



**WEBER CHIROPRACTIC OFFICE, S.C.**  
*Making a difference in the quality of people's lives*  
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation



*The New Year of 2006*  
*Health- Not Just the Absence of Disease*

All the time we hear we should eat **more fruits and vegetables** to get the nutrients we need to boost our immune system and help us **fight off sickness, disease and the aging process** brought on by free radicals (nasty, little chemicals that damage our bodies from the inside). Even with good intentions, I feel everyone has difficulty with the **8 to 10 servings** recommended. Recently, there are new products on the market, **superfoods**, that are made from natural, organic fruits and vegetables, dried and when mixed with water will give the equivalent of the 8 to 10 servings along with probiotics (friendly bacteria for the bowel) and fiber (also good for the bowel). The product we carry in the office is called **Premium Greens**. I drink this first thing every morning and can really tell a difference if I miss a day. I haven't had a cold or flu in three years. It comes with a shaker cup for mixing and sells for \$40.00, which will last one month. The cost is minimal compared with purchasing 8 to 10 servings of vegetables and fruits per day for one month. Through February 11, we will get you started at **\$3.00 off the normal price. Try It!**

**Decompression Therapy**

Recently, there have been **ads in the paper** regarding the new, "space-age" way to treat disc herniations, degenerative discs and lower back pain with machines touting spinal decompression. I see ads for these units all the time in the chiropractic literature, telling how they can make you a millionaire in a short time. They also come with a heavy duty marketing system, like the ones you have seen in flyers, and state how much money can be made with very little work. **For over 20 years** I have been using **spinal decompression technique for disc problems**. It requires a special chiropractic table (we have two), a good understanding of the anatomy and recovery time. Unlike a machine, I can control with my hand, the levels of the spine that need to be treated and can maneuver the disc and joints around the disc to restore motion and decrease pressure on the nerves. We have also treated cases of spinal stenosis successfully.

**Blue Cross / Blue Shield Alliance Select**

About two years ago, BCBS made a change in how they managed their system of claims. In the reorganization and because I am located in Illinois, my name was dropped from the list of **Iowa** providers. **This does not mean that you are not covered with your insurance in my office.** We just send the claims to Illinois, they coordinate your benefits with Iowa and you receive the same coverage as you would if you saw someone in Iowa.

**Spinal Stabilization Classes**

Many of you have received exercises to help you stabilize areas of your body that needed more muscular control to prevent further injury. **Susan Lambe, our personal trainer** instructed in these stabilization techniques, will offer more **extensive instruction in exercises for the lower back** in a series of four classes, once per week. She will go through everything from proper breathing to a short five minute stabilization routine. Class sizes will be limited to two people for close supervision. Cost is \$40.00 for the four sessions. Call the office to set up times for this very important instruction if you are **seriously interested in avoiding ongoing back pain.**

*Again, thank you for being our patient!*  
*We appreciate you and look forward to serving you.*

*David J. Weber, D.C., D.A.B.C.O.*

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