





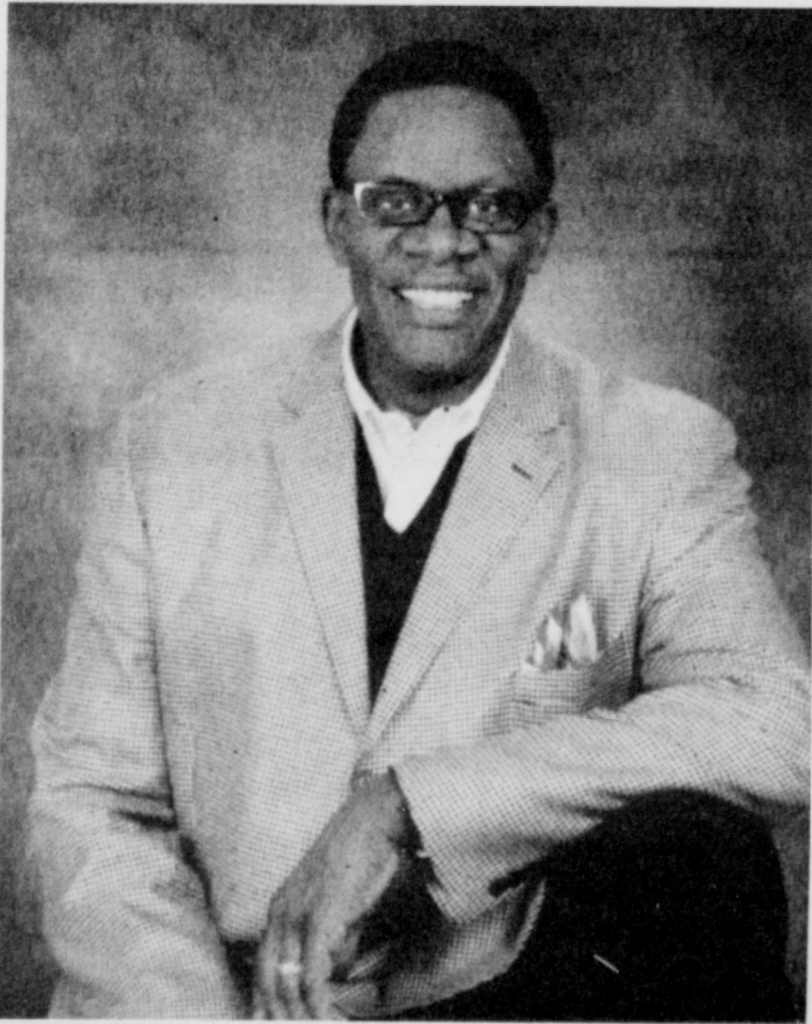


CALENDAR for October 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>21</p> <p>Theodore Roosevelt born in 1858.</p>	<p>22</p> <p>Bill Gates born, 1955 Plush Animal Lover's Day Statue of Liberty dedicated in 1886.</p>	<p>23</p> <p>Stock Market Crash - 1929 (1929)</p>	<p>24</p> <p>John Adams born in 1735. Emily Post (author) born, 1873</p>	<p>25</p> <p> Halloween Juliette Gordon Low Born in 1860, she started Girl Scouting in the United States in 1912.</p>		

CALENDAR for November 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						<p>1</p> <p>National Author's Day All Saint's Day Electric Light Bulb Patented (1879) National Family Literacy Day</p>
<p>3</p> <p>National Sandwich Day</p>	<p>4</p> <p>Gail Haley born, 1939 First Wagon Train Reached California (1841) King Tut's Tomb Discovered (1922)</p>	<p>5</p> <p>Guy Fawkes Day</p>	<p>6</p> <p> National Nachos Day James Naismith, Inventor of Basketball, born, 1861</p>	<p>7</p> <p>Hug-a-Bear Day Scientist Marie Curie born in 1867</p>	<p>8</p> <p>X-Ray Day X-Ray was discovered on this day in 1895</p>	<p>9</p> <p>Holocaust Began in 1938</p>



Dr. Billy R. Flowers

THE SPINA COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

Part 21. Chiropractic VS Fatigue: Climbing the stairs to a new you, two steps at a time.

Q: I feel exhausted all the time. I don't want to take "pep" pills because of addiction possibilities. What can I do?

A: I have a good friend and patient who only a year ago at the age of 61 loved life but has a tremendous concern. He became fatigued so easily that any activity would leave him exhausted. The interesting point with him was that he practiced excellent health habits. Nonetheless he got to the point where exercise was nearly

impossible. He still climbed the steps at work but would have to stop halfway up to catch his breath before continuing. I persuaded him to look to Chiropractic for increased vitality. At first he could not see a correlation between his nerves and his Energy level. I told him that it was virtually one and the same. Our nerves are the

highways of energy in the body. If the nerves are trapped or irritated, our energy will be drained as well. He took my advice and now instead of stopping halfway, he charges up the stairs, two steps at a time! If your vitality is giving up at the halfway mark, get charged up with Chiropractic. It's a natural!

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