

# Mashike Chiropractic Life Center

Dr. Carlton R. Mashike • 975 S. Main, Plymouth • Phone 459-0200

Office Hours: 9-12 and 3-8 Monday, Wed., Friday and Sat.

## Health without drugs can be yours



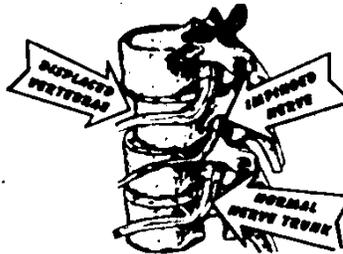
### OPEN HOUSE

Saturday, Sept. 11th, 11 a.m. to 7 p.m.

Take this opportunity to find out what a Chiropractic office looks like on the inside. Take this opportunity to find out what chiropractic is all about.

Chiropractic health care has been proven invaluable to sufferers of many ailments. Chiropractors work on the principle that the brain generates powerful life-giving energy (brain waves) sending it down the spinal cord and out the spinal nerves to all parts of the body.

There is only one place in the body where this energy flow can be decreased, and that's where the nerves exit the spinal column. If the bones of the spinal column are in line with one another there is no decrease, but if they are twisted then pressure is placed on the nerves thus decreasing energy flow. This twisting is called a "subluxation," and this is what it looks like.



The cause of subluxations are many. Any sudden jar or fall can cause them. These twistings can exist without pain.

A Chiropractor examines your spine for subluxations (twistings) not sore or painful spots. When these are found, the Chiropractor exerts a gentle pressure on the misaligned bones, causing them to return to their normal position. The result is the restoration of energy flow and the return of health.

If you would like to learn more about this great approach to life and health, come in and visit during our open house, or any time. We care about you, we are here to serve.

Public Invited! LIFE LECTURES ARE HELD IN OUR OFFICE EVERY WEDNESDAY 7:45 P.M.

Read what others say...

### Heart Problems, High Blood Pressure, Anemia Corrected

For the past fifteen years, I seemed to be going downhill. Each year I had another problem. I was suffering from heart problems, high blood pressure, anemia, backaches and pains in my legs and arms. I had pain across the back of my neck and headaches that wouldn't stop. I had a lump inside my throat, and medical doctors couldn't figure out what it was. My nights were restless. I wasn't able to live a normal life. I couldn't do my housework, not even wash a dish.

My daughter suggested I try chiropractic. I figured anything would be an improvement. After talking to a chiropractor, he gave me new hope. He said that I could be helped if I would do exactly as he said.

From my first adjustment, I seemed to be coming alive. In just five months all of my problems were much better. I was able to throw away all of the drugs that I was taking. The lump in my throat also disappeared.

Thanks to chiropractic care, I got a new lease on life. If only all mothers would bring in their babies and children, I know they could avoid all of the problems I had, because my ailments didn't develop overnight. If my parents had known about chiropractic care, my life would have been a healthier one. --Evelyn Dunifon

### Entire Family Reaps Benefits from Chiropractic

Before I started chiropractic care I was really in bad shape. For the last 10 years I have been in and out of hospitals and constantly on medication. I hurt all over and felt so run down that I would have forced myself to do anything.

As most people, I tried chiropractic care after everything else failed. I thank and praise God for opening my eyes to chiropractic. We don't need to be sick. Good health is natural.

In the past I tried chiropractic for a while, but as soon as I began to feel better I would quit. Soon I would be sick again and have to start all over. Our chiropractor explained that for best results, and lasting health, regular spinal check-ups are a must.

I have had very good results with chiropractic and I am going to continue having regular check-ups for the rest of my life because I know that I will then maintain good health. My whole family is now under chiropractic care. I have a great deal to be thankful for -- thanks to chiropractic.

Editor's Note: These testimonials do not mean that chiropractic cures or guarantees a cure. They are to prove that, by removing nerve interference, the body heals itself.

**ALL INSURANCE COVERAGE including Blue Shield, Medicaid (A.D.C. Welfare), Workman's Comp., Medicare**