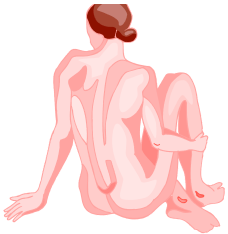


In Good Hands

A Free Monthly Newsletter For The Friends and Patients of: **Dr. Donald P. Nebel, Jr.**

“Today I bent the truth to be kind, and I have no regret, for I am far surer of what is kind than I am of what is true.” ~ Robert Brault

Has The REAL Anti-Aging Secret Finally Been Discovered?



“Are Researchers Are Slowly Uncovering The ‘Missing Link’ To A Vibrant, Energetic, Pain-Free Life? The Shocking Truth May Surprise You...”

Who Else Wants More Energy, Less Pain And To Look Feel Years Younger?

Pittsburgh, PA- Everyone is looking for that miracle potion or pill that will smooth out their wrinkles, flatten out their bulging belly, erase all those aches and pains and give you back the energy and health you once had in your youth.

Anti-aging is one of the biggest topics today. Baby boomers have finally reached “that age” where things start to change. And if you didn’t take care of what you had, things start to fall apart.

Diabetes heart disease and cancer are at an all time high and so are so many other chronic illnesses. Yet, who has any answers?

It seems like every week I see a new infomercial touting the wonders of some new fountain-of-youth miracle. They can cure anything from acne to Ebola. I just saw an infomercial where some guy claims his product, a form of calcium, cures EVERYTHING. Anyone claiming to have the cure for EVERYTHING usually has the cure for...

NOTHING!

If that’s not a red flag, I don’t know what is. I wonder why you only see those “miracle products” around for a couple months and then never see them again? If you really pay attention, you’ll see the same guys selling different miracle cures over and over.

There are even heated debates within the medical community whether there are any legitimate products or not. Some doctors say yes, some say no.

What’s scary is a lot of men are going the

pharmaceutical route... lining up for shots of potent drugs such as human growth hormone and testosterone with the hopes of boosting energy and fighting disease.

Didn’t we learn our lesson giving hormone injections to women for menopause? If you don’t know, hormone injections in women have been found to INCREASE breast cancer, strokes and cause other health problems they were supposed to help. Researchers say the benefits outweigh the risks. Duh!

Natures Anti-Aging Missing Link:

There is something you can do to slow down the aging process, increase energy, relieve aches and pain and live a healthier life.

First, you have to understand this is NOT a magic pill or cream. This is NOT a secret supplement. And this is NOT an overnight quick fix. This is a REAL solution that takes a little time and commitment. Just like anything else REAL in the world.

If you still believe in the fairytale that you can abuse your body for decades and some carnival barking salesman on late night T.V. or some miracle drug or surgery will not only save you, but, make you better than you were before... this is definitely NOT for you.

Here’s the first thing you must understand: There is no such thing as “anti-aging!” Now, take it easy. Don’t get disappointed yet. It’s not what you think.

You see, most of us are aging at a greatly exaggerated pace. We have a certain condition present in our bodies that saps our energy, causes premature breakdown of tissue, degeneration and even disease.

Once this condition is corrected, it is like you take a 10-ton weight off your shoulders. Your body starts functioning the way it should and you can feel and look much younger. And the best part is, you'll be much healthier and age much slower.

So what's this condition?...

Postural Imbalance!

Now before you think I'm crazy for saying that bad posture can cause all these adverse health affects, listen to what a recent research article in The Journal Of Manipulative Physiological Therapeutics found:

"The reviewed material indicates that all tissue growth and repair is influenced by mechanical loading and body posture and is positively affected by body postures that normalize/minimize adverse mechanical stresses and strains. Altered alignment of the human frame may lead to poor healing of the body tissues and eventual pathological architectural changes may occur in muscle, ligament, bone and central nervous system. Minimization of altered postural/structural loading of the human frame may take longer than resolution, or maximal reduction, of offensive symptoms. By itself, a patient's perception of pain is not a valid indicator of health."

You have to know that the body posture the researchers are talking about is the integrity of your spine and spinal curves.

Your spine has natural curves that can be lost over time due to trauma, such as a car accident or sports, or long term bad posture... such as sitting at a computer all day. When these natural curves are lost, your entire body is affected. Muscles and ligaments are continually strained causing pain and chronic fatigue. Discs and bones degenerate. And your central nervous system, that controls every function in your body, becomes compromised which can lead to many systemic health problems.

Major Health Problems!

One of the major problems associated with a postural imbalance besides back pain, neck pain, headaches and carpal tunnel symptoms is **chronic fatigue**. Since your body is constantly using energy to fight your postural imbalance, you run out of energy and feel exhausted.

And what happens when you constantly have to use all your energy to fight bad posture? Your body breaks down and you get sick. This constant stress also causes tissue break down such as arthritis and causes you to look and feel much older than you should.

So what's the solution? The solution is simply to get your postural imbalances fixed. The best way to get them fixed is through a complete chiropractic postural examination and treatment.

Listen - - this is the most important part:

Remember what the research said, *"Minimization of altered postural/structural loading of the human frame may take longer than resolution, or maximal reduction, of offensive symptoms. By itself, a patient's perception of pain is not a valid indicator of health."*

This means that it is NOT a quick fix - - it is a complete correction. You will need care even after your symptoms are gone and you may need care right now... even if you have no symptoms at all. Correcting postural imbalances can take time and the only way to tell that they are corrected is through routine chiropractic evaluations.

You Can NOT Judge If Or When You Need Chiropractic Care Based On Your Symptoms.

The best way to utilize chiropractic care is for the complete correction of spinal and postural imbalances and not just to patch up your symptoms. If you just patch up your symptoms, they will always come back and you will not reap the true health benefits of chiropractic care.

And don't forget, if you ever have any questions or concerns about your health, talk to us. Contact us with your questions. We're here to help, and don't enjoy anything more than participating in your life long good health.

Our Patients Speak

"My wife had an auto accident which resulted in constant pain that prevented her from sleeping or sitting. She tried numerous medical doctors, various medications, and two back surgeries with absolutely no relief. After treating with Dr. Nebel, she has a lot less pain and experiences periods with no pain at all. We highly recommend Dr. Nebel to anyone in pain or anyone who wants to be healthier!" R.K., Monroeville

"My lower back has been achey and stiff for many years; but I injured my back which has caused excruciating pain and immobility. I took advil, but I didn't get much relief. On my very first visit, I felt better. Not only does my back feel better, but my indigestion has subsided and I am more energetic. Not only is Dr. Nebel helping me with my pain, he is teaching me to be healthier overall!" J.B., Penn Hills

Success Story of the Month

(Names And Details Have Been Changed To Protect Privacy) 2

“An Open Letter To Anyone Not Yet Achieving Your Dreams...”

Jen has always dedicated her life to helping others. Jen's mom recalls when Jen was only 8 they drove by a car accident in their home town and Jen pleaded with her mom to stop and help. Jen wouldn't calm down until her mom explained how the rescue workers were already there and they would just get in their way if they stopped.

Jen calmed down, but started asking her mom a million-and-one questions about the rescue workers. Who were they? What do they do? And of course - - could she go visit them?

Jen's mom arranged to bring her daughter down to the local fire house and rescue squad to meet all her local heroes. When Jen walked in it was like she was meeting the president with starry eyes and a big gleaming smile.

They stayed as long as they could and Jen got the most of her visit. She took a picture with all the firemen and even went for a ride on the fire truck. It was a visit that would change the rest of her life... **And The Lives Of Countless Others...**

It was no surprise when 12 years later Jen became one of the first female firefighter in her county's history. I still remember the picture in the newspaper with her standing as proud as a peacock in her full fireman's gear. I also remember the quotes from some of her male counterparts saying how she kicked their butt on the firefighter examination!

And the best part was, Jen was holding the picture she had taken with the firemen 12 long years ago... when she was only 8!

Over the next few years, Jen graced the pages of the local newspaper countless times. She became a local hero. Not only to all the people, whose lives had she saved, but also to women every where. And her inspiration went beyond just firefighting... she opened the eyes of men and women alike and what they could achieve if they put their minds to it and gave 100%. **Jen Led By Actions...Not Hollow Words.**

Every year that went by, Jen's legend grew bigger and bigger. She said she had been suffering with back pain for several years and was afraid she could no longer do her job. Every time she tried to bend over and pick something up, she ended up stuck in bed for a few days in agonizing pain.

She said she had tried all kinds of other treatment and none of them worked; conventional and non-conventional. She spent a small fortune on treatments that were not covered by her insurance and even wasted some money on junk from those wacky infomercials. She was asked... **“If You Were Willing To Try All These Other Things... Why Weren't You Willing To Give Chiropractic A Shot?”**

She had heard many good things about chiropractic from several people in her town who were patients... but... the bottom line was: She was scared. Even though she had heard many good things, she had also heard so many bad things about chiropractic in general.

She heard that once you start going - - you have to go forever. She heard Chiropractors “crack your bones” and it hurts. And one of her doctors actually told her to NEVER let a chiropractor crack her back because she would be paralyzed. **I Have To Admit...I Was Shocked!**

I guess I was a little out of touch, but, I simply could not believe that in this day and age - - with all the research and scientific proof substantiating chiropractic - - these ignorant rumors were still being spread.

The truth is chiropractors do NOT crack bones. We gently make her joints and muscles work properly again to relieve pain and help her body to function better again. If there is a “cracking” noise, that is simply fluid within the joint that turns into a gas as the joint is slightly moved. The bones do NOT break or crack.

And once you go to a chiropractor, you do NOT have to go for the rest of your life. In fact, you can stop whenever you want. It is a good idea to maintain your spine like you maintain your teeth, but that decision is up to you. Let's face it: if all of my patients had to come for the rest of their lives...I wouldn't have the time to care for them all!

As for the last one... It would paralyze her... the facts are clear: Chiropractic care IS safe and effective. As a matter of fact, research shows it is safer and more effective than medical treatments such as anti-inflammatory medication and surgery. **MUCH SAFER!!**

With the truth out in the open... Jen began a treatment plan and was back on the fire truck in no time. Jen then referred most of her co-workers and friends. It's just another way Jen can help others. She has also told me many times how she wishes there wasn't so much miss-information out there about chiropractic allowing so many people to suffer needlessly. It really is our job to tell others the truth; but your help would be greatly appreciated!

We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. Call us, and we will assist you in putting together a customized maintenance plan. It's not a luxury anymore! With our low monthly payment plan, it's less expensive to maintain good health! You really can afford Chiropractic care! Don't wait until you can no longer move!

Did You Know?...

- Each additional 10 minutes in daily commuting time cuts involvement in community affairs by 10%.
- Children take half as many trips by foot today as they did 20 years ago; obesity in children and adults is epidemic.

- Most families spend more on transportation than on health care, education, or food.
- Overall, drivers spent 43 more hours per year in their cars in 1995 than in 1990 – an 11% increase. The number of trips women took rose by 13%. Whether they work or not, married women with school-aged children now make more than five trips a day, 20% more than the average for all women, and 21% more than the average man.
- Single mothers spend 75 minutes a day in the car and married mothers spend 66 minutes a day driving – that is almost 17 solid days in the car. This is more time than the average American spends in conversation or participating in sports. Mothers are now spending more time driving than the average parent spends on primary childcare.
- According to AAA Auto Club, the average cost of owning and operating your vehicle in 2002 is 64.5 cents per mile (based on 10,000 miles per year), 51 cents per mile (based on 15,000 miles per year), and 45.8 cents per mile (based on 20,000 miles per year). These costs are based on a composite national average of three domestically built 2002 cars—a compact, mid-size, and full-size car.
- Between 1970 and 1999, the U.S. population grew by 33%. During this period, however, the U.S. Department of Transportation found that vehicle miles traveled grew disproportionately by 143%.
- According to the U.S. Environmental Protection Agency, although air quality has greatly improved, vehicles on the road account for at least 29% of air pollution emissions nationwide (29% of volatile organic compounds, 34% of nitrogen oxides and 51% of carbon monoxide).
- In 1999, the Texas Transportation Institute reported that congestion costs U.S. travelers 4.5 billion hours of delay, 6.8 billion gallons of wasted fuel and \$78 billion in wasted time and fuel.
- Traffic congestion is no longer just a big-city problem. We spend five times as long stalled in traffic in small and medium-sized cities than in 1982, and this figure is growing at a far faster rate than in larger cities.

Tip Of The Month: Halloween Safety Tips Every Parent Must Know...



Halloween is one of the most anticipated days of the year for children. Why not... they get to dress up and collect bags and bags of candy!

There is one draw back: Since most trick-or-treating is done after dark, it is a common source of accidents and injuries every year. Here are some simple and effective safety tips for you and your little trick-or-treaters to follow this year to maximize Halloween fun and minimize risk:

- Improve visibility by including reflective trim or tape on costumes and accessories.
- Adults and children should carry a flashlight with fresh batteries.
- Trick-or-treaters should walk, not run, from house to house to prevent falls.
- Cross streets only at corners. Look both ways before crossing.
- Use sidewalks wherever possible. If there is no sidewalk, walk facing traffic.
- Never run or walk between parked cars.
- Don't run through or cross yards where obstacles like lawn furniture or low-hanging clotheslines can cause injury.
- Plan trick-or-treat routes ahead of time and choose well-lighted streets and neighborhoods.
- Don't accept unwrapped treats. Adults should examine all candy before letting children eat them.
- If invited into a stranger's home, children should say **NO**, and leave immediately.
- Young children should not carve pumpkins, leave it to the adults.
- Do not leave a pumpkin unattended if it has a lighted candle inside.
- Make sure your home has a working smoke detector.
- Only visit homes where lights are on.
- When assembling costumes with beards, masks or wigs, look for "flame resistant" labels on them. A flame resistant label does not mean flame proof, but it should resist burning and be able to be extinguished quickly when removed from the ignition source.
- Avoid baggy costumes with billowy skirts, sleeves or pants.
- Children should wear well-fitting, comfortable shoes; not mom's high heels.
- Hats and scarves should be securely tied to improve visibility and prevent slipping.
- Use cosmetics rather than masks. Masks can obstruct vision and restrict breathing.
- Accessories such as wands should be made of soft, flexible materials.

Separating Halloween Fact From Fiction: Cars are the biggest threat to kids on Halloween... not candy. Many think that tainted or poisoned candy is a big threat on Halloween, when in actuality there are no documented cases of a child being poisoned by a stranger with Halloween treats. As a matter of fact, The National Confectioners' Association has operated a toll-free hotline for more than 10 years. This line allows police to report incidents of alleged tainted candy. The group has no confirmed case of a child being seriously injured by tainted candy from a stranger.

On the contrary... **On average, four children are struck and killed by cars every Halloween in the United States**, according to a study by the Centers for Disease Control and Prevention (CDC). This is four times the fatality rate reported on any other night of the year. And because this number does not include accidents in driveways, parking lots, and on sidewalks, the actual number could be higher, according to the CDC.