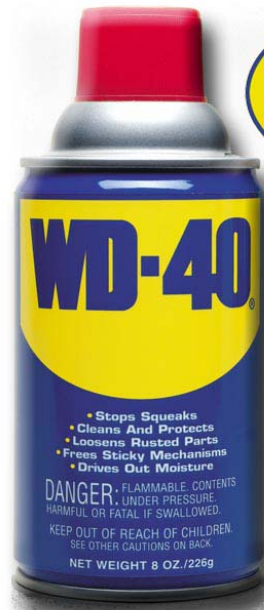


Chiropractic Adjustments are like



For Your
SPINE!

In a landmark 1921 study done to show the effectiveness of chiropractic, Henry Windsor, MD concluded *"disease appears to precede old age and to cause it. The spine becomes stiff first and old age follows. Therefore, we may say a man is as old as his spine, the arteries becoming hardened later from constant vasomotor spasm, following sympathetic irritation."*

So not only is Chiropractic great for keeping your spine limber and flexible. But the extra benefits extend to improved nerve flow, organ function and overall health performance!

Want to move, feel and function like you did when you were younger? Make chiropractic a regular part of your age defying routine. With adjustments, 40 could really be the new 25!

The
Weekly Sticky™ Brought to you by.

Lark Chiropractic

Drs. Steven and Sharon Lark
125 E. Barstow Ave, Suite 150
Fresno, CA 93710
www.LarkChiropractic.com

559.221.6234

Notes: When I was young, older people would say, "You are only as old as you think you are." We now know that how well you are able to move plays as much a role as how you think. Don't lose your flexibility. Stay adjusted regularly and keep your youth.