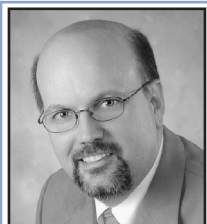




The Spinal Column

from CHIROPRACTIC CARE CLINIC
2924 Hawkins Drive • Searcy, AR 72143 • (501) 268-2273

IT'S YOUR LIFE! YOU DECIDE!



DR. TIM KAMERMAN
*Palmer College of
Chiropractic, 1987
Louisiana Tech
(pre-Chiropractic)
Searcy High School
1982*

While going through life, we are faced with so many decisions – some of minor consequence, some with more lasting impact: Will we have eggs for breakfast or cereal? Will we wear the red tie or the blue one? Will we go to church today or stay home? Who will we marry? What will we do for fun? How will we treat ourselves?

Many times we are swept along through life like a stick going down a stream and we don't think about the choices we are making each day.

Health, for the most part, is also a choice. Of course, there are some unforeseen and unavoidable occurrences in our lives that may affect our health, but there are many choices we make that can greatly affect our health and well being.

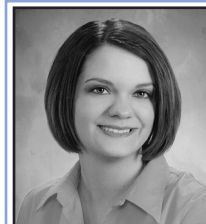
The question is: "What will be the state of your health in 2007?" Will it be the same as it is today? Will it be worse? Will it be improved in some small or great way? If you don't choose to make changes that will improve your health, something is still going to happen to your health. Whether you realize it or not, you will not be the same individual you were 5 minutes ago because our bodies are constantly changing.

Sometimes, due to poor health, individuals cannot see themselves as ever having good health. As one friend stated, "It's obvious dreams cannot come true if you have none" ... and goals cannot be met if they are not made.

During 2007, dare to dream ... set some goals for your health and the way you would like to feel by the end of the year. Make a list of those health goals and bring them into our office. We will review them together and map out a course to help you get closer to those health goals.

Remember the old Chinese proverb that states, "The journey of a thousand miles starts with one mile." The journey toward wellness begins with one choice ... make 2007 the year you make those choices that will improve your health.

*Timothy R. Kamerman,
D.C., P.A.*



DR. KRISTY WARD



MISSION STATEMENT

The purpose of Chiropractic Care Clinic is to provide the ultimate in natural health care. Our objective is to help each individual reach their health goals with caring and enthusiasm in a Christian atmosphere. We promote, educate and train our patients in health principles for inner healing. We strive for excellence and above all to treat the patient as #1.

TIME AND TEMPERATURE

Call **268-1236**

New website – check it out:

www.SearcyChiropractor.com

or

www.GetMyHealthBackDoc.com

CHIROPRACTIC CARE CLINIC “CLICK TO WIN!”

Simply go to our NEW WEBSITE :

www.SearcyChiropractor.com or www.GetMyHealthBackDoc.com

and look up the answer to the following questions:

1. What part of the life wheel does Chiropractic Care Clinic focus on?
2. _____ Therapy is used to reduce pain.
3. What are the first two symptoms listed under symptoms of a whiplash injury?

After you find the answers, click on our contact page and e-mail them to us.

*Be sure to include **your name, phone number, and the answers to the questions,** then click the **submit button.***

1st Prize – Tempurpedic Pillow, a \$70 value!

2nd Prize – \$50 Gift Certificate to Doc’s Grill!

3rd Prize – Chiropractic Care Clinic Gift Basket, valued at \$30!

DRAWING WILL BE HELD ON MAY 31, 2007

ENTER TODAY at: www.SearcyChiropractor.com

THE FIVE PHASES OF DISEASE

In any state of disease, there are five phases an individual can go through: acute, chronic, degenerative, disability, and death, or – in non-life threatening diseases – depression or disheartening.

The “acute phase” is generally a six-week period of time when the body can heal itself. This can be a very important time of care because the body is weakened and susceptible to further injury. It is a time when we often do not seek care because we think, “maybe it will go away.” In my experience, patients who are seen early after an injury, during the acute phase, respond much faster to treatment than those who do not. This is true because any barriers to healing can be evaluated and removed before they have a chance to progress to other phases.

The second phase, “chronic,” occurs just beyond the six-week period and is when the condition just continues to plague the body. Sometimes it is constant and sometimes it comes and goes; but it is always there and in the back of your mind you are wondering when it will strike again.

When the chronic condition has persisted long enough, the individual goes into the “degenerative phase.” More wear or a breaking

down of natural defense systems take place in this phase and the condition worsens. Many times you are not aware of the worsening of the condition as in cancer or heart disease or spinal degeneration.

The next phase is the “disability phase.” To me, disability simply means: an interference to the function of your life. It may be a restriction in your ability to look in your rearview mirror, a problem with bowel movements, difficulty opening a jar or buttoning your shirt, or the inability to untie a knot due to brittle nails. Disability is anything that keeps you from functioning at your highest level.

After the disability phase comes “death.” Death is usually seen in the obvious conditions like heart disease and kidney degeneration, but what we generally see in our office is a loss of hope in this place. Ongoing non-life threatening conditions bring the death of hope. Sometimes people in this phase experience disgust or frustration at the loss of function or they become depressed due to a condition that does not respond or change.

Five phases of disease ... each requiring evaluation and appropriate treatment ... each normally leading to the next unless the cycle is stopped. Can you see yourself in one of these phases? Let’s stop the process! Let’s evaluate your situation and determine what changes are necessary to support and encourage your body’s natural ability to heal itself.

Timothy R. Kamerman, D.C., P.A.

Take care of one of the world’s greatest natural resources — YOU!