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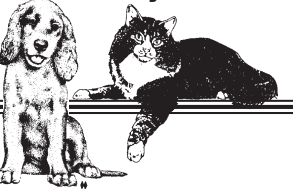
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**Give us an hour, and
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**Are you tired of taking prescription
medications?**

Studies conducted by the American Society of Health System Pharmacists show that 52 percent of American adults take two or more medications a day, which include over-the-counter drugs; 46 percent take at least one prescription medication per day; and 28 percent take multiple prescription medications per day.

As expected, the elderly have the highest rate of medication usage with 79% of those over 65 reported to be taking at least one medication daily. Americans who are over 65 and take medications take an average of four medications per day per person.

Prescription medications are not the solution to health problems.

They are just a band-aid that masks the symptoms of something bigger going on in the mind and body.

At the same time that studies show Americans are taking prescription medications at an alarming rate, research also shows that special chiropractic adjustment can significantly lower high blood pressure.

According to a placebo-controlled study conducted by the University of Chicago hypertension center and published on WebMD in March of 2007, that specific chiropractic adjustment had the effect of not one, but two blood-pressure medications given in combination.

To become more educated about ways to improve your health and learn about topics such as: How to get off prescription medications; come enjoy a night at Davanni's Pizza and Hoagies in Savage during an event we like to call, "Dinner with the Doctors" on Tuesday, Aug. 4 at 6:30 p.m.

The discussion is free and open to the public.

Pioneers in Torque Release Technique

LifeForce Family Chiropractic is one of the few doctor's offices in the state specializing in the Torque Release Technique- a powerful neurological-based method used to help people overcome addictions, depression, anxiety, infertility in women and improve their well-being and performance of their bodies.

The gentle, low-force technique combines the best of time-proven and cutting-edge scientific principles. Its success has been documented in mainstream peer reviewed Medical journals and multiple Chiropractic journals, as well as featured in a documentary on the Discovery Channel.

The technique can be performed on patients of all ages,



including children; many times entire families come in together to experience the benefits of Torque Release.

The breakthrough benefits of Torque Release have been noted both by numerous scientific studies and in the results being seen locally. Dr. Lofton notes that his practice has had a very high success rate in treating patients with depression who completed their corrective care program.

Using Torque Release and other techniques, the doctors also have had success treating a wide range of addictions- whether to food, alcohol, sex, drugs, nicotine or gambling. While traditional treatment programs have a success rate of 30 percent of patients who complete their treatment programs, one study has shown a 100 percent retention rate for addicts receiving torque release adjustments five times a week for four weeks.

Subluxation and your body

Subluxation is when one or more of the bones of your spine move out of position and create pressure on, or irritate spinal nerves. Spinal nerves are the nerves that come out from between each of the bones in your spine. This pressure or irritation on the nerves then causes those nerves to malfunction and interfere with the signals traveling over those nerves.

Testimonial

"Since I started coming to LifeForce Family Chiropractic my blood pressure & cholesterol readings have dropped significantly. I have also been able to eliminate taking several medications & as an added bonus have lost 35 lbs since starting care at LFFC."
~Brian T.

**So, how does this affect
you?**

Well, your nerve system controls and coordinates all the functions of your body. If you interfere with the signals traveling over nerves, parts of your body will not get the proper nerve messages and will not be able to function at 100%

of their innate abilities. In other words, some part of your body will not be working properly.

**What happens when you leave subluxation
in your body?**

At first, you may not notice anything even though the messages sent between the brain and the body are being interfered with and/or shut off.

Eventually, the part of the body that is directly affected by the area that is interfered with will be in a state of "disease," which can lead to any number of health problems including inflammation, sickness, low energy, fatigue, pain, cancer or virtually any disease.

**It's all connected, so let's keep it that
way.**

We at LifeForce Family Chiropractic believe in the power of keeping the neurological connections between the brain and the body functioning at 100 percent.

Our Doctors are certified in the Torque Release Technique, which is a low force adjustment proven to be successful in treating:

- Emotional Disorders such as depression, anxiety, Bi-Polar and Negative thoughts
- Addictions to food, alcohol, drugs, gambling, nicotine and sex
- Compulsive Disorders such as ADD, ADHD, Tourette's, anorexia, bulimia and many others.

Come in to LifeForce Family Chiropractic and see how we can help you create and maintain your body's connections at 100 percent.

Dr. Wade A. Lofton • Dr. Lance A Zimney • Dr. Adam Lilla

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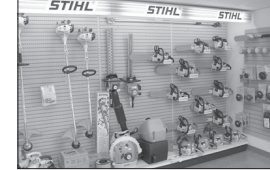
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