back.

When in the crib, the child will look towards the light, or towards where there is motion. You should change the baby's position, and place its head one day on one end of the bed, the next day on the other. Using this technique, the baby will not be turning its head one way all the time in order to look and see what is going on. This will help prevent the formation of dominant spinal rotations in the child's neck and prevent flat spots from forming on the child's head. If the child refuses to turn its head in one direction, or will only lie with its head turned one way, it is a good indication that a vertebra is out of alignment (subluxation), and a consultation with a chiropractor should be sought. Remember in the womb, this natural confinement chamber usually prevents abnormal postures. After the baby is born, it is our responsibility as parents to insist that our children maintain good posture and habits that will insure good health.

Good spinal posture not only promotes good health, but provides an attractive appearance as a young adult.

THE SWINGY SWINGS AND OTHER CONTRAPTIONS



Early Walking Device
ILL. 5

Today, for the convenience of the busy mother, many contraptions are made to pacify and occupy the baby. No contraption is more dangerous for the baby's spine than the "Swingy Swing" or spiderlegged walker, which sometimes has wheels.

The swing contraption lulls the child into oblivion, holds the spine in the figure "C" posture, and prevents the development of the secondary curves of the spine. The walker introduces them to propelling themselves with their feet before their spine is developed properly for the upright posture.

Both the swing and the walker train the baby's balance mechanism, (the labyrinth of the inner ear), to accept the upright posture. Both devices encourage early walking by the baby, and the urge for it to stand before the spine is ready to support the weight of standing erect.

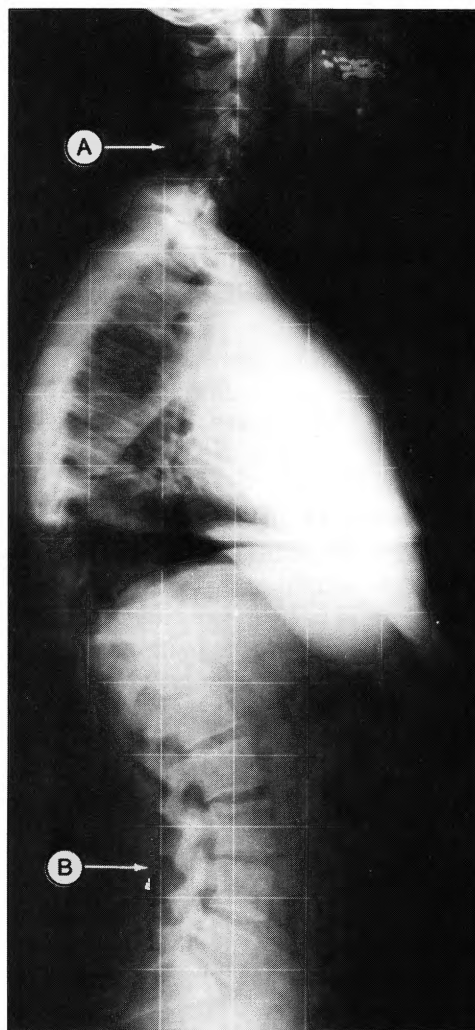
The crib and playpen are also prone to encourage a child to attempt to stand. As soon as the baby is able to grab the bars of his confinement, he automatically attempts to stand, and again the upright posture is assumed before the lower back has formed its normal curve, this leads to a flat lower back which is called a kyphosis, (Ill. 6-A, 6-B).



Normal
ILL. 6-A



Kyphosis
ILL. 6-B



Normal Spinal Contours
ILL. 7

THE KYPHOSIS

As mentioned before, there are two secondary curves formed after birth as the spine develops its ability to assume the upright posture. The first is the cervical anterior curve, (ILL. 7-A). This is formed as the baby lying on his tummy arching his neck to raise his head. The second secondary curve is formed in the baby's spine as it begins to creep, (ILL. 7-B).

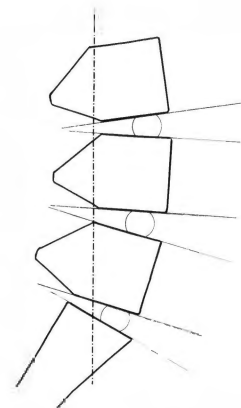
Yes, babies should creep. It is the opinion of the author that babies are not encouraged to creep long enough, and that parents encourage their children to walk too soon. Adults with a well developed arch in their lower back have fewer low back problems. The flattening of this low back curve is called a kyphosis. This type of spinal distortion puts improper pressure upon the spinal discs, and can cause disc wedging and vertebral misalignments which are referred to as subluxations by chiropractors.

THE NORMAL LUMBAR CURVE AND THE DISCS

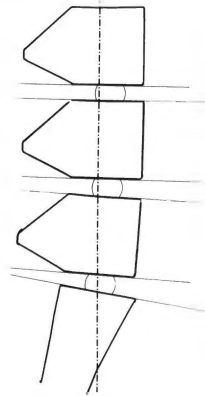
With a normal arch in the low back the weight is not carried directly on the discs, (Ill. 8). Using a plumb line, you can determine that the weight bearing line falls behind the center of the discs. Now, look at (Ill. 9). Here, without the normal curve, the weight is carried on the discs.

Viewing the spine from the back (Ill. 10), you can see how the center of the disc, (N), can slip to one side (or to the other, like a teeter-totter), and cause subluxations that result in curvatures and scoliosis. All this depends first upon the formation of the kyphosis, which is the abnormal flattening of the lumbar arch, (Ill. 9). Remember, we are developing this condition in our children with the use of early walking devices, swingy swings, and play pens.

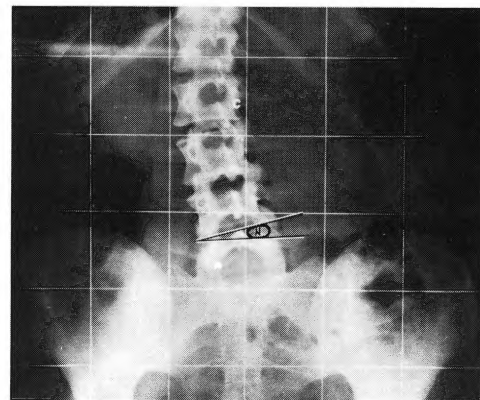
Let your baby play on his tummy and creep like nature intended. Do not confine your baby to a pen. Make your living room into a playpen if you must. After all they are only in this stage of development for a short time. Proper development of normal spinal contours will help avoid the spinal problems of curvature and scoliosis.



Normal Curve
ILL. 8



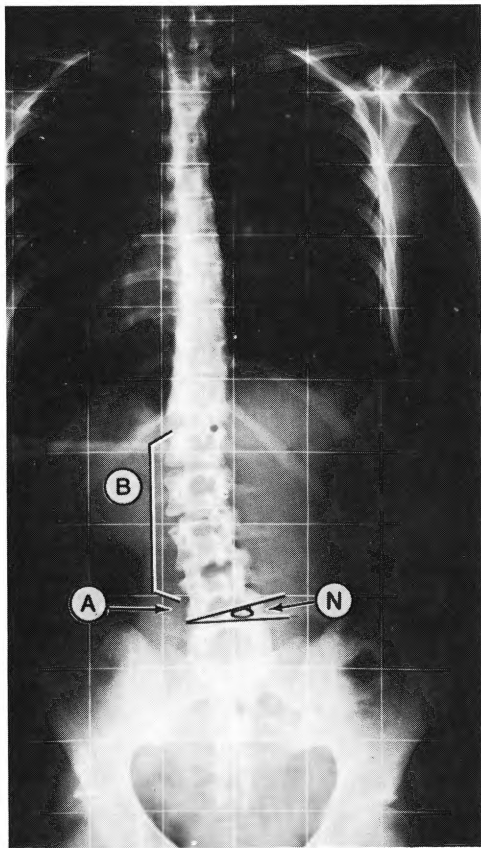
Abnormal Curve
(Kyphosis)
ILL. 9



Subluxation
ILL. 10

CURVATURES & SCOLIOSIS

Before the age of 10, young children seldom complain of a backache. When they do, it's usually for a day or so, and then the problem is not mentioned again. Often times, a vertebra remains out of alignment (subluxated) (Ill. 11-A) and the child's pliable spine adapts to the situation. "As a tree is bent, so shall it grow!" is an old adage that can certainly be applied to the spine. Yes, the spinal misalignments of youth develop curvatures which create spinal problems in adult life. A curvature is an abnormal spinal contour. Scoliosis is a type of curvature that has an abnormal lateral bend.

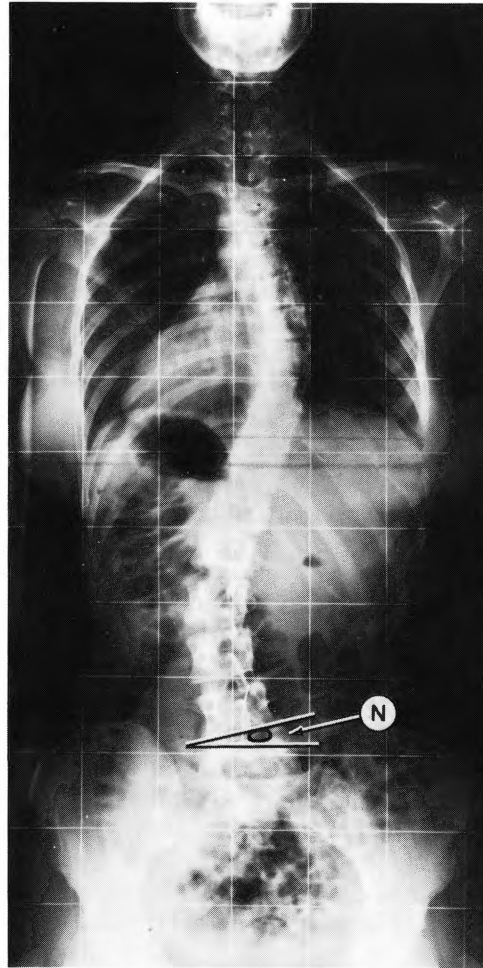


Scoliosis
ILL. 11

We have attempted to explain to you the beginning of these spinal problems.

First, the spine does not develop its normal anterior arches, and this causes unusual weight to be carried on the spinal discs.

Second, the center of the disc shifts to one side, and the vertebra tips to the other side, just like a teeter-totter, (Ill. 11-A). This misalignment, (called a subluxation), causes the spine to tip to one side (Ill. 11-B). To compensate for this bend, the spine then tips to the other side and the result is scoliosis. (Ill. 12)



Scoliosis
ILL. 12

This booklet is a brief explanation of the complicated mechanisms involved in the development of spinal curvatures and scoliosis.

Chiropractic care has often proven to be the most effective means of curvature control and correction.

In this booklet the chiropractic author, lecturer, & consultant, Dr. Fred H. Barge, D.C., Ph.C., explains the chiropractic approach to scoliosis. The material in this pamphlet has been taken from his writings. Quoting from his book Dr. Barge states, "From the time children are very young, the swingy swing, play pens, and walkers, are encouraging children to walk too soon. Exercises in school such as sit-ups, & bending over touching the toes are destructive to the proper development of normal spinal contours. The enforced sitting in school all day also contributes to improper development of normal spinal curves. All of these things can lead to the development of curvatures and scoliosis. If the problem is detected early in a young child, it can often be straightened. Regular chiropractic examination, especially after a severe fall or sports activity, can detect spinal subluxations. Chiropractic spinal adjustment can correct these misalignments and return the spine to its proper position."

There certainly can be other causes of curvature. Hereditary development, a short leg, pelvic (hip) distortions, certain diseases, all can contribute to curvature development, but early detection and chiropractic care may prevent further curvature. Surgery and bracing are sometimes necessary, but control and reduction through chiropractic methods should be a primary consideration in all cases of scoliosis.

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Bed Wetting

(Nocturnal Enuresis)

Explained

and
Chiropractic's
Approach to
the Problem



"It rained in my bed again last night", were the very words a young lad wrote on a note to hand to his doctor. These words express the embarrassment and reluctance of a child to admit to the fact that he has wet the bed.

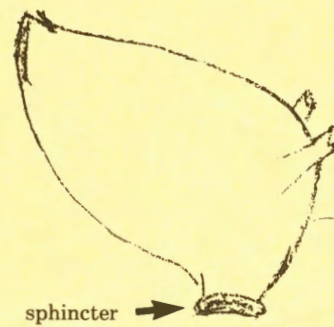
Many times parents actually blame their child for urinating in bed. They believe this is a behavior intended to get back at them for something. Nothing could be farther from the truth. No, children do not wilfully wet their beds. This, in their words, is "gross".

Oh, the anguish of the young child who wets the bed at night. He cannot go to camp, stay over night at his friend's house, or go on trips without the constant fear of the wet bed in the morning. Psychologically the bed wetting child, indeed, bears a burden; and I might add so does the mother. The constant changing of bed linen is certainly a chore she would like to put behind her.

Just what causes Nocturnal Enuresis (bed wetting) and is there any help for this problem? Yes, there is and to explain why children wet the bed we must understand a spinal reflex called the phrenic reflex. You see when a baby sleeps its respiration (breathing) gets slower and slower until a mother might bend over the crib and exclaim, "My child's not breathing!" Then suddenly the infant shudders, takes a deep breath, and the normal breathing cycle resumes. With a sigh of relief the mother returns to her activities.

This pattern of breathing goes on throughout the night. As the infant sleeps respiration continues to slow down until the carbon dioxide in the body gets high enough to trigger a breathing mechanism called the phrenic reflex. This mechanism stimulates the large muscle of breathing, the diaphragm, to increased activity and the normal rhythm of breathing returns. If this mechanism is not working correctly, the carbon dioxide continues to increase and when it gets too high, 'smooth' muscles begin to relax. Smooth muscles are the involuntary muscles of the body, those that function without our conscious control. The valve at the bottom of the urinary bladder is a smooth muscle (Ill. 1) and when it relaxes the bladder simply does not retain its fluid, you might say it leaks throughout the night.

Now this is normal for infants as the phrenic reflex is not fully developed at birth, but as the child grows the reflex matures and soon most children can sleep all night and retain their urine. This reflex develops more slowly in boys, in the same way that boys mature sexually later than girls, and thus boys are more frequently bed wetters.



(Ill. 1) The bladder could be described as a muscular pouch that holds the urine as it is discharged from the kidneys. The tubes from the kidneys are called the ureters and the muscle that forms the valve that holds back the urine is called the sphincter muscle.

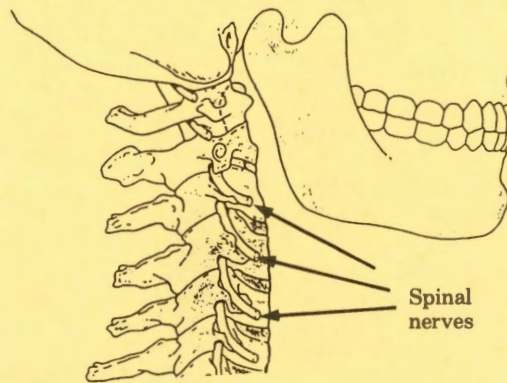
The typical bedwetting child sleeps in a high state of carbon dioxide intoxication. This produces a deep sleep that appears almost comatose to the parents. It is very difficult to wake the child up to go to the bathroom. You almost have to manually lift the child up, lead him to the bathroom, command him to urinate, and lead him back to bed. Most commonly the bed is just as wet in the morning as it would have been had you not got the child up at all.

A bed wetting child is typically a very active child, often playing to exhaustion and when at sleep, sleeping in a very deep slumber with slow respiration. The child's sluggish, or immature phrenic reflex allows too much carbon dioxide to build up in the system. The bladder valve (sphincter) relaxes, and the bladder leaks throughout the night. No, the child does not voluntarily urinate in bed. The urine simply runs out involuntarily while he sleeps.



The Chiropractic Approach

Now in some children the phrenic reflex is simply slow to develop. In fact this slow development does at times run in families (hereditary factors), but in other children this reflex is disturbed by a vertebral misalignment termed by chiropractors a 'subluxation'.



(Ill. 2) *The cervical vertebrae and the cervical nerves.*

The phrenic nerves come out from between the 3rd, 4th and 5th cervical (neck) vertebra. Subluxation of these vertebrae can cause nerve interference which can disturb the proper function of the phrenic reflex and cause bed wetting. Chiropractors correct vertebral subluxations, and thus influence the return of proper nerve function.

Unfortunately there is really no way to tell if a child is simply slow in the development of the phrenic reflex, or if a subluxation is the direct cause of the problem. Chiropractic x-rays and examination can help pinpoint spinal problems, but the only real way to see if chiropractic care will help Nocturnal Enuresis is to actually try it. A series of chiropractic adjustments will generally determine whether or not chiropractic care will be of help. Some cases respond spontaneously with instant cessation of the bed wetting problem. In difficult cases it is sometimes wise to bring the child in for a series of spinal adjustments and then wait a few months and bring the child back in again for care. Your chiropractor can explain this to you. He will offer helpful suggestions which aid in controlling enuresis such as avoiding fluids before going to bed, preventing the child from excessive exhaustion and fatigue, etc.; but be assured that chiropractic care does offer a positive approach to solving Nocturnal Enuresis. In many children it has completely solved the problem. If your child is suffering the anguish of bed wetting consider chiropractic care.

Children Need Chiropractic Care



Spinal Problems That Begin In Youth Produce Health Problems in Adult Life

Please Allow Me To Explain *

by

Fred H. Barge, D.C., Ph.C.

*The following explanation is the personal opinion of chiropractic author, educator, lecturer and research clinician, Dr. Fred H. Barge, D.C., Ph.C. President of Barge Chiropractic Clinic, SC, La Crosse, WI.

Now that I have established the fact that this booklet is **my opinion**, I will allow myself to express my viewpoints as candidly as possible, do children need chiropractic care? Yes, they most certainly do and I might add not only when they hurt, but on a regular basis! My heart goes out to the great majority of children who are denied the opportunity to experience regular chiropractic care. To see our nations children continually drugged for pain and disease problems is appalling to me. I have always had the benefit of chiropractic care; my father, two aunts, two uncles and three cousins all were chiropractors; upon my graduation, I became number nine in the family to become a doctor of chiropractic. In my practice I have sought out the care of my patients children, as I knew so very well the benefits of chiropractic care for the little ones. The so called growing pains, leg aches, earaches, bed wetting, tonsil and adenoid problems that children suffer so greatly from, usually respond very favorably to chiropractic spinal adjustment. Allergies, frequent nosebleeds, hyperactivity, hay fever, skin rashes, asthma, stomach troubles, scoliosis, heart arrhythmias, constipation, all find help under the chiropractors hands and the correction of spinal misalignments we call subluxations.

You see, thirty one pair of nerves emit directly from the spine, they come forth through openings formed between the vertebrae. The arch of one vertebra and the arch of its partner make openings for the nerves, thus any misalignment between the vertebrae can stress the nerves that emit from between them. It is a recognized medical fact that the spinal nerves can influence all of the tissues, muscles, bones, glands and organs of the human body. Pressure on these nerves alters tissue function which can cause malfunction, weakness, lowered resistance and the resulting symptoms that man calls "disease". When such problems go uncared for, recurrent "disease" problems pester the human body and can lead to life long suffering.

Medicine today mainly treats a patient's symptoms, pain with pain killers and muscle relaxers, infections with antibiotics, anxiety and stress with tranquilizers, and organic breakdown with surgery. Many of these problems, in my opinion, have their origin in the spinal problems of youth. Children, more than adults, are subject to unusual jolts, falls and strains from their many playful activities. Such activity can at times subluxate the spinal vertebrae. "As a tree is bent, so shall it grow" is an old adage

true of trees and spines. Spines that grow with misalignments are difficult indeed to straighten in later life and chronic, nerve pressure related, health problems can be the result. Remember, chiropractic care doesn't "cure" the health problems called "disease". Oh no, only the body cures, that is why the chiropractic profession has never held forth a cure for any "disease". Chiropractors adjust the spine to restore proper nerve supply. The return of normal body function creates the **body's** own cure. In the end, it is recognized by all healing arts that only nature heals, all that any doctor can do is remove an obstruction to healing.

Chiropractors, by analyzing a patients spinal x-rays, can point out areas of probable nerve interference. By palpation of the spine (feeling of the spine) chiropractors can identify areas of nerve encroachment and correct spinal problems with an adjustment before they become chronic and difficult to correct. With children, a palpation examination is sometimes all that is needed, at other times x-rays are necessary.

Children should be healthy and free of unusual pain and the joy of health is evident in the exuberance of youth. That is why it is so pitiful to see a hurting or sickly child, we want them to be able to laugh and play like normal children. But remember that sickness and it's symptoms, such as fever and pain, are natures warning signals that something is wrong in the body. If these signals go unheeded, the problem persists until something is done about it. Pain killers only turn off the body's Innate (nature's) warning signals. Certainly a bruise, a scrape, muscle fatigue, etc., will give children pain, but . . .

persistent pain and recurring symptoms should not be ignored and just turned off by pain relieving drugs . . .

take the child to a chiropractor. Chiropractors always suggest when other care is needed, but simple spinal adjustments can solve a host of childhood problems.

Studies by Dr. Ronald Pero, Ph.D., have shown that regular chiropractic care enhances healing and increases the body's natural immunity. Gutmann in Germany reported adjusting 1,000 infants for infectious problems such as ear, nose and throat infections; tonsillitis, enteritis, conjunctivitis, colds and ear ache. His conclusion stated that impairment of the upper cervical vertebral joint complex (subluxation) was involved in these problems. When involved, Gutmann said, the **baby "should be examined and, if required, specifically ad-**

justed ... the success of the adjustment over shadows every other type of treatment."

Yes, chiropractic care is for the entire family. Most certainly you should bring your children to a chiropractor when he/she hurts, but you should also bring them in regularly, to ensure that the body is functioning free of nerve interference caused by spinal subluxations. You take your car in regularly for maintenance care, you have your heating system in the house checked regularly, why? You don't want a problem ... so why wait for your child to be sick to see a doctor. But you say, what could my medical doctor do for my child if I did take the child to him once a month? Good question. Chiropractors, however, can do something. By checking your spine and adjusting the vertebrae when necessary, they can help keep the body functioning at a high rate of efficiency. A normal functioning body wards off most common disease problems, that is the reason some people seem always healthy while others are continually sick. The well persons immune system is functioning at peak efficiency while the sick person's resistance is commonly low. Chiropractic maintenance care helps ensure proper body function and peak immune system efficiency.

In the words of Dr. Robert Aldrich, M.D., Professor of Preventive Medicine and Pediatrics, University of Colorado: "... The maintenance of health should take precedence over the treatment of disease. ..." I personally would echo his statement.

Let me leave you with my final, firm personal conviction.

Aspine chiropractically maintained in youth is the best assurance to a healthy life that you can give your child!

Children **need** chiropractic care. Children **love** chiropractic care. Bring your child to your chiropractor and once they experience chiropractics benefits, **they will ask to come again!**

Your Doctor of Chiropractic shares my viewpoints and that is why he has given you this booklet. Enjoy the increased health benefits of chiropractic health maintenance care, for your children, yourself and your entire family.

• • •
The opinions of Dr. Barge have been gleaned from over three decades of active chiropractic practice, he has published six books on chiropractic science and philosophy. His text books are used as curricular texts in leading chiropractic colleges.

Barge Chiropractic Clinic SC
322 Cameron Ave.
La Crosse, WI 54601

"Illnesses hover constantly above us, their seeds blown by the wind, but they do not set in the terrain unless the terrain is ready to receive them."

Claude Bernard

THE CAUSE OF DISEASE

The Soil?
or
The Seed?

by

Fred H. Barge, D.C., Ph.C.*

*The opinions contained in this booklet are those of chiropractic author, lecturer and research clinician Dr. Fred H. Barge, D.C., Ph.C. They are shared by a majority of chiropractors including the doctor who gave you this booklet.

Please read the quote on the cover of this brochure.

Claude Bernard was a 19th century French physiologist and contemporary of French chemist Louis Pasteur. The two famous doctors argued throughout their lives as to what really was the cause of disease, the soil or the seed. Pasteur insisted it was the seed (germ) while Bernard claimed it was the soil (the body). On Pasteur's death bed, it is said that he admitted that Bernard was right; he said, *"it is the soil, not the seed."*

The seed (germ factors) or the soil (the body, host factors) argument was as prevalent then as it is now again today. Today many medical authors are agreeing that, although germs are certainly a factor involved in the diseases of man, the germ alone is not the cause of disease. Dr. B.J. Palmer, the developer of chiropractic, stated:

"If the 'germ theory of disease' were correct, there'd be no one living to believe it."

Think about it for a moment, and you will see the common sense in Dr. Palmer's statement.

Contemporary medical author Dennis T. Jaffe, Ph.D., makes this observation in his book *"Healing From Within"*.¹

"Of course, disease-producing microorganisms are always present, but usually they can be fought off successfully. However, some individuals never get sick, while others pick up every cold in the neighborhood. So although the germ may be one of the essential and contributing causes, it alone is not sufficient to produce illness."

Another accomplished and noted medical writer Dr. Andrew Weil, M.D., goes one step further he contends that germs are not causes at all, but merely agents of disease. In his popular book *"Health and Healing"*, he states:²

"Germs are agents of disease." . . . "Agents of disease are not causes of disease. . . agents of disease do not cause us to get sick. They are merely potential vectors of illness waiting for chances to do their mischief. Given a chance, they will do it. Chances come along because of the natural fluctuations of our cycles of relative health."

Agents of disease are all around us, not only in the form of viruses, bacteria, and parasites, but as a multitude of potential irritants, such as carcinogenic chemicals, allergens, insects, toxic plants, and so forth. A person solidly equilibrated in a phase of relative health can often interact with these agents and not get sick. Since internal factors determine the nature of our relationships with them, the true causes of disease are internal."

He goes on to suggest a philosophy that closely parallels chiropractic thinking. Referring to the cause of disease coming from inside, not outside, he states:

"This principle suggests other ways of thinking about prevention and treatment than those predominant in conventional medicine. Rather than warring on disease agents with the hope (vain, I suspect) of eliminating them, we ought to worry more about strengthening resistance to them and learning to live in balance with them more of the time."

Dr. D.D. Palmer, the founder of chiropractic, made a similar statement in his 1910 text:³

"The Science of chiropractic has modified our views concerning life, death, health, and disease. We no longer believe that disease is an entity, something foreign to the body, which may enter from without, and with which we have to grasp, struggle, fight and conquer, or submit and succumb to its ravages. Disease is a disturbed condition, not a thing of enmity. Disease is an abnormal performance of certain functions; the abnormal activity has its causes."

And where does this all leave us? Some medical doctors and most Chiropractors agree that the germ, though being part of the disease syndrome, is not the direct cause of disease. First a person must be susceptible to the germ. Germs will always be with us and our concern should be to strengthen our resistance to them.

As Dr. D.D. Palmer stated, "Disease is abnormal performance of certain functions: the abnormal activity has its causes." Chiropractic has sought to find these causes which often are due to nerve interference along the spine caused by a spinal misalignment, called subluxation. Subluxations can impair normal

nerve transmission which then causes abnormal body function, lowering the body's resistance and making the body susceptible to disease.

Research has shown that chiropractic patients have an enhanced immune system. Dr. Ronald W. Pero, Ph.D., principle investigator in a research project at the University of Lund in Sweden, undertook a study to determine the long term impact of chiropractic care on the health of the entire human body. The findings indicated that chiropractic patients had a **200% increase** in their healing powers; furthermore, their immune systems competency also had a 200% increase as compared to healthy non-chiropractic patients and it did not decline with age as it does with people who are not under chiropractic care. This indicates that a chiropractic lifestyle improves immunity and healing. D.D. Palmer's prediction is now coming true.³

"In the near future Chiropractic will be as much valued for its preventative qualities as it now is for adjusting and relieving the cause of ailments."

Dr. Pero's study has indicated that regular chiropractic care helps prevent disease and maintain the body in a state of health. That is why millions of people choose to receive regular monthly chiropractic care.

The cause of disease is within you, it is the lack of your body's ability to ward off disease. Increase this ability through the natural drugless method of chiropractic care.

As Dr. Robert A. Aldrich, M.D., Professor of Preventive Medicine, University of Colorado states:¹ "*. . . The maintenance of health should take precedence over the treatment of disease. . .*". To this statement, Chiropractors heartily concur. For a happier, healthier life include regular chiropractic care in your health maintenance program.

1. *HEALING FROM WITHIN*, by Dennis T. Jaffe, Ph.D., Random House Inc., Alfred A. Knopf, Inc., New York, N.Y.

2. *HEALTH AND HEALING* by Andrew Weil, M.D., Houghton Mifflin Company, Boston.

3. *THE SCIENCE, ART AND PHILOSOPHY OF CHIROPRACTIC*, D.D. Palmer, D.C., Ph.C., Palmer College of Chiropractic, Davenport, Iowa.

The “Common Cold” Explained

and
Chiropractic's
Approach to
the Problem



Germs and Viruses Do Not Cause Colds!

Dr. Dennis T. Jaffe, Ph.D., in his book "Healing From Within," made this statement:

"Of course, disease-producing micro-organisms are always present, but usually they can be fought off successfully. However, some individuals never get sick, while others pick up every cold in the neighborhood. So although the germ may be one of the essential and contributing causes, it alone is not sufficient to produce illness."

Yes, some people "pick up every cold in the neighborhood." WHY? The answer is **resistance**. The resistance factors of the human body are the most important factors in maintaining health. Germs are always with us but commonly the body fights them off successfully. Inside your body you will find most of the organisms that afflict mankind in disease and if they are not found inside our bodies, most certainly they are found in abundance in the world around us. The famous French physiologist, Claude Bernard, was correct when he stated:

"Illnesses hover constantly above us, their seeds blown by the wind, but they do not set in the terrain unless the terrain is ready to receive them."

The common cold is a perfect example, if the virus was the cause everybody would come down with a "cold" every year. So many people acquire this common malady that no one would be able to avoid it. The virus is all around us, "blown by the wind" as Claude Bernard stated. Think about the medical doctors, the chiropractors, the nurses, the dentists – why don't they continually get colds; after all they see sick people day in and day out. Doctors of Chiropractic even lay their hands upon sick germ ridden people all of the time. Why then aren't the doctors continually sick? Do they get an immunity with their diploma? Now I'm not really trying to be silly nor am I trying to chide you, but the developer of chiropractic, Dr. B. J. Palmer stated:

"If the germ theory of disease were correct there would be no one living to believe it."

When you think about it a minute, you realize that he was absolutely right. Now most certainly germs and viruses are involved in the pathology of diseases, but pathology is a symptom of the disease process, not the cause. First the body must be



Dr. B. J. Palmer

malfunctioning or in a weakened state (lowered resistance), before most so called infectious diseases can "strike." Actually disease does not really even "strike" as most of the germs and viruses involved in diseases are found within us all the time. A healthy body comprehends them, lives in harmony with them, and they cause no harm.

"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.

Yes, germs will always be with us, they are intended to be there. But you say, what has chiropractic care got to do with germs? Chiropractic teaches that health maintenance care through regular spinal adjustments creates a strong and healthy body, less susceptible to disease. Thirty-one pair of nerves emit from between the vertebrae of the spinal column. When vertebrae become subluxated (misaligned) they can interfere with normal nerve transmission and cause malfunction. This is commonly seen in the so called "pinched nerve" problems of neuritis, neuralgia, sciatica, numbness of the hands and feet, headaches, etc. These problems often bring patients into the chiropractors office. But the spinal nerves also influence the entire organic system of the human body. Chiropractors focus attention on keeping the entire body free from nerve interference through adjusting spinal

subluxations. In this way regular chiropractic care promotes a high state of health. You see the nervous system directly controls the immune system, nerve interference can cause lowered resistance, malfunction, and a poor state of health that sets the stage for infections, disease, and yes, the "common cold."

Chiropractors usually suggest that patients seek chiropractic care on a once a month basis. If you've ever been to a chiropractors office you will often see the same people there time and time again. These people are frequently healthy and well, they choose to maintain a good state of health through chiropractic care. No one forces them to keep going to a chiropractor, as no one forces a person to see their dentist regularly. **Those who CARE about their bodies take CARE of their bodies.** They follow a physical moral code of good diet, good activity, good rest, good hygiene and regular chiropractic care. Chiropractic helps prevent health problems from striking.

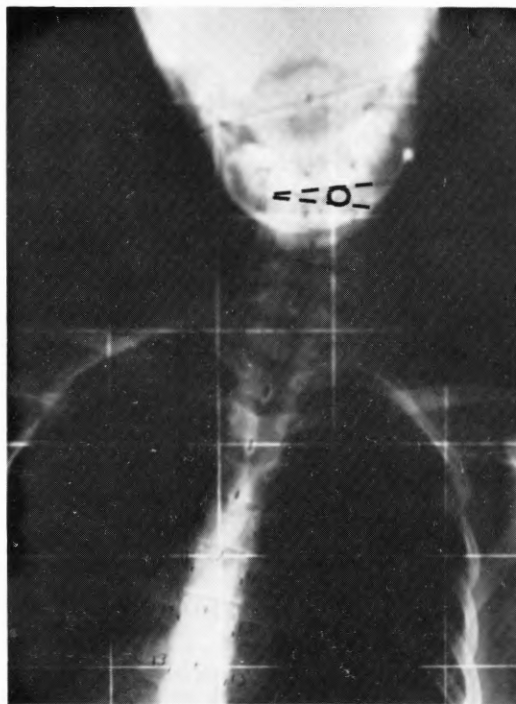
Remember when symptoms occur a problem has already occurred. Chiropractic care suggests taking care of the body to prevent the symptoms of disease from occurring. In fact chiropractors really do not claim to cure any disease. The adjustment of the spine simply restores proper nerve supply and the body then affects its own cure. Keeping the body free of nerve interference allows the body to function properly and develops a strong healthy immune system that serves as a barrier against disease. *Disease is not so much the virulence of attacking OUTSIDE organisms as it is the resistance of the internal INSIDE mechanisms that produce a healthy body.* It is that strong resistance that prevents many people from ever having the so called "common cold." So if "cold" problems are your problem, why not try regular chiropractic care. D. D. Palmer the founder of chiropractic stated in 1910:

"In the near future Chiropractic will be as much valued for its preventative qualities as it now is for adjusting and relieving the cause of ailments."

Once you feel within your own body the difference chiropractic care makes, you too may be one of those people who often say, "I go to my chiropractor regularly." For a happy, healthy life, stay well through chiropractic care.

TORTICOLLIS*

The
“DISC BLOCK
SUBLUXATION”
of the Neck



*Torticollis is not to be confused with spastic torticollis.
The latter is an entirely different neurological condition.

TORTICOLLIS

"Wry Neck" — this is the term used in the past to describe this painful condition of the cervical spine. The neck has gone a-wry. Yes, it certainly has as those who have suffered this painful condition can vividly recall. It is commonly thought to be a muscular condition. Most dictionaries today describe it thusly — Dorland Medical Dictionary 25th Edition, "A contracted state of the cervical muscles, producing twisting of the neck, and an unnatural position of the head".

At one time medical authorities were so convinced that muscles were the cause of this problem, that they would surgically shorten the muscle on one side of the neck to attempt to again make the neck straight.

Today, *chiropractic science has determined that 'Torticollis' is not a muscular problem.* It is simply a condition wherein a vertebra has become misaligned in the neck. This coincides with a change in position of the center (nucleus) of the disc and the vertebra becomes 'locked' in an 'out of place' position. This 'locking' is called a "disc block subluxation" by chiropractors.

The malposition of the nucleus of the disc prevents the vertebra from returning to its normal position. Thus, the neck (cervical spine) is bent in a tortuous position. It can be bent to one side, bent forward, or both. The patient is unable to move the neck out of this peculiar position. The muscles of the neck respond to this by becoming taut, sore and strained.

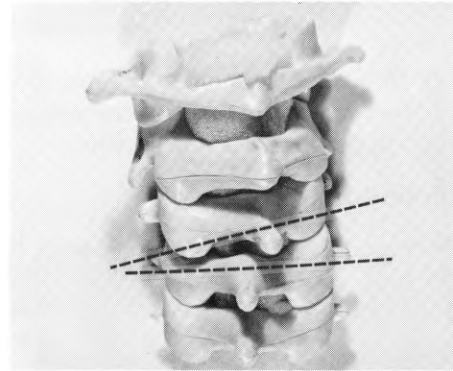
Today medical authorities are finally realizing that chiropractic science is correct in regards to torticollis and a similar condition of the lower back called 'Tortipelvis'. For instance, a prominent medical text, *The Human Spine in Health & Disease** states thusly, and I quote, "It does not matter if the cause is found in the region of the apophyseal joints or in the disc space, the sudden jerk and the impossibility of the slipping back causes pain in the capsules

and ligaments of the apophyseal joints. This in turn causes painful muscular tension" . . . end quote.

This text recognizes that the muscular problem is secondary. This explains why previous methods used to treat the muscles in this condition have been dismal failures.

TORTICOLLIS

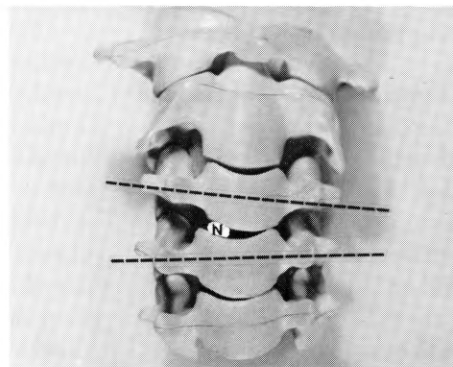
Posterior View



(Ill. 1) Looking at the cervical vertebrae from the posterior (back) you can see how one vertebra tips and rotates to one side.

TORTICOLLIS

Anterior View



(Ill. 2) This is a view of the cervical vertebrae from the anterior (front). Here we can see how the nucleus of the disc (N) slips to one side and prevents the return of the vertebra to normal position.

*Grune & Stratton. New York and London

TYPES OF TORTICOLLIS

Lateral Torticollis



(Ill. 4) In lateral torticollis the head is carried to one side. The patient cannot move his head and neck from this position.

Anterior Torticollis



(Ill. 5) In this type of torticollis the head is held tipped forward. It may only be slight as in the picture above, but the neck is stiff and cannot be tipped back.

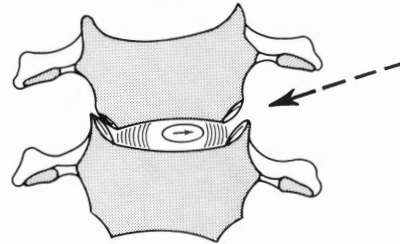
Anterior Lateral Torticollis



(Ill. 6) This is simply a combination of the two above conditions. The head is tipped forward and to one side and 'locked' in this position.

THE PAIN OF TORTICOLLIS

To say the least, torticollis is a very painful condition. Due to the subluxation of the vertebra, the spine is unable to be straight, and the resulting muscle tension and strain on the ligaments and tendons is severe. The stretch stress on the ligaments of the separated vertebral joints is responsible for most of the pain.

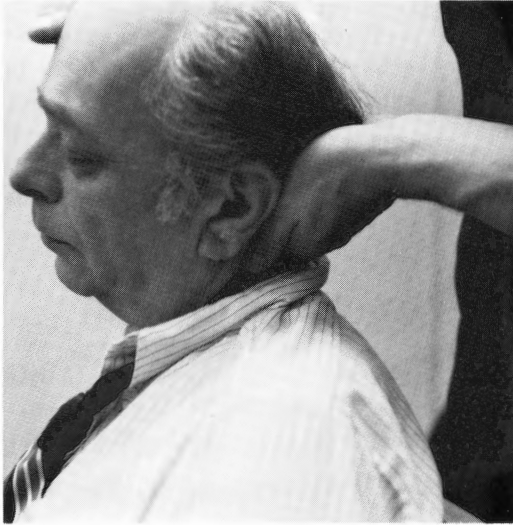


(Ill. 7) Cut away view showing the center of the disc (nucleus), slipped to one side and the separation of a vertebral joint (broken arrow).

But remember, the stress on the ligaments and muscles is secondary, due to the vertebra being 'locked' out of place. It is to no avail to treat the muscles until the vertebra has been adjusted into place. Immediate consultation with a chiropractor should be sought. In the event that this is not possible, keep the neck warm by wrapping a towel around it, this will also provide needed support.

One of the most difficult problems faced by the person afflicted with this condition is the inability to support the weight of his own head. This is especially true when he is endeavoring to lie down. If at all possible a torticollis case should have help in reclining and rising from bed. Supporting the back of the head upon rising is a great help. The patient may elect to support the back of his head with one hand while extending the other for help in rising. Unless one has suffered this condition it is difficult to appreciate the amount of pain involved. Sympathy and help of family members is an important aid in the care of torticollis.

THE ADJUSTMENT



(Ill. 8) Chiropractic research has developed a spinal adjustment that unlocks the vertebral malposition (subluxation). The adjustment permits the nucleus of the disc to again assume its proper position in the center of the disc space and thus restores normal spinal balance.

The correction of this malposition can be instantaneous or it may require a series of spinal adjustments. It depends upon the length of time the patient has had torticollis, the age of the patient, and the extent of damage that the ligaments and discs have sustained.

It should be mentioned here that torticollis in youth is often an early sign of a severe spinal curvature called 'scoliosis'. All children who suffer any 'stiff neck' problems should receive a chiropractic examination. Early chiropractic detection and correction of vertebral subluxations can prevent scoliosis.

Yes, torticollis is a condition that responds well to chiropractic care. Chiropractic science has located the cause and developed a means of complete correction of this painful spinal affliction.

CAUSES OF TORTICOLLIS

Muscular Chill

Man, "the creature with the naked neck". We are prone to ignore this area of our body when it comes to clothing. Perhaps we should wear our hair down to our shoulders. At any rate, the human neck is subject to drafts and chills more than any other part of the spine. Thus fans, air-conditioners, drafty rooms, riding in a car with the window open, etc. all can chill the cervical musculature. Chiropractors report many cases of torticollis in early spring evidently brought on from driving with the car window open. It is not so much the chill factor itself as it is the disproportionate chilling of the neck created by drafts, fans and circulated air.

Occupational Hazards

Many are the cases of torticollis that evolve from occupational hazards. A farmer may strain his neck looking back over his right shoulder to observe tractor-drawn equipment. When pulling haybalers and field equipment this strain can become quite constant. Construction workers using airhammers, typists looking constantly one way at copy, draftsmen bending their necks forward over the drafting board; all are examples of occupational hazards that lead to attacks of torticollis.

Trauma

Chiropractors can all relate cases of trauma caused torticollis. Four of the most common traumatic type origins are:

1. Whiplash
2. Sports Activities
3. Heavy lifting.
4. Fetal Delivery.

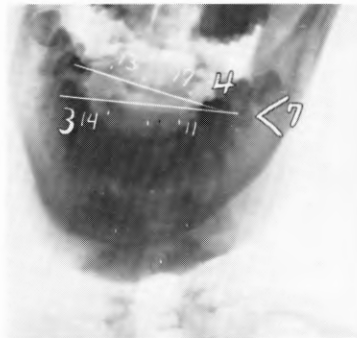
Finally, I will mention again, that torticollis is an early sign of a spinal scoliosis. The neck, trying to balance for the crooked spine, develops strain and thus torticollis. All children who complain of neck stiffness

and pain should have a chiropractic examination.

The old adage "as a tree is bent so shall it grow" certainly applies to the spine. Little beginnings like a 'stiff neck' can lead to life long spinal distortions.

TORTICOLLIS

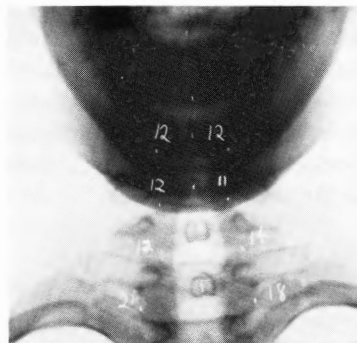
Before



(Ill. 9) Looking at the x-ray from the posterior (back), the patient's head is bent to the right.

TORTICOLLIS

After

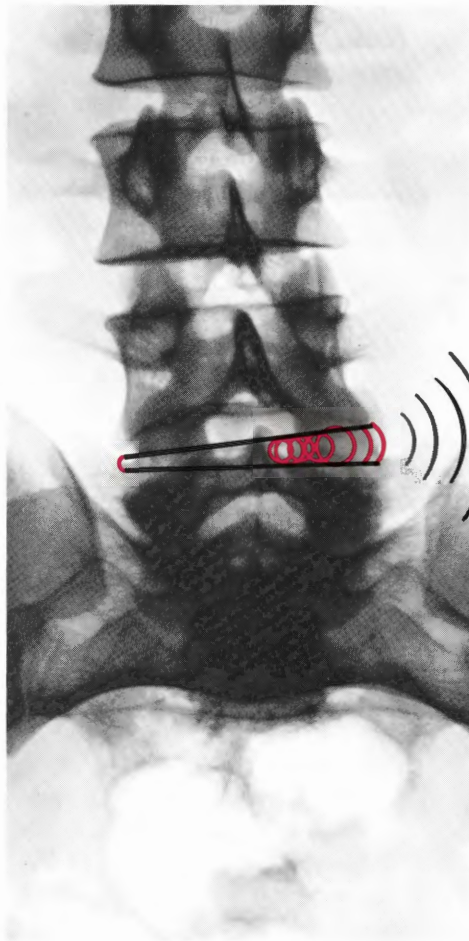


(Ill. 10) After correction of the vertebral malposition (called subluxation by chiropractors), the spine again assumes its normal position.

Dr. Fred H. Barge, D.C. is a distinguished chiropractic author, lecturer and clinician. He is President of the Barge Chiropractic Clinic, S.C. in LaCrosse, WI.

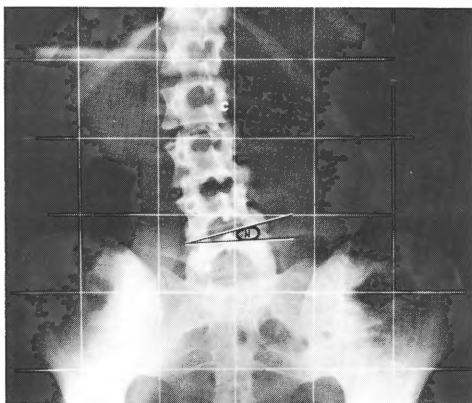
TORTIPELVIS

The
“SLIPPED DISC”
SYNDROME



TORTIPELVIS

Often called the slipped disc syndrome this condition is most simply defined as: a tortuous position of the lumbar spine and pelvis. This painful and common low back condition is caused by a misalignment of a vertebra in the lower back. This problem is referred to by chiropractors as a disc block subluxation. The disc bulges to one side and the vertebra tips to the other, thus the patient is forced to stand in a bent position, (Ill. 1).



Disc Block Subluxation
ILL. 1

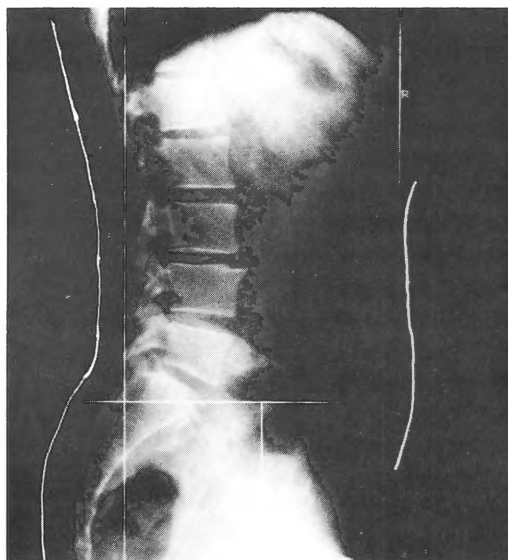
The common medical diagnosis for this condition today is muscle strain or muscle spasm. Patients are often told to rest, apply heat, and take pain killing and muscle relaxing drugs. **This diagnosis is simply incorrect.** What actually happens here is that the center of the disc (called the nucleus) shifts or "slips" to one side and the vertebra above tips to the other just like a teeter-totter. And as with the teeter-totter, if its fulcrum is not again placed in the center, it remains that way. A chiropractic adjustment restores the position of the vertebra and its fulcrum (the nucleus of the disc) to normal position and thus returns the spine to normal.

Why Does This Happen to the human spine?

One of the common causes of this problem is a spinal distortion called a lumbar kyphosis. This is an abnormal flattening of the normal arch of the lower back as seen in Ill. 2-B.



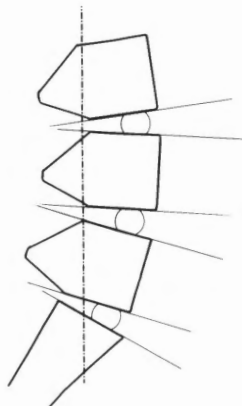
Normal
ILL. 2-A



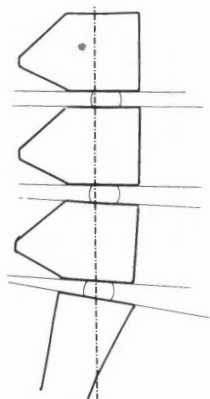
Kyphosis
ILL. 2-B

When this takes place unusual weight is then carried on the discs, (Ill. 4).

This added burden upon the discs causes pressure to be exerted upon the center of the discs (nucleus) and when a nucleus shifts to one side (or backwards) you have tortipelvis.



Normal Curve
ILL. 3



Abnormal Curve
(Kyphosis)
ILL. 4

Below and on the following page are the two most common types of "slipped" disc problems. The correct term for this condition is tortipelvis.

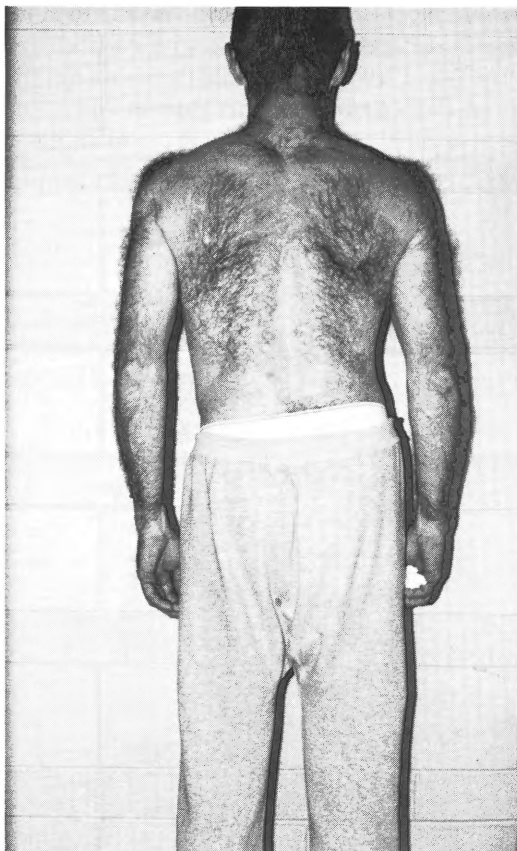
Anterior Tortipelvis



ILL. 5

When a patient is unable to completely straighten up as on the illustration above, the nucleus has shifted backwards, the spine is then "locked" in a forward bent position.

Lateral Tortipelvis



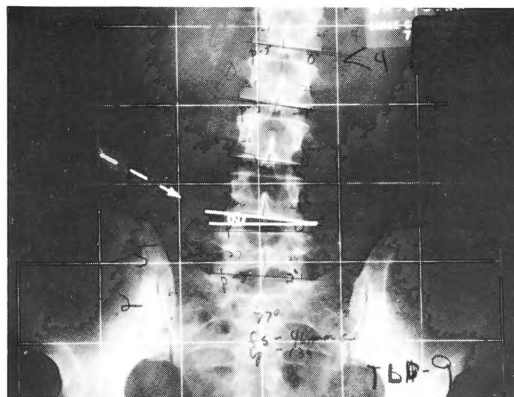
ILL. 6

When a patient walks bent laterally to one side he is in lateral tortipelvis, the nucleus of the disc shifts to one side and the patient is unable to stand straight. This causes much muscle tension and pain, but remember the muscles are not causing the problem, they are only responding to the tortuous bend of the spine.

We now have described to you two types of tortipelvis, anterior (patient bent forward) and lateral (patient bent to one side), but a combination of the two often occurs and then the patient is bent to one side and forward. This means that the nucleus of the disc has shifted both posterior (backwards) and lateral.

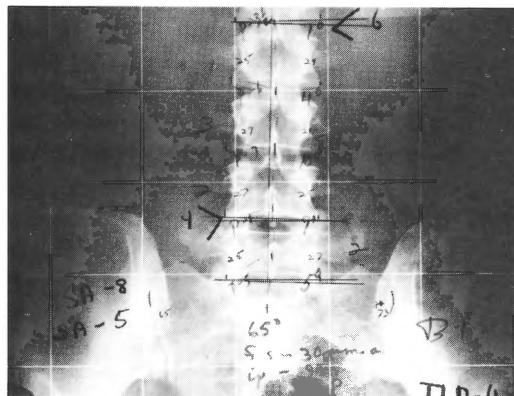
The x-rays below illustrate a case of lateral tortipelvis in an adult woman. We are viewing the spine from the back.

Lateral Tortipelvis



ILL. 7 Before

The arrow above points to the disc wedge. The center of the disc, called the nucleus, has "slipped" to the wide side of the disc wedge (left). The vertebra above this disc then tips to the right and the person's spine is forced to stay in this "bent to one side" position. This is the so-called "slipped disc syndrome", more correctly termed tortipelvis.



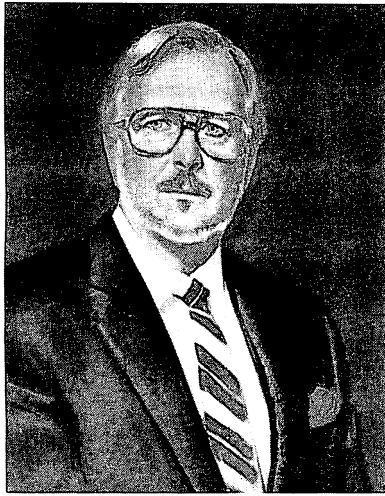
ILL. 8 After

This is an x-ray of the same case after receiving chiropractic spinal adjustments. Time between x-rays was thirteen days.

In this booklet chiropractic author, lecturer, and consultant, Dr. Fred H. Barge, D.C., Ph.C., explains the spinal mechanics involved in the so-called "slipped disc syndrome." To help prevent this problem you should avoid things that tend to flatten the arch in your lower back. Contrary to popular opinion today, exercises like flattening the back against the wall, situps, bending over to touch the toes, all cause the arch in the lower back to flatten. Such exercises should not be used by the majority of people who have back problems. Earth shoes and shoes with low heels are also bad for the posture of the lumbar (low back) spine; higher heels benefit most spinal problems. Do not let anyone tell you that you have too much arch in your lower back without chiropractic x-ray analysis. Consult your chiropractor for corrective spinal care and proper exercise regimes for spinal problems. Regular chiropractic care is your best insurance of proper spinal maintenance. Caring for the spine also helps eliminate the many health problems that arise from chronic spinal misalignments. Your chiropractor can explain to you the chiropractic approach to sound health management.

Chiropractic examination, especially after a severe fall or sports activity, can detect spinal subluxations. Chiropractic spinal adjustment can correct these misalignments and return the spine to its proper position. *Chiropractic methods should be a primary consideration in all cases of backache.*

Dr. Fred H. Barge, D.C. is a distinguished chiropractic author, lecturer and clinician. He is President of the Barge Chiropractic Clinic, S.C. in LaCrosse, WI.



Fredrick H.E. Barge D.C., PhC.

One Cause One Cure

The Health and life Philosophy of Chiropractic

For as long as man has existed on the face of the earth, he has searched for **The Cause**. The cause of disease, the cause of health, the cause of success or failure ... the cause of his problems and as long as chiropractic has existed as a profession it has been accused of being a cult, of embracing a **One Cause, One Cure** concept of disease.

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