

## George's Chiropractic Health Center

1676 Manheim Pk  
Lancaster PA 17601  
717-569-5731  
1 Mile North of Park City

18 C Furnace Rd  
Quarryville PA 17503  
717-806-5329  
Across from Bart Fire Company

Web:  
[www.GeorgesChiropractic.com](http://www.GeorgesChiropractic.com)

Blog:  
[www.georgeschiropractic.wordpress.com](http://www.georgeschiropractic.wordpress.com)

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Enjoy a  
Better  
Quality of Life  
Naturally with  
Chiropractic!



**HAPPY 116TH  
BIRTHDAY  
CHIROPRACTIC!**

**THE  
SPINAL  
COLUMN  
SEPTEMBER  
2011**

**YOUR HEALTH DECISION:  
Taking It On the Chin or Instant Gratification?**

*Get rich quick! 0% down, 100% financing! Lose 10 lbs in one weekend! Gain 20 lbs of muscle in one month! Take a painkiller to dull that pain! Get a gastric bypass to lose 100 lbs in 6 months! Get a liposuction with your c-section like all the movie stars!*



Our society is all about instant gratification. *What's in it for me and how fast can I get it?* **From wealth to health, everyone is looking for that magic elixir** to help them emulate the richest, best looking people in society. Who cares about the cost when you can look good, feel good, and buy goods now?

There is no easy road to success. It is only through endurance, persistence, focus, hard work, and faith that success will answer your call.

And, your health is no different. When people come into our offices, they are usually hurting and miserable. Their health has progressively gotten worse over the years and Chiropractic is their last hope. And then they have their first adjustment...

It is becoming a very routine thing to witness sudden healing after a person's first visit into our offices. But when that happens, we  
(continued on next page).

warn them. We tell people that yes, they will get better and yes, their body will heal over time. But it will take time and ***it may not always be smooth.***

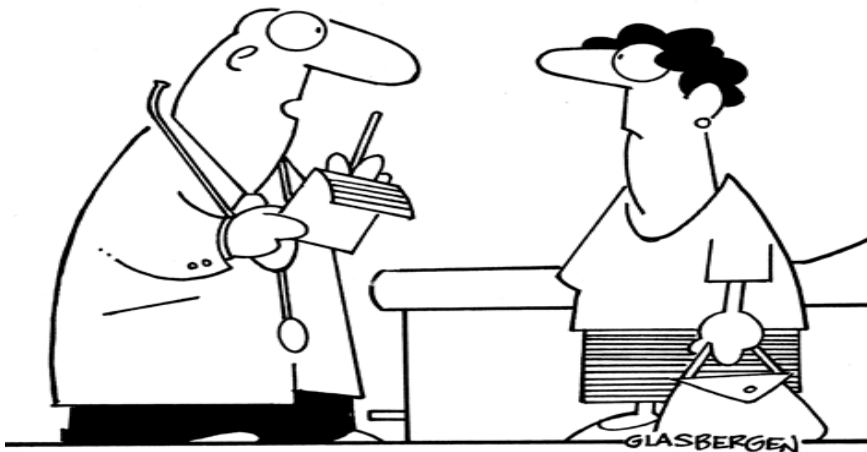
Optimal health is not an overnight thing. And it doesn't come in a pill or a syringe. That is instant gratification and it never works.

***Health begins with a mindset, a determination to get better, to have more, and a willingness to see it through.*** Taking it on the chin in the beginning can reap great results later. But it takes someone with some guts and willingness to tolerate some pain and discomfort.

Nothing worth having in life is easy; not being successful, not being financially sound, not having a great marriage and family, and not being healthy. If it was, everyone in our country would have a six-figure job, our country wouldn't be \$14 trillion in debt, divorce and emotional abuse wouldn't exist, and our country would use 0% of the world's prescription drugs instead of the 75% it currently uses.

To quote Winston Churchill, ***“Never, never, never, never give up.”*** Because if you take the easy way out, you will face the consequences later. And with your health, those are consequences you don't want to gamble with.

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**“This prescription won't make you feel better but it will stop your whining and make everyone else feel better.”**

## A Philosopher's Creed By Napoleon Hill

Let me be open-minded on all subjects so that I may grow mentally and spiritually.

May the time never come when I will be above learning from the humblest person.

Let me never forget that a closed mind is a narrow mind.

May I never express opinions on any subject unless they are founded upon reasonable dependable knowledge.

Forbid that I should ever find fault with another because he may not agree with me.

May I always show a wholesome respect for those with whom I may not agree.

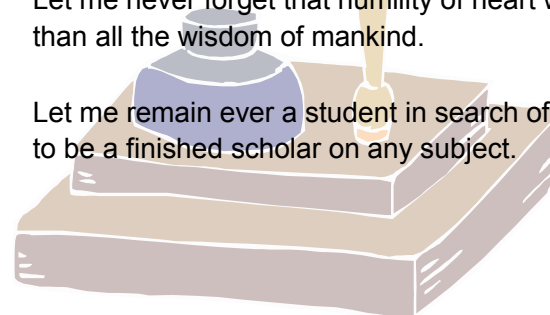
Let me be always mindful of the fact that all my knowledge is as nothing when compared to all that remains to be learned.

Give me the courage to admit my ignorance when I am asked a question about which I know little or nothing.

May I always share with others such knowledge as I may possess which can be of help to them.

Let me never forget that humility of heart will attract more friends than all the wisdom of mankind.

Let me remain ever a student in search of truth, and never pretend to be a finished scholar on any subject.



# CHIROPRACTIC WORD SEARCH

J K B A K W J G P S S A M N N  
 Q E U R H N G R E F V D G O E  
 Z D H E A L T H M H T J D X R  
 R I R F F I D F S Q P U S B V  
 E O F D H W N R D D I S P H E  
 V M C H I R O P R A C T I C S  
 B I G S R R B W J N K M N J Y  
 O P T I M A L O Y H J E E S S  
 L E J A W H F Q D Y W N G S T  
 I C E J L K G U R Y D T B W E  
 F N D Y W I R T M I N V F C M  
 E E S T R E S S R N O C E O E  
 F R S Y K G Q M Q N I W E N B  
 O E W S U B L U X A T I O N T  
 R F Q K H V K M E T C M H E Y  
 C R K R T E G R D E N B B C N  
 E E Y N O M R A H F U E G T Y  
 F T K J R W M E J W F E Q I W  
 I N T E L L I G E N C E W O D  
 M I K N O I T A T P A D A N C  
 N Q U A L I T Y O F L I F E S

CHIROPRACTIC  
 ADJUSTMENT  
 SUBLUXATION  
 VITALISM  
 OPTIMAL  
 STRESS  
 FUNCTION  
 LIFE FORCE  
 INTERFERENCE  
 NERVE SYSTEM

INTELLIGENCE  
 INNATE  
 BRAIN  
 BODY  
 CONNECTION  
 ADAPTATION  
 HEALTH  
 HARMONY  
 QUALITY OF LIFE

# KNOWING WHERE TO ADJUST

Sometimes a practice member will notice that their particular spinal complaint is in one area of their spine, but we don't adjust there. Instead, we may adjust a different part of their spine. Why is that?



It's tempting to think of the spine as 24 parts. Or three different regions. Instead, we see it as an integrated whole. Since your spine is designed to help you deal with gravity, a problem in one area is often offset by a problem in another. We call these compensation reactions.

For example, someone complaining of low back pain can often have an even more profound problem in their upper neck. But it hasn't produced symptoms. *YET*. Their neck misalignment is producing the problem in their lower spine. As we adjust the neck (where there are no symptoms) it can better support the weight of the body and the low back pain resolves! Or vice versa.

So, while chiropractic adjustments are specific and targeted, our focus is on the integrity of your entire spine, not just the area exhibiting symptoms.

One *more* reason why ***you can't judge your health by how you feel!***



**Health is not merely the absence of disease, it is the balance of mind, body, and soul.**



Want to bring in food  
for our

**CHIROPRACTIC  
BIRTHDAY  
CELEBRATION?**

Please sign up at the  
front desk.

*Thank You!*

*(Oh, yeah, ....come  
hungry!!)*

*Hey.... it's September!!!*

and those Practice Members that have been with us for wellness care know what that means....

**CHIROPRACTIC'S BIRTHDAY CELEBRATION!**

Look for some **FUN** stuff happening at both  
Lancaster and Bart offices this month  
SEPTEMBER 12th-15h LANCASTER OFFICE  
SEPTEMBER 20TH-23rd BART OFFICE

**Celebrate the World's Largest  
Natural Healing Profession!**



**See this  
Kid Hanging  
around the  
Office?**

**Don't Miss the Opportunity to Help a Friend or  
Family Member with their Health and also see the  
BENEFIT RETURN TO YOU!**

Take these referral cards, put your name on the  
back, and give to loved ones that need a better  
Quality of Life. If they come in for care, you will re-  
ceive the amount equivalent to an office visit!

**You both benefit!**