



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



## ***The New War on Drugs***

Emergency room visits related to misuse of prescription medication rose from 500,000 in 2004 to over 1 million in 2009. **Over 70 people die from prescription drug overdoses everyday**; a five-fold increase in the last 20 years. Prescriptions for stimulants have increased from 5 to nearly 45 million in the past 10 years. Over 100,000 people die in hospitals. Think of Elvis, Michael Jackson, Whitney Houston and Heath Ledger. Prescription drugs are everywhere and frequently unsecured. It is the intent of every drug company to sell as many drugs as they can, to as many people as they can for the single intent of corporate profits, not the health of a nation. Why is it necessary to spend more on drug advertising than on research and development? If you are on more than 5 drugs, there is a 100% chance of adverse interactions between some of those drugs. Your best defense in staying healthy is to avoid as many drugs as possible and by staying healthy through proper eating habits to maintain healthy weight and energy, exercise, adequate sleep and a positive attitude. Also, do not share drugs with others as over 66% of people who abuse painkillers got them from family or friends.

## **Upper Crossed Syndrome**

A very common complaint in the office is **upper back pain**, pain between the shoulder blades and the spine, and neck pain that gradually comes on later in the day and may cause headaches. In examining these patients, you typically see the head forward of the shoulders. Ideally, the ear should be right over the shoulder for proper postural and muscular balance. In our computer driven world, we are constantly looking down and peering into computer screens. We end up with tight muscles in the upper back, upper chest and along the sides of the neck and weakness of muscles along the shoulder blades (scapula) and deep neck muscles which is called the Upper Crossed Syndrome. This can cause joints in the neck and upper spine to become very inflamed and restrict motion in these areas. We first restore mobility to the restricted joints with gentle manipulation. We then teach patients the **Bruegger relief position** which is performed by lifting the chest up (not pulling your shoulders back), pulling your chin straight back and then with the arms near your side, spread your fingers and rotate the thumbs back with your palms up. Picture a marine at attention. Another way to check alignment is to do this standing against a wall. We ask patients to do this for 30 seconds every ½ hour, starting in the morning before fatigue in the upper back starts to set in.

## **Speaking of Getting Off Drugs . . .**

The Ideal Protein Health Rejuvenation Program continues to be a very effective way to learn to eat right, lose weight, drop those cholesterol and blood sugar numbers back to where they should be and get your energy back. We consistently see people reducing and eliminating their medications with their M.D.'s blessing. The latest and greatest protein sources are the wafer cookies that taste just like good ole sugar wafer cookies without the calories. Other additions are lemon tea drink and crispy squares. You will not feel deprived on this program. This is the **most cost effective program per pound lost** compared to all the others. Later in August, we will be having a seminar with the Midwest regional director at the office. This is an easy way to learn more about this wellness program.

***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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