



**WEBER CHIROPRACTIC OFFICE, S.C.**  
*Providing Choices in Complimentary Health Care*  
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation –  
Low Level Laser – Nutrition – Medical Weight Loss



**What Will Help Neck Pain, Headaches, Jaw Pain,  
Upper Back Pain, Shoulder Pain, Rotator Cuff Pain,  
Biceps Tendonitis and Pain Between The Shoulders?**

**Answer:** Proper posture. I know, I know, you've heard this since you were a kid, but I have to say that poor posture, the head forward posture, is one of the worst contributing factors to all of the above conditions. When the head gets forward of the shoulders, your center of gravity also moves forward. This means that all of the muscles from the base of your skull to between the shoulder blades have to work overtime to hold your head up. The shoulders also roll forward putting additional stresses on the rotator cuff and bicep tendons putting them at greater risk for tendonitis or tearing. Countless times I have seen **patients of all ages** with these types of complaints with the head forward. They have been through physical therapy, other chiropractors, massage therapists and muscle relaxers. I tell them that if they don't learn this simple technique, that I or anybody else probably won't help them and if they learn this posture correction, they can possibly avoid seeing me for long periods of time. The technique is the **Brugger Relief Position**. The basics are lift the chest up, tuck your chin straight back and with arms straight, spread your fingers and turn thumbs back. This can be done standing or sitting on the edge of a chair at work. You can even do it driving, but don't do the arm part for obvious reasons. Another way to check this posture technique is to **do it against a wall**. If you can't get your head back to the wall, there is restricted motion in your mid-back and you will need to see me for further evaluation. This should be done multiple times during the day, such as 30 seconds every ½ hour. The idea is to keep tension from building in the upper back muscles causing fatigue and pain. The key is to keep ahead of the situation.

**Ideal Protein Health Rejuvenation Weight Loss Program Update**

To date, participants have lost over 1,300 pounds. Unbelievable but true. Patients are truly getting healthy. One patient has been an insulin dependent diabetic for twenty years, using four units of insulin per day. After four weeks on this program, her A1C, a measure of how much sugar is contained in cells over two to three months dropped to normal and she was off a full unit of insulin, all by changing the diet. Imagine if you have been told you are pre-diabetic or if your cholesterol is getting too high, what this program could do for you, all without drugs. Other benefits of losing weight are increasing your immunity and helping to rebuild connections between nerves and muscles. Summer is over and many of the temptations of brats, burgers, potato salad and beer have diminished. This program can produce tremendous changes in your health and waist line. If you want additional information about the program, stop by the office or call and we can send you information. Why not take control of your health or recommend it to someone who needs the help? They will appreciate your concern.

***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.**

289 Sinsinawa Ave

East Dubuque, IL 61025

(815) 747-6548

[www.weberchiro.net](http://www.weberchiro.net)