

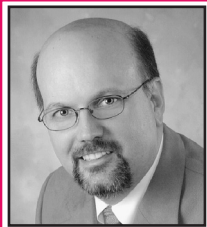


# The Spinal Column

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

## WEBSITE CONTEST WINNERS

*Pictured are the winners of our website contest.*

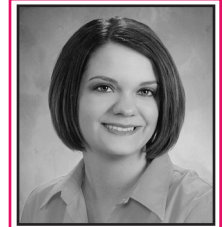


**DR. TIM KAMERMAN**  
*Palmer College of  
Chiropractic, 1987  
Louisiana Tech  
(pre-Chiropractic)  
Searcy High School  
1982*



*Debbie Anderson,*  
winner of the  
Tempurpedic Pillow

*Pearlene  
Kitts,*  
winner of the  
Chiropractic  
Care  
Gift Bag  
(\$30 value).



**DR. KRISTY WARD**

*Brooke Light,*  
winner of the \$50 dollar gift  
certificate to Doc's Grill.



## My Story by Eula Davis

"Howdy!" ... as Minnie Pearl used to say, as she came out on the Grand Ole Opry stage with her new straw store bought hat (with the price tag still on it).

My name is Eula Davis. I am 57 years old. 21 months ago I had a bad fall at my mother's apartment. Her chair attacked me! I fell backwards and hit the back of my head on her solid oak cabinets. My neck went down into my chest. My sister took me to the emergency room and x-rays were taken. Thankfully, my neck wasn't broken. After that my health started going "somewhere." I went to doctors and had more tests. I still had two "knots," headaches, dizziness, and was experiencing memory loss. I could not turn my neck, had muscle spasms, and was falling a lot. At times I was in bed for two to three weeks and could not walk. I had severe pain all over my body. I began to think "well, I guess this is my life now – just try and make the best of it."

In October of 2006 I fell while using a cane. My doctor put me on a walker and I thought "I'm too young to live like this." I became angry and decided I wasn't going to put up with my sick situation any longer. I returned my walker, then went to see Dr. Timothy Kamerman. He had his technician take x-rays, then checked my back and balance and started me on a treatment plan, vitamins, and a tinge unit that I borrowed from my brother-in-law.

My cane is used to lock the window now!

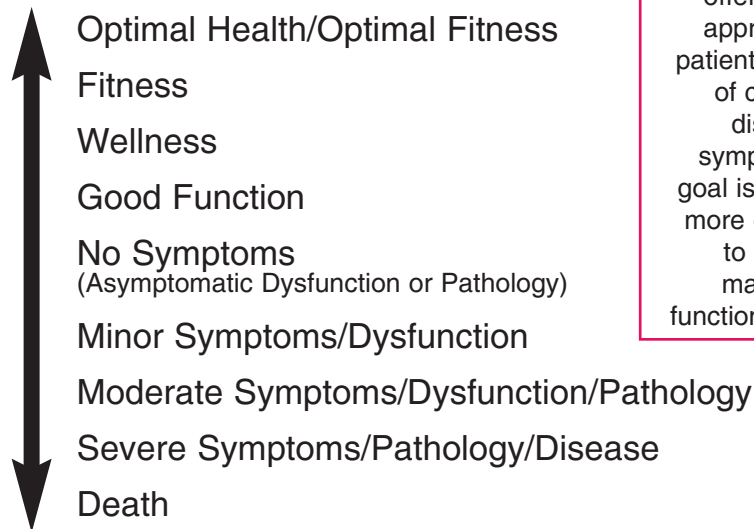
Through the love of God Almighty and Dr. Kamerman and his wonderful staff I am now enjoying life again. I can turn my neck, have good balance, sleep good – and no muscle spasms! I feel great and fish a lot.

June 16 I am going to Florida to see my son and his family. This letter is from a woman who had given up hope of being free of pain and living my life.

Thank you and God bless you all at Chiropractic Care Clinic for all your care and help.

— Eula Davis

## THE CONTINUUM OF HEALTH



Chiropractic care offers a holistic approach – the patient is the center of care, not a disease or symptoms – the goal is to achieve a more effective life, to restore & maintain full function & wellbeing.

## HEALTH PROBLEMS DON'T ALWAYS HAVE SYMPTOMS

### Evaluate Your Needs • Test Your Systems

Many patients consider themselves perfectly healthy as long as they don't have any symptoms to indicate they have a problem. However, it is important to remember that in the walk from health to chronic disease, symptoms often appear in the last phase. And, as progress toward better health is made, symptoms often disappear in the first phase. So – symptoms are not a good gauge of your health. Tests should be run and an in-depth analysis of those results should be

made to determine the needs of the body. This information can help you identify and treat a problem early. Chiropractic Care Clinic has the equipment to run tests to determine calcium levels, vitamin C usage, to measure how well your body is absorbing nutrients and if you are breaking down your body too fast. Don't wait for the symptoms to tell you there's a problem ... let's do some prevention – Call today!

**TRUE**

**OR**

**FALSE**

**???**

- Can you imagine living in a time when:
- many people thought the world was flat and if you went too far, you would fall right off the edge of the earth?
  - the medical community scorned a surgeon for his new theory of washing his hands after delivering a baby and before going into his next surgery?
  - people feared the automobile and thought if you went over thirty miles per hour you would stop breathing?

*New ideas are not always accepted with open arms ... or open minds and – if we added all the concepts people scoffed at that proved to be valid – the list above would be much longer. Some of these ideas have kept people from doing things that would have been helpful to them. What would be different in the world today if Columbus had accepted the widespread belief that the world was flat and been afraid to explore another idea? Over 100 years ago, chiropractic began with the concept that movement in the spine could restore function. There was such a lack of knowledge concerning the*

effects of spinal structure upon function that the response was generally skepticism, doubt and even tension among the health care community. Many people who could have had their pain eased would not go to a chiropractor because of "fear."

So, what is the answer? Knowledge. Stay informed. Always be willing to look at new ideas and accept or reject them only after a thorough and objective examination of ALL information from a variety of competent sources and look for someone who has had experience with it.

*Research is great, but results are better!* At a recent seminar, I was gratified to see that research studies are being done that validate the value of chiropractic more and more every day. It is great to be a chiropractor and do what I am doing. I've always known it worked – I've seen so many people helped by it that research to substantiate it is just "icing on the cake." To me, results mean more than research; if you have a health problem, I'm sure you feel the same way. If you are struggling with a health problem, don't you think it's time to explore some options? Call our office today at 268-2273 and let's get you on the road to health.

— Dr. Tim Kamerman